


















KEY TO MAPS

	Waymarker		Town/Built up Area
	Car Park		Building
	Information		Pond
	Church		Footbridge
	Stile		Cycle Rack
	Post Office		Hedge
	Public House		Tree/Woodland Area
	Public Telephone		Pasture Land
	Battle Area		

FOOTPATH PLANNER (kilometres/miles)

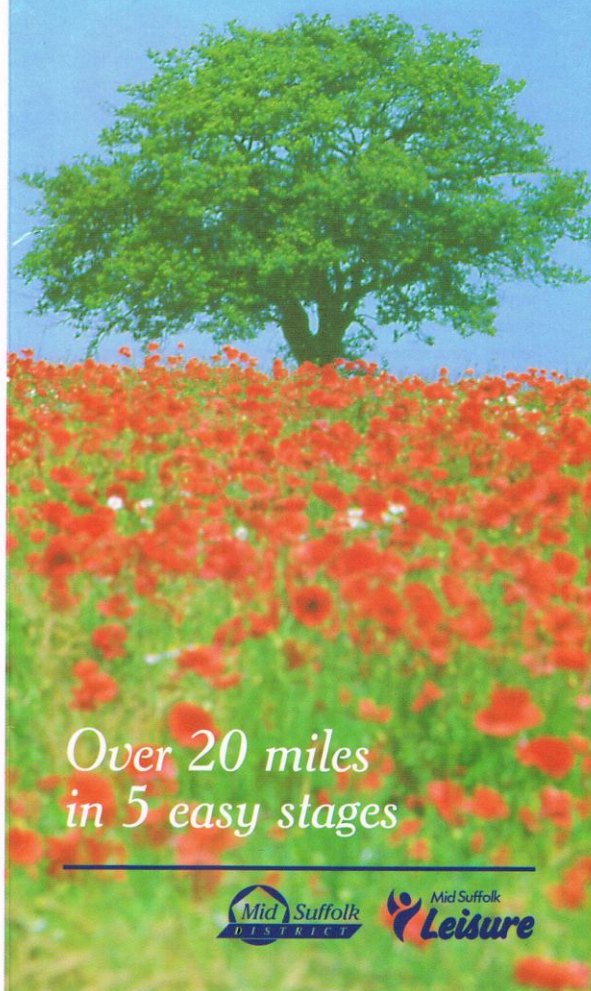
Eye	8.5, 5.3 _m							
Thorndon	13.5, 8.3 _m	5 _m	3 _m					
Thwaite	18.5, 11.3 _m	10 _m	6 _m	5 _m	3 _m			
Mendlesham	21.5, 13.1 _m	13 _m	8 _m	4.8 _m	3 _m	1.8 _m		
Mendlesham Green	25.5, 15.5 _m	17 _m	12 _m	7 _m	4.2 _m	4 _m	2.4 _m	
Stowupland	30.5, 18.5 _m	22 _m	17 _m	12 _m	7.2 _m	9 _m	5.4 _m	3 _m
Stowmarket	35.5, 21.5 _m	27 _m	22 _m	17 _m	14 _m	10 _m	6 _m	5 _m
To Diss, follow The Angles Way westward for 6 miles	Hoxne	Eye	Thorndon	Thwaite	Mendlesham	Mendlesham Green	Stowupland	

The Mid Suffolk Footpath is 21.5 miles in total

ORDNANCE SURVEY MAPS COVERING
THE MID SUFFOLK FOOTPATH
INCLUDE 'PATHFINDER' MAPS, Nos. 1007, 985, 964.

Designed by the Graphic Design Section,
Mid Suffolk District Council.
Maps by Colin Barber, Old Newton Graphics Tel: 01449 675548.

THE Mid Suffolk FOOTPATH



THE Mid Suffolk FOOTPATH

INTRODUCTION

The Mid Suffolk Footpath is over 20 miles in length and is Mid Suffolk District Council's first long distance route. It links Hoxne in the north of the district with Stowmarket in the south. (Diss can be reached by taking the Angles Way westward at Hoxne adding a further 6 miles to the walk). The path runs through the heart of Mid Suffolk, meandering across a landscape of river valleys and farmland punctuated by scenic towns and villages. Along its length are a series of circular routes. There is a circular walk at Hoxne, Eye and Thorndon. At



Mendlesham there are five. Eye also has a circular town trail. The Countryside Team at Mid Suffolk District Council promotes other circular routes branching out from The Mid Suffolk Footpath and arranges guided walks and rambles throughout the year. The Countryside Team also maintains the route,

which it does with assistance from a variety of groups and individuals.

