

# SUDBURY BRANCH WALKS

## From Sudbury to Marks Tey

"The gentle declivities, the luxuriant meadow flats sprinkled with flocks and herds ... the sound of water escaping from the mill dams, often rotten planks, slimy moss and brickwork"

*John Constable RA*

Whether you're a visitor to the area for your holiday, or a local looking for a special place for a day trip, the Stour Valley offers a wealth of different opportunities. The characteristic lowland English landscape made famous worldwide by artists such as Constable and Gainsborough is still recognisable today. The charm of the villages, fascinating local attractions and beauty of the surrounding countryside mean there's no shortage of places to go and things to see.

"Take the Landscape round here at Wormingford....some would find it pretty tame. There are no hills worth speaking of, yet there is a subtlety about this landscape which I feel and see, but which remains very difficult to define. I never look for more than reality, the farming, the trees, the river"

*John Nash in John Nash at Wormingford by Ronald Blythe.*

The Dedham Vale and Stour Valley embraces one of our most cherished landscapes. Picturesque villages, rolling farmland, rivers, meadows, ancient woodlands and a wide variety of local wildlife combine to create what many describe as the quintessential traditional English lowland landscape. The area has a rich history and has been the inspiration to many writers and artists. The Dedham Vale was immortalised by John Constable in his paintings over 200 years ago

"The Vale stands apart from other lowland river valleys because of its intricate mixture of features: The River Stour, valley slopes, scattered woodland, water meadows, hedgerows, tributary valleys, sunken rural lanes and beautiful villages"

*John Constable RA*

Visitors can have an impact on the landscape, so to help you get the best out of your visit to Constable Country we suggest that you consider arriving in the area by train and enjoying some healthy walks around the area. When arriving at Manningtree, locations such as Flatford, Dedham and East Bergholt are all only a healthy half hour walk away.

When walking in the countryside it is very important to follow The Countryside Code. The five sections of the code are dedicated to helping members of the public respect, protect and enjoy the countryside:

Be safe, plan ahead and follow any signs  
Leave gates and property as you find them  
Protect plants and animals and take your litter home  
Keep dogs under close control  
Consider other people