

The Valley Trail

An inspiring landscape

Feast your senses in this simply beautiful setting. Once home to Constable and Gainsborough, it is not difficult to see why this landscape has inspired generations of artists.

The walk follows part of the former Great Eastern Railway, a line that once linked Colchester with Bury St Edmunds. You can wander for up to 3 miles along this level and very easy to follow trail.

The trail also passes through Sudbury riverside meadows, the oldest grazed land in England, still grazed today.

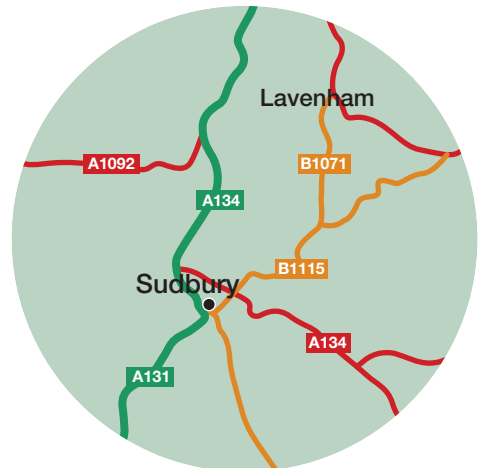
The meadows are a great place to linger and watch the world go by. You are almost sure to see herons, egrets and kingfishers and on warm, summer days enjoy the colours of plants blending with flitting butterflies and darting dragonflies.

Facilities

- **Parking** – Kingfisher Leisure Centre

Directions

- In Sudbury, follow signs for the train station and leisure centre. The Valley Trail starts behind Kingfisher Leisure Centre, opposite Waitrose. Park at the far end of the car park where you will see the start of the trail.
- **Babergh District Council**
01473 826 265
Post Code CO10 2SU



Easy access trail



3.5 miles/5.5km

The Valley Trail is a wide, compacted path making it suitable all year round.

This is a varied walk through different habitats and elevations; one moment you are looking down on to Sudbury Meadows, the next in a cutting surrounded by a wild wood.

An easy destination is Brundon Mill. At the junction with the Stour Valley Path, leave the railway walk behind and follow the path on to Brundon Lane for views of the mill pond, River Stour and Sudbury Meadows.

Retrace the route to return to the car park.

Easy going trail



3.5 miles/5.5km

From Brundon Lane follow the Stour Valley Path, past Brundon Hall on to Sudbury Meadows.

This route is more adventurous but simply lovely, along grassy paths, over small bridges and through a number of large kissing gates (all designed for wheelchair users), past grazing cattle.

You can follow any of the meadow paths or simply keep to the Stour Valley Path, a firmer route alongside the River Stour, leading to the Mill Hotel with its wonderful views.

All paths lead to a footbridge with a neatly framed foot tunnel under the railway walk ahead of you. After crossing the footbridge, veer left and exit the meadows past a pumping station to a ramp back on to the Valley Trail, where you turn left to return to the car park.

