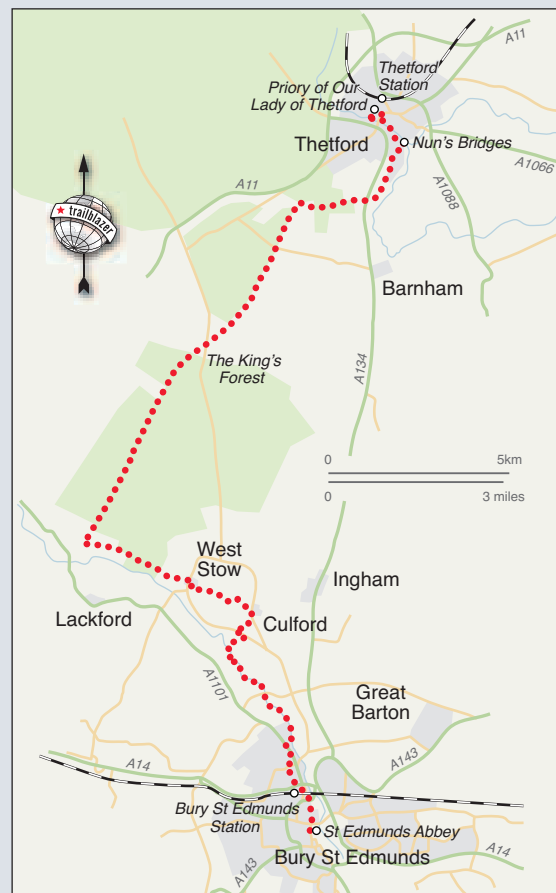
