

# Cycling through a Masterpiece

The Stour Valley is an exciting and beautiful landscape that has captured people's imagination for centuries. 'Cycling through a Masterpiece' provides a number of interesting routes through the Stour Valley which take you to numerous locations of historical importance and past enchanting views. The routes are also designed to enable the keen cyclist to link them together easily to create a truly challenging ride.

Many of the points of interest are open to the public and we strongly recommend that you check for opening times before you set out in order to get the most out of your ride.

## CYCLE SAFETY

- Ensure your bike is in good working order before you set off on your trip.
- Go well equipped. Take a mobile phone, a puncture repair kit and pump, a first aid kit and refreshments.
- Be seen, wear high visibility clothing.
- Ride in single file on busy roads.
- Be aware of, and follow the Highway Code [www.gov.uk/highway-code](http://www.gov.uk/highway-code)
- Wear a cycle helmet.
- Let other road users know your intentions – give clear hand signals.
- Listen out for other traffic and be considerate of other road users, pedestrians and horses.

## USEFUL LINKS

[www.managingamasterpiece.org](http://www.managingamasterpiece.org)

[www.dedhamvalestourvalley.org](http://www.dedhamvalestourvalley.org)

[www.visitessex.com](http://www.visitessex.com)

[www.visitsuffolk.com](http://www.visitsuffolk.com)

[www.discoversuffolk.org.uk](http://www.discoversuffolk.org.uk)

For local rail, coach and bus information visit:

[www.travelineeastanglia.org.uk](http://www.travelineeastanglia.org.uk)



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A selection of cycle routes in the Stour Valley and Dedham Vale

## 2 HARTEST AND GLEMSFORD

**TOURING ROUTE** 9.4 miles (moderate)

**SHORT ROUTE** 6 miles (moderate)

**START / FINISH POINT** Hartest Green

This is a rural route which takes you through villages in High Suffolk overlooking the Glem Valley and past some notable houses. Both routes are moderate and take in a few hills, but there are excellent views across the Suffolk countryside.

## 3 LONG MELFORD

**TOURING ROUTE**

12.6 miles (easy to moderate)

**SHORT ROUTE**

8.5 miles (easy to moderate)

**START / FINISH POINT**

Long Melford Country Park

This is a lovely route that takes in some beautiful villages in North Essex and the medieval wool town of Long Melford. Its wide, tree lined village street is the country's longest. Both routes have hills that are easy to moderate.

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## 1 CLARE

**TOURING ROUTE**

12.8 miles (moderate)

**SHORT ROUTE**

8.9 miles (moderate)

**START / FINISH POINT**

Clare Castle Country Park

This picturesque route takes in a number of villages that are steeped in religious history. Both the short and touring routes have moderate hills, but these are worth it for the beautiful views over the Stour valley.

## 4 BURES AND SUDBURY

**TOURING ROUTE** 19.1 miles (moderate to hard)

**SHORT ROUTE** 9.8 miles (moderate to hard)

**START / FINISH POINT** Bures railway station

A scenic route along the river Stour with the touring route passing through Sudbury. There are some steep hills which may test you, but the route takes you through unspoilt villages with beautiful views of the valley.

## 6 STOKE BY NAYLAND

**TOURING ROUTE** 14.6 miles (moderate to hard)

**SHORT ROUTE** 6.7 miles (moderate)

**START / FINISH POINT** Scotland Street, Stoke by Nayland

An attractive route that takes in some quaint villages and hamlets. There are a number of hills that are moderate to hard, but with some great places along the route to rest and enjoy the views over the Stour Valley.

## 7 DEDHAM

**TOURING ROUTE**

13.9 miles (easy)

**SHORT ROUTE**

8.4 miles (easy)

**START / FINISH POINT**

Corner of Mill Lane / High Street, Dedham

A delightful route that gives you a real sense of being in Constable Country. This easy going route incorporates the charming village of Dedham and the surrounding countryside that features in a number of John Constable's paintings.

## 5 BURES AND NAYLAND

**TOURING ROUTE** 13.3 miles (easy to moderate)

**SHORT ROUTE** 7.7 miles (easy to moderate)

**START / FINISH POINT** Bures village hall car park

This is a charming route past a lot of history that takes you along the lower part of the river valley with easy to moderate hills.