

LOWER STOUR VALLEY

(SECTION OF THE STOUR VALLEY PATH)

Sections 8-10

BURES

STOKE BY NAYLAND

STRATFORD ST MARY

CATTAWADE

TIMETABLES

Leaflets of the buses and train services shown on the map are available FREE from local tourist information centres, council offices, libraries etc or by post from:

Passenger Transport, Suffolk County Council
Endeavour House, 8 Russell Road
Ipswich, IP1 2BX

E: passenger.transport@et.suffolkcc.gov.uk
or visit www.suffolkonboard.com

UPDATES

Buses and train services can change at short notice, so it's advisable to check times before setting out:

Traveline: 0871 200 2233
National Rail enquires: 0845 748 4950
www.nationalrail.co.uk
or 'one' 0845 600 7245 www.onerailway.com

For further information about the area, visit the Dedham Vale AONB and Stour Valley Project website www.dedhamvalestourvalley.org



August 2007

Suggested Walk Plans

Walk One

START from Colchester North Station.
Take a TRAIN or bus service 753 to Bures.
WALK to Stoke-by-Nayland 8½ miles.
BUS back to Colchester. Service 84.

NB: There is no Sunday service.

Walk Two

START from Colchester North Station.
Take BUS 84 Colchester to Nayland.
WALK to Cattawade 11 miles.
Return by TRAIN from Manningtree Station to Colchester.

Walk Three

START from Colchester.
Get BUS 93 to Stratford St Mary.
WALK to Cattawade 5½ miles.
Return from Manningtree Station by TRAIN.

Alternatively, return to Ipswich from Cattawade Slip Road A137, BUS 96.

Walk Four

START from Colchester.
TRAIN or BUS service 753 to Bures.
WALK to Manningtree Station 19½ miles.
TRAIN back to Colchester.

TRAVEL TIPS

Walking time

Allow about 2 miles per hour, but add on time if you want to make use of any of the excellent pubs and refreshment places in villages along the route. Please park considerably if you are planning a 'park-ride walk back to your car' itinerary. Better still, do your bit for the environment and the rural economy by leaving your car at home and use public transport.

Direct Path between Flatford and Manningtree

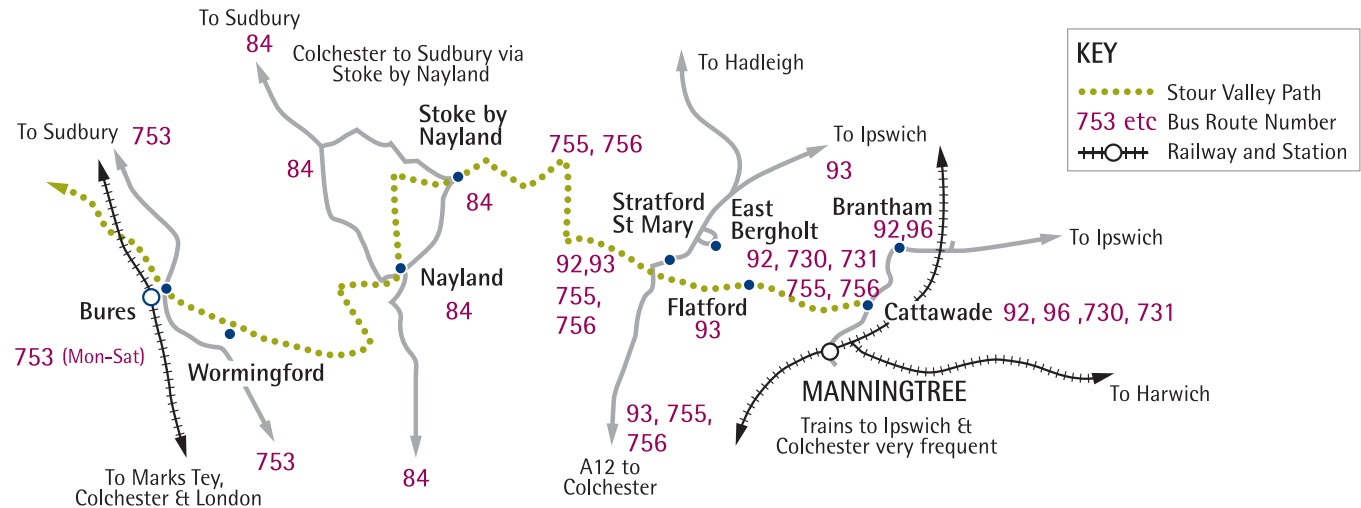
There is a direct riverside path from Flatford to Manningtree Station which has the advantage of avoiding the walk along the B1070/A137 from Cattawade. However, this route doesn't pass the site of John Constable's "Haywain" painting, for which a short diversion will be necessary.

Buses

Distances from Bures can be reduced by using buses to Wormingford: Bus service 753 Monday to Saturday. There is no service on a Sunday. Buses are unlikely to stop to pick up or set down at intermediate stops unless the driver is asked to do so.

Trains

Trains make scheduled stops as advertised. The journey between Sudbury and Bures only takes 7 minutes, so on this journey it is advisable to find the conductor as soon as you get on! There are direct train services from Manningtree Station to Harwich, Colchester, Chelmsford, London and Ipswich. These trains also run on Sundays.



WALK PLANNER (MILES)

2.2	BURES Church (Rail Station ¼ mile)	
4.2	WORMINGFORD Church (Main Road Bus Stop ½ mile)	
6.4	NAYLAND Mill Stores	
8.6	STOKE BY NAYLAND Angel PH	
13.8	STRATFORD ST MARY Weir (Anchor Bus Stop nearby)	
18.5	CATTAWADE Picnic Site and Slip Road Bus Stop (A137) (Manningtree Rail Station 1 mile)	

Use the walk distance planner chart to decide where and how far you want to walk. Then look up a bus or train to get you to the start point of your walk.