

Parking

Roadside parking in the village, please park carefully and respect the local residents.

Refreshments

Barnardiston Arms and White Horse public houses in Kedington.

Information about the area

Maps and information are available from Tourist Information Centres in Bury St Edmunds 01284 764667, Newmarket 01638 667200 or Sudbury 01787 881320

The Project

The Dedham Vale AONB and Stour Valley Countryside Project works with local communities and landowners to enhance the Stour Valley and to promote informal recreation in the area. For further information please contact us at the address below.

Project
c/o Suffolk County Council
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Project supported by:
Suffolk County Council, Essex County Council,
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Kedington

ancient lanes



COUNTRYSIDE WALKS in the STOUR VALLEY

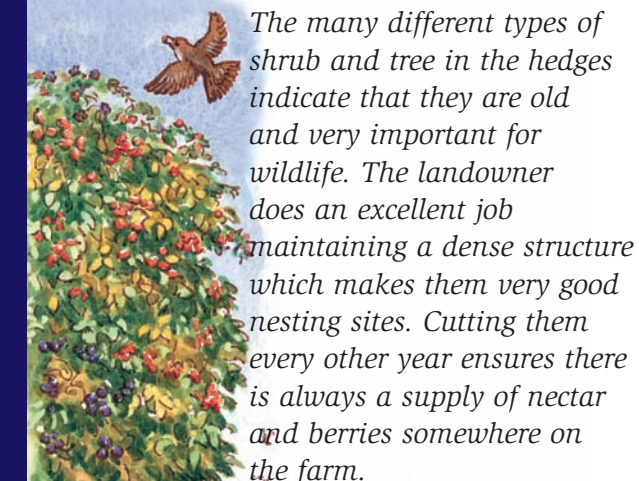


A 3 mile
circular
walk along
Kedington's
ancient lanes.

The walk starts from the lay-by opposite Kedington Church and is described in a clockwise direction.

- 1** Facing the church, follow the road to the right for 50 metres, then turn left into Dash End Lane. Follow this round to the left, then take the footpath on your left.
- 2** Cross the arable field to a ditch,
- 3** go over a small bridge, turn right and walk through the field, heading for the topmost corner.
- 4** Here begins a green lane that takes you to Leys Farm a kilometre to the north.

Hedges



The many different types of shrub and tree in the hedges indicate that they are old and very important for wildlife. The landowner does an excellent job maintaining a dense structure which makes them very good nesting sites. Cutting them every other year ensures there is always a supply of nectar and berries somewhere on the farm.

As you walk up the lane notice the thick hedges on either side which help to make it such a prominent landscape feature. In the summer you will see lots of wildflowers and grasses. Many of these have become rare this century because of the loss of the traditional meadows and lanes where they grow.

At the top of the hill you can see Barnardiston church, and Highpoint Prison beyond.

5 Just before you get to the red brick house (Leys Farm) turn right.

Wildflowers and grasses in the lanes

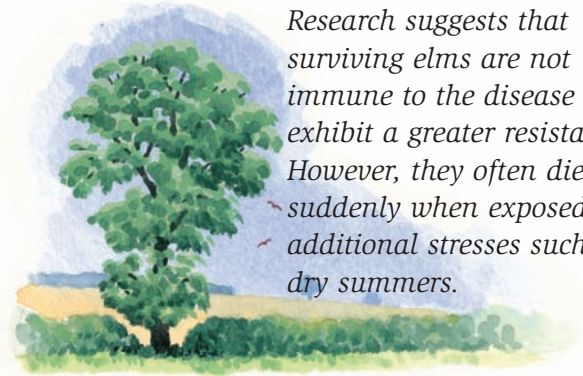
Wildflowers benefit from the annual cutting and removing of the grass as this helps reduce competition for light and space. Some of the rarer plants found here include: sulphur clover, dwarf thistle, restharrow, spiny restharrow, yellow oatgrass, meadow barley and crested dogstail. Sulphur clover only occurs on the clay soils of East Anglia. These lanes are important for its survival. Seen in June its yellow flowers distinguish it from the common red and white clovers.

Continue to the tree lined grass track. Turn left and follow this track downhill, turning right at the bottom **6** onto an ancient highway called Buntry Lane. The small private copse on your right is called Three Coked Hat because of its triangular shape.

Follow this lane to the top of the slope where there is a mature elm tree **7** ahead of you. For reasons unknown this has so far escaped the ravages of Dutch elm disease.

Elms

Research suggests that surviving elms are not immune to the disease but exhibit a greater resistance. However, they often die suddenly when exposed to additional stresses such as dry summers.



50 metres past this elm, turn right, staying on the wide lane down to Taylor's Farm. **8** The view ahead is of the Stour Valley running right to left.

Follow the road down into Kedington, then retrace the route back to the church.

Allow 2 hours to complete this route.

The terrain is gentle but the paths may be muddy in winter. There are no stiles or gates and only one short flight of steps enroute.



Key

- - - The route
- Stour Valley Path (Long Distance Route)
- Other footpaths