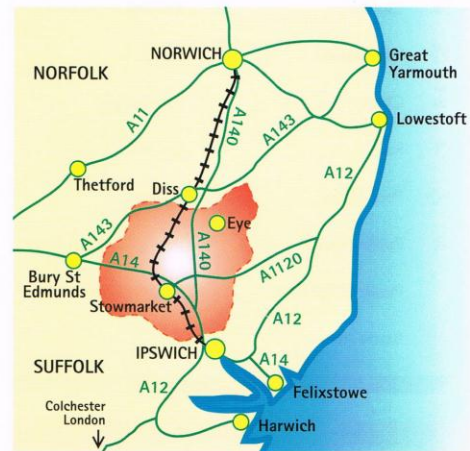
WAYMARKING

The poppy can be found along the whole length of the route especially within areas of farmland and it is for this reason that it has been chosen as the symbol marking the route. Please follow these red and yellow discs and keep to the paths.



HOW TO FIND


THE Mid Suffolk FOOTPATH



Over 20 miles
in 5 easy stages



The Swan



A lovely Tudor style house with a wealth of timber beams, offering a character bar and an A La Carte Restaurant in the lovely village of Hoxne. Also featuring extensive riverside gardens around the croquet lawn. Meals available lunchtimes and evenings.

LOW STREET, HOXNE
SUFFOLK IP21 5AS

TEL: **01379 668275**

OPEN ALL DAY
SATURDAY & SUNDAY
IN THE SUMMER

The **C**ountry Code

Please abide by the Country Code:

- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Fasten all gates
- Keep dogs under close control
- Keep to paths across farmland
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take your litter home
- Safeguard water supplies
- Protect wildlife, plants and trees
- Go carefully on country roads

The Swan
BROME

IPSWICH ROAD, BROME



EXTENSIVE BAR MENU
CHILDREN'S MENU
FOOD AVAILABLE ALL
THROUGH OPENING TIMES

- Beer Garden
- Cygnet Restaurant
- Families Welcome
- Cask Conditioned Ales

PHONE
01379 870749

The Swan

THE Mid Suffolk FOOTPATH

Map
1

HOXNE to
EYE (The Pennings)

8.5 km / 5.3 miles

The northern end of The Mid Suffolk Footpath is situated in the tranquil Waveney Valley, a part of the countryside designated as a Special Landscape Area. The route crosses the River Waveney, the boundary between Norfolk and Suffolk, close to the historic village of Hoxne.

Hoxne was made internationally famous in 1992 when a buried treasure chest, the biggest hoard ever found in this country, was discovered. The Hoxne Hoard contains over 15,000 coins, jewellery, spoons and bowls. Now housed in the British Museum, the hoard is believed to date from the year 410.

The path goes through Hoxne and close by the Goldbrook bridge where, legend states, St Edmund was captured by the Danes in 869/870. It was whilst hiding under the bridge that St Edmund was discovered by two lovers on the bridge, who noticed his armour glinting in the sunlight.



THE ELLIS
FAMILY FISH SHOP

Extensive menu of traditional fayre cooked to perfection with a light batter recipe.

A LOCAL CHIPPY FOR OVER 50 YEARS!

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Beards

Bed and Breakfast in a restored Medieval Hall House.

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- DELICATESSEN
- OFF LICENCE
- TEA SHOP

OPEN: Mon. to Sat.
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 Closed Tues. pm & all day Sunday

TELEPHONE:
01379 870383

THE Mid Suffolk FOOTPATH

Map
 2

EYE (The Pennings) to
 THORNDON

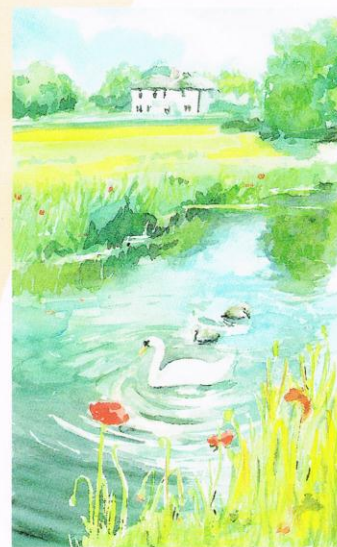
5 km / 3 miles

Eye, a small market town, is well worth investigating. Take time to make a small detour from The Mid Suffolk Footpath to visit the ruins of the Norman Motte and Bailey Castle, and take in the wonderful views of the surrounding countryside from the viewing platform within the folly walls. Pick up the Eye Town Trail for more information on the sites to see and Eye's other facilities.

