

THE STOUR VALLEY PATH GUIDE

STOUR VALLEY PATH ROUTE PLANNER

Newmarket to Cattawade 60 miles (97km)



Cambridgeshire

A walkers guide to this sixty mile regional route, from Newmarket near the source of the River Stour through the Dedham Vale Area of Outstanding Natural Beauty to Cattawade where the river joins the estuary.

The Stour Valley Path is split into 10 sections of varying lengths. Each section has a route card which relates to the area covered in the map below. Each card has a general description of the route, a map based on the 1:50 000 scale, with the Stour Valley Path marked on it and information on points of interest to see along the way.



PLANNING YOUR ROUTE

Officially opened in 1994, the Stour Valley Path is a 60 mile regional route following the valley of the River Stour from Newmarket in the north west of Suffolk to its estuary at Cattawade, near Manningtree in Essex. Walkers can enjoy a varied landscape, from plateau-top paths with extensive views, to small riverside meadows reminiscent of traditional lowland England and an abundance of picturesque villages along the way.



This guide describes the path in 10 sections, each covering a distance of between 4½ and 8½ miles. The path is waymarked throughout in both directions with Stour Valley Path discs and is regularly checked by volunteer path wardens. The area is almost entirely privately owned and farmed land; please respect this by keeping to the Countryside Code.

Public Transport

Most sections can be walked in one direction, with a return to your starting point aboard public transport. For up to date bus and train timetables contact traveline on: www.traveline.info 0871 200 22 33



Make a Day of it

A series of circular walks off the Stour Valley Path is available to download from www.dedhamvalestourvalley.org. These make ideal day walks.

Make a Week of it

Regular walkers take 6 or 7 days to complete the full length of the route. For details of where to stay, please contact the local tourist information centres in Newmarket, Lavenham, Sudbury or Colchester via www.visiteastofengland.com

Conditions underfoot can vary depending on the weather and walkers are advised to wear sturdy footwear. During severe flood conditions please be aware that some sections of the path will be impassable so alternative routes may need to be found.



The Stour Valley Path is marked on the Ordnance Survey Explorer Map sheet numbers 196 and 210.

The Dedham Vale Area of Outstanding Natural Beauty and Stour Valley Project works to conserve and enhance the natural beauty and unique character of the area. To find out more, visit www.dedhamvalestourvalley.org



The Dedham Vale AONB is one of 46 AONBs in Great Britain. Each is designated in recognition of their national importance and to ensure that their character and qualities are protected for all to enjoy. www.landscapesforlife.org.uk

The Dedham Vale AONB and Stour Valley Project, established in 1981, consists of a small team focusing on conserving and enhancing the special character of the Stour Valley. The Project works in partnership with local authorities, government agencies, national organisations and local people to deliver projects to conserve and enhance the area.

Contact us: www.dedhamvalestourvalley.org

Whilst the Dedham Vale AONB and Stour Valley Project have made every effort to ensure the accuracy of maps and information within this publication, they are provided as guidance only and we cannot accept any liability for their interpretation and use.

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“The Dedham Vale and Stour Valley has a timeless, picturesque quality; the Stour Valley is a joy to walk. We hope that through our contribution and the efforts of Dedham Vale AONB you too will enjoy this wonderful landscape.”

John and Lizzie Hammond

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