

# 10 STRATFORD ST MARY TO CATTAWADE

4.5 miles (7.2km)



## POINTS OF INTEREST ALONG YOUR WALK



**1. Constable Country** – the popular name given to the Dedham Vale attracts thousands of visitors each year. Walk in Constable's footsteps through the water meadows between Dedham and East Bergholt, his birthplace, and absorb yourself in the artistic associations.



**2. Dedham** – the Stour Valley Path passes close to Dedham and a short walk will find you in the picturesque centre. The wide high street of Tudor and Georgian architecture includes the grand church of St Marys, where one of Constable's three religious paintings can be viewed. During summer months amazing views of the local area can be seen on church tower tours.

**3. Sir Alfred Munnings** – a famous equestrian artist, who was also a talented painter of portraits and landscapes, as well as a sculptor. Walk the extra mile from Dedham to visit Castle House, Munnings' house and museum. You can see the largest collection of his work and visit his studio, which has been left as it was when he used it.



**4. Flatford** – the landscape views and buildings of Flatford are famous worldwide. The ancient pollarded willows and grazing cattle are distinctive riverside features. The mill and millpond, the lock and Willy Lott's House are the best known subjects of Constable's paintings. Find out more about John Constable at the National Trust's Bridge Cottage or go on one of their guided tours. Visit the RSPB wildlife garden and relax a while.



**5. Cattawade or Manningtree** – the official finish of the Stour Valley Path is at Cattawade picnic site. Alternatively follow the path by Cattawade marsh to Manningtree station and enjoy bird watching along the riverside path.



### Walk Highlights

This is the epicentre of 'Constable Country'. Dedham is among the most attractive villages in England and Flatford is familiar to millions through the celebrity of 'The Haywain'. Famous viewpoints abound because the artist recalled how he associated his 'careless boyhood' with 'all that lies on the banks of the Stour. Those scenes made me a painter'. This idyllic landscape, which provided the inspiration for many of Constable's paintings, which can still be seen today, is a protected landscape, the Dedham Vale Area of Outstanding Natural Beauty.

The waters of the famous mill pool are no longer tidal, but the air has a distinctly salty tang as the Path crosses the marshes towards the estuary at Cattawade. Manningtree station is nearby.



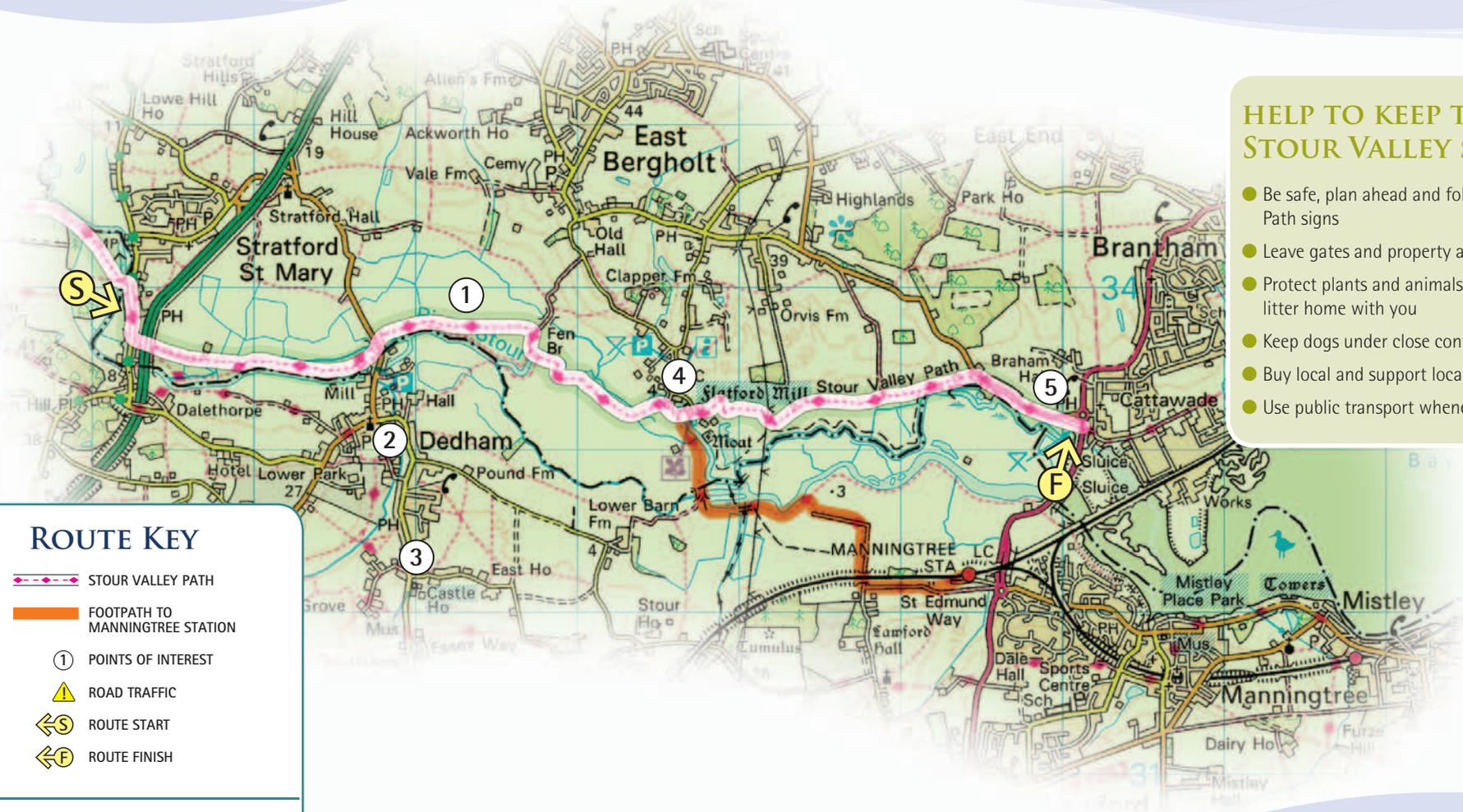
Willy Lott's House



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**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

**ROUTE KEY**

- STOUR VALLEY PATH
- FOOTPATH TO MANNINGTREE STATION
- ① POINTS OF INTEREST
- ROAD TRAFFIC
- ROUTE START
- ROUTE FINISH

0 1  
MILES

0 1 2  
KILOMETRES

1 MILE = 1.6093 KILOMETRES

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