The Mid Suffolk Footpath shares the same route as a section of the Eye Country Walk. Both are easily accessible from the Pennings, a small Local Nature Reserve owned and managed by Mid Suffolk District Council (see map for its location).

Between Eye and Thorndon, the route journeys through the Dove Valley, a landscape of pasture and hedgerows. The path cuts through Ganderwick, a woodland with magnificent coppiced hornbeam trees as well as oak, ash and willow. The adjacent fen is home to many wet loving plants including patches of tall tussock grass, ragged robin and lesser celandine. Artefacts found here date back to the Stone Age.

THE Mid Suffolk FOOTPATH



Map
2

EYE (The Pennings) to
THORNDON

5 km / 3 miles

THE COUNTRYSIDE TEAM

at Mid Suffolk District Council

As well as promoting the countryside through a variety of events the team also:

- *Manages nine countryside sites including Needham Lake picnic site, three local Nature Reserves at Needham Lake, Church Meadow and The Pennings, Eye Castle - a Scheduled Ancient Monument and Thornham Walks, which has 12 miles of footpaths.*
- *Runs the Junior Rangers Countryside Club for children aged between 8 - 14.*
- *Maintains The Mid Suffolk Footpath which goes through the heart of Mid Suffolk, linking Stowmarket and Diss via Hoxne.*
- *Gives advice to landowners on all aspects of countryside management, including wildlife and habitat conservation and landscape improvements.*
- *Works closely with schools, colleges and groups interested in the countryside.*



THE Fleece Inn

OPENING TIMES
MON.-FRI.
11.30am-3pm
SATURDAY
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SUNDAY
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61 FRONT STREET MENDLESHAM
*Public House, beamed throughout.
Original building - built in 1500.
Meals available Tuesday
to Sunday lunchtime.*



THE Mid Suffolk FOOTPATH

Map
3

THORNDON to
MENDLESHAM (The Church)

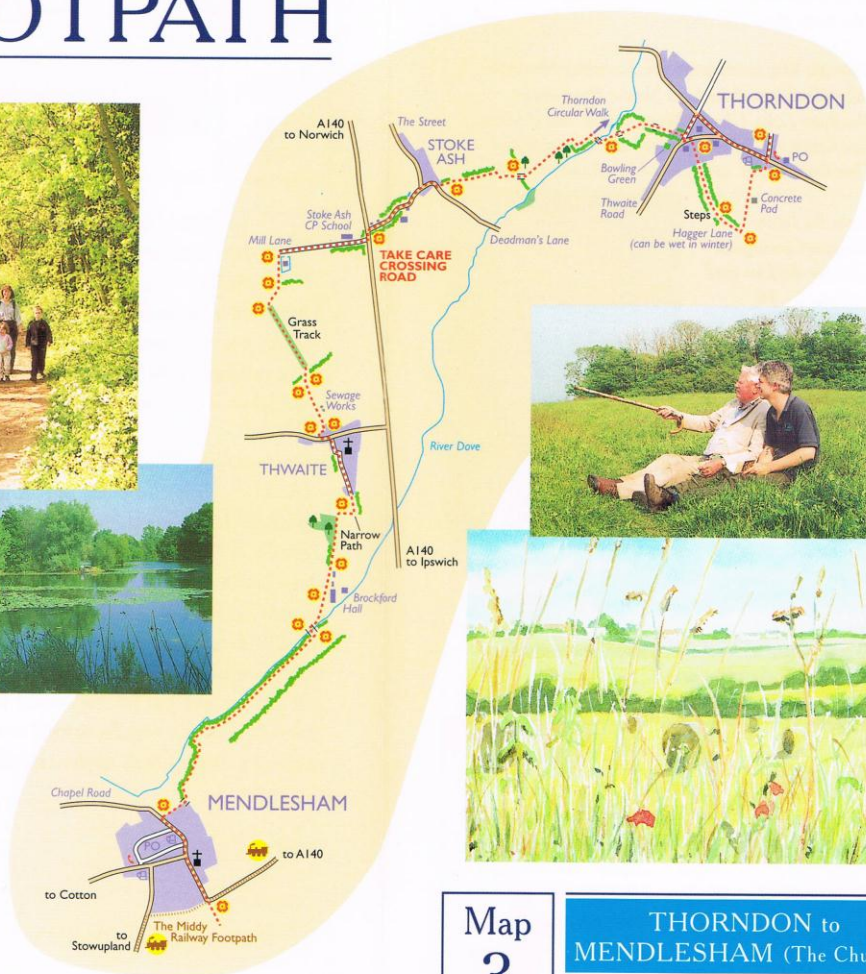
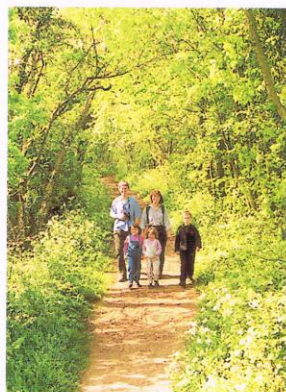
8 km / 4.8 miles

