### Footpath Planner (kilometres/miles)

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To Diss, follow The Angles Way westward for 6 miles

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<th>Thwaite</th>
<th>Mendlesham</th>
<th>Mendlesham Green</th>
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The Mid Suffolk Footpath is 21.5 miles in total

### Key to Maps
- **Waymarker**
- **Car Park**
- **Information**
- **Church**
- **Soil**
- **Post Office**
- **Public House**
- **Public Telephone**
- **Battle Area**

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**Over 20 miles in 5 easy stages**

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

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.
The Country 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 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.
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 Thorndon 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 Hacon. 

- 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 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 rose' - wild green men of the woods, armed with cudgels - above the north porch of the church.

Fleece Inn

61 Front Street Mendlesham


Tel: 01449 766511
THE Mid Suffolk FOOTPATH

THORNDON to MENDLESHAM (The Church)
8 km / 4.8 miles

Map 3
THE
Mid Suffolk
FOOTPATH

Map 4
MENDLESHAM (The Church) to STOWUPERLAND
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.
Mid Suffolk

**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 liquouice, 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