1. Newmarket – the centre of the racehorse industry since 1309 and home to the Jockey Club and famous horse races. Visit the National Horseracing Museum and the National Stud and watch the racehorses exercise on the gallops in the morning. The Stour Valley Path starts at the Clock Tower at the top of Newmarket High Street.

2. Chalkhill blue – look out for this rare butterfly as you walk the Devil’s Dyke. Only found in chalk or limestone areas where the larval foodplant, Horseshoe Vetch, is found in abundance. It is a warmth-loving butterfly, typically found on sheltered, south-facing hillsides.

3. Devil’s Dyke – this 7.5 mile defensive structure stretching from the fens to Woodditton, was built in the 6th century to guard East Anglia from the south west when skirmishes between Britons and Saxons were common. The dyke is now a Scheduled Ancient Monument and a Site of Special Scientific Interest.

4. Wildflowers – the dyke has one of the few surviving remnants of chalk grassland in the region and supports a rich flora, including rockrose, milkwort, restharrow, pasque flower, bee orchid, bellflowers, pyramidal orchid, sanfoin, harebells, centaury, scabious and wild geranium.

www.dedhamvaletourvalley.org
HELP TO KEEP THE STOUR VALLEY SPECIAL

- Be safe, plan ahead and follow Stour Valley Path signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home with you
- Keep dogs under close control
- Buy local and support local businesses
- Use public transport whenever possible