Thorndon, 'a hill of thorns above a valley', is one of several villages which The Mid Suffolk Footpath passes through.

Thorndon's last public house was once a thriving trading post. Traders would sail along the River Dove in large ships and anchor on the banks of a huge lake. Today that lake is now a fen.

In this section, The Mid Suffolk Footpath goes past two historic churches, one at Thwaite and the other in Mendlesham. At St George's Church, Thwaite, visitors are welcomed by mischievous wooden gargoyles within its 16th Century porch. At St Mary's Church, Mendlesham, a unique collection of parish armour is held and is open to the public on special days. Look out for the 'wood wose' - wild green men of the woods, armed with cudgels - above the north porch of the church.

THE Mid Suffolk FOOTPATH



Map
3

THORNDON to
MENDLESHAM (The Church)

8 km / 4.8 miles



'Keep it **Special'**

We can all help
to conserve the
Suffolk countryside:

- *Use your car as little as possible*
- *Please use footpaths*
- *Respect local people and wildlife*
- *Support organisations which look after the area*
- *Shop locally*
- *Make your visit during a quieter time of the year*

THE Mid Suffolk FOOTPATH

Map
4

MENDLESHAM (The Church)
to STOWUPLAND

9 km / 5.4 miles

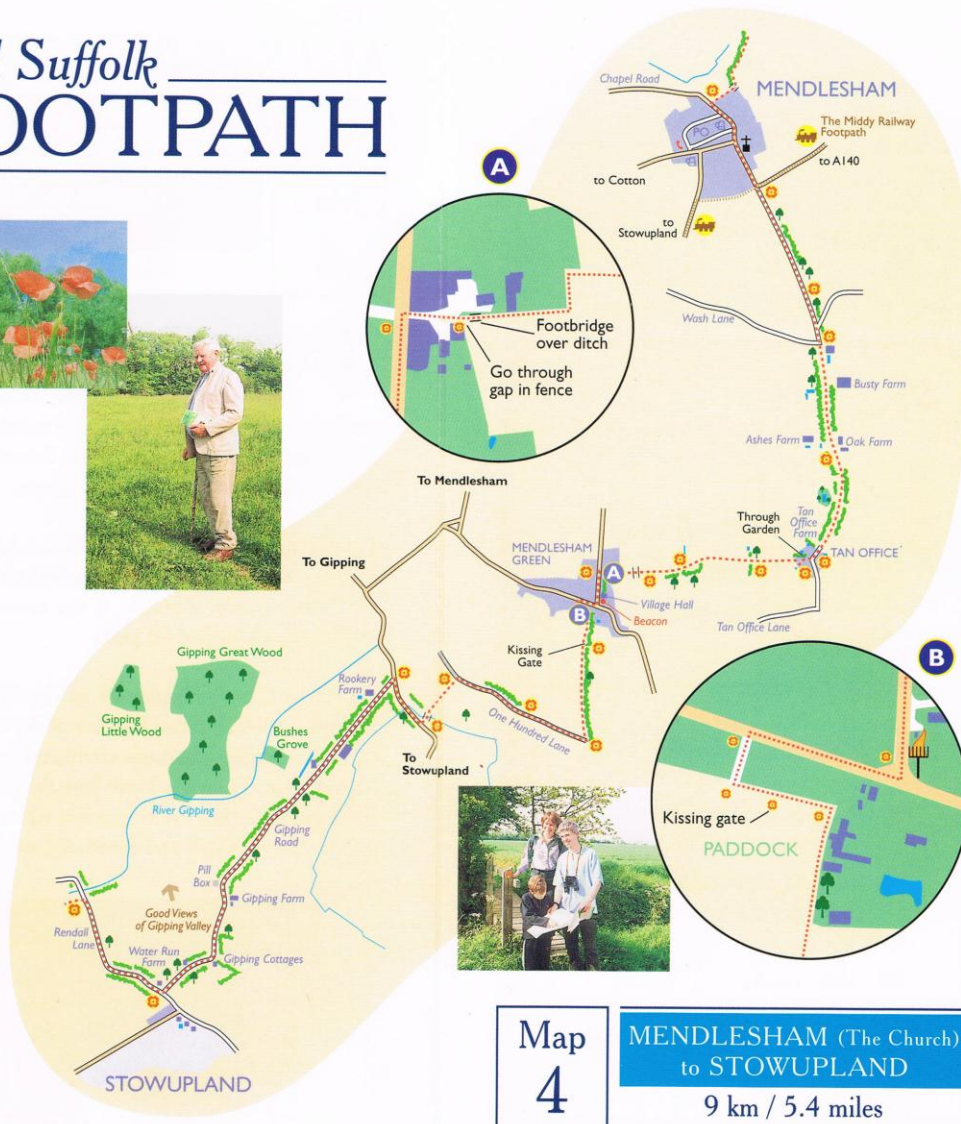
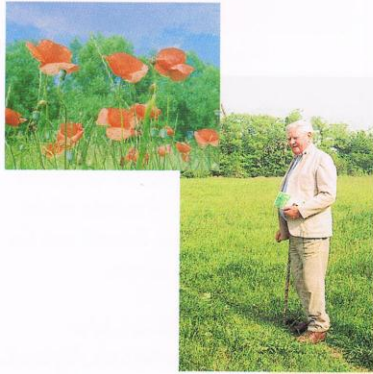
The section of The Mid Suffolk Footpath between Mendlesham and Stowupland goes through the High Suffolk Claylands - a highly productive arable area of mainly wheat, barley and rape. Sugar beet, peas, linseed and (in recent years) sunflowers are also grown.

The former track of the Mid Suffolk Light Railway lies to the south of Mendlesham. Named the 'Middy' by local people, it was opened in 1904 and ran for just 48 years.

The River Gipping begins life in Tan Office, an isolated hamlet so called because of the once thriving leather tanning business conducted here by the puritan Duncan family. From here the river runs to Stowmarket then on to Ipswich, where it flows into the river Orwell and eventually, out to sea.



THE Mid Suffolk FOOTPATH



Map 4	MENDLESHAM (The Church) to STOWUPLAND 9 km / 5.4 miles
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Geoff Turner
Outdoor People
 EAST ANGLIA'S PREMIER STOCKIST

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- O/S MAPS ● COMPASSES ● BINOCULARS

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 Stowupland Road,
 Stowmarket, Suffolk

TELEPHONE:
01449 675511



Mid Suffolk

TOURIST INFORMATION CENTRE

For information on accommodation, places to visit, local events, public transport and entertainment. The Tourist Information Centre also provides a UK Holiday Information Service, Gift Shop, AA & YHA membership, National Express agent and Theatre tickets.

- Open six days a week, Monday to Friday 9am - 5pm (5.30pm July & August). Saturday 9.30am - 4.30pm (1.30pm Jan-April), Bank Holiday 10am - 1pm.

Mid Suffolk Tourist Information Centre,
 Wilkes Way, Stowmarket, Suffolk, IP14 1DE
 Tel: (01449) 676800 Fax: (01449) 614691

PUBLIC TRANSPORT

For details on public transport please contact the Public Transport Helpline (01473) 583358 - Opening hours: Mon-Fri 8.45am - 6.00pm, Saturday 9.00am - 12.30pm.

There is an answering machine service after hours.



THE Mid Suffolk FOOTPATH

Map
 5

STOWUPLAND to
 STOWMARKET

5 km / 3 miles

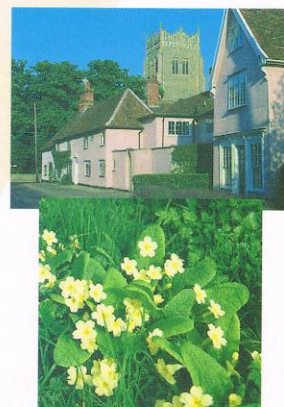
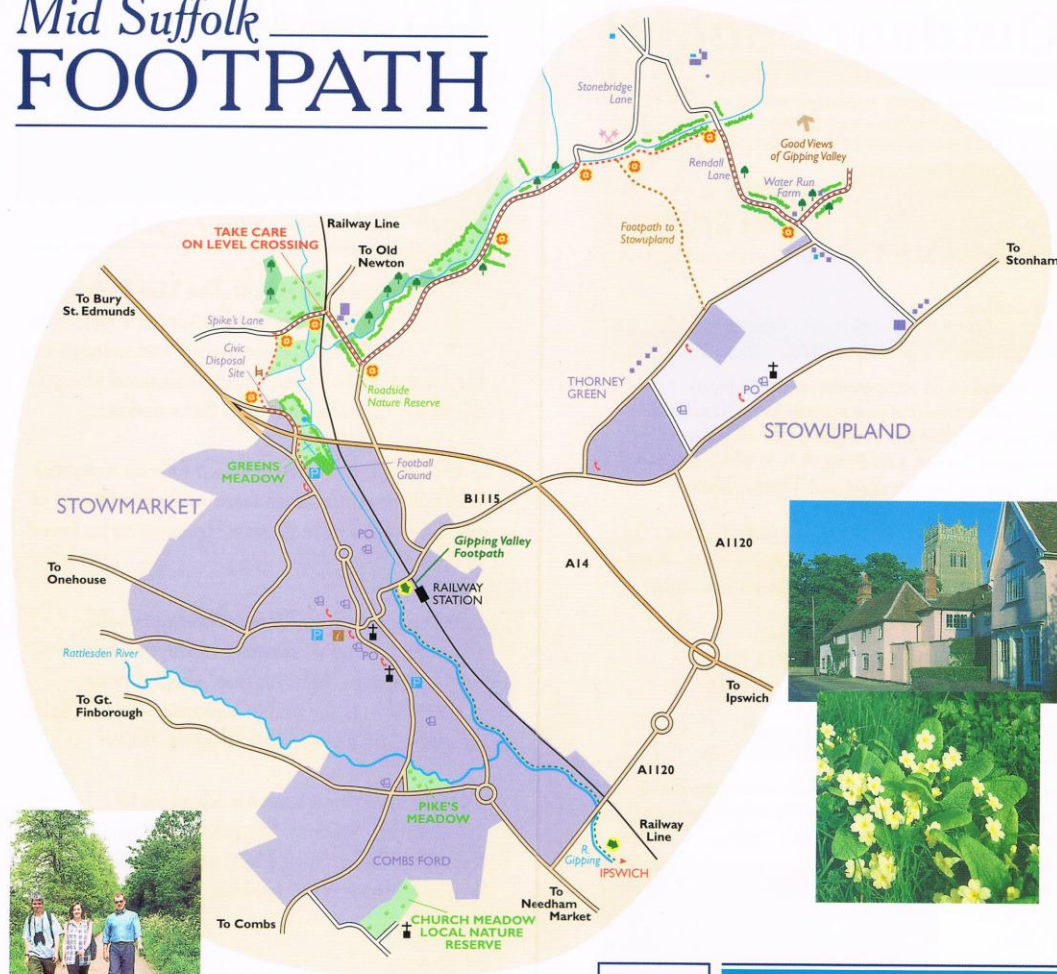
The southern end of The Mid Suffolk Footpath is reached at Green's Meadow, a countryside site owned and managed by the Countryside Team, which is situated alongside the River Gipping in North Stowmarket.

This section of the route which follows footpaths and quiet country lanes takes walkers past one of the many Roadside Nature Reserves to be found in Suffolk.

The reserve in Old Newton harbours wild liquourice, a robust member of the pea family which develops 'mini banana' shaped pods. Sadly this isn't the edible liquorice which is native to south-east Europe and Western Asia.

A short walk from Green's Meadow to Stowmarket Railway Station will bring you to the Gipping Valley River Path, a 17½ mile route along the towpath to Ipswich.

THE Mid Suffolk FOOTPATH



Map
5

STOWUPLAND to
STOWMARKET

5 km / 3 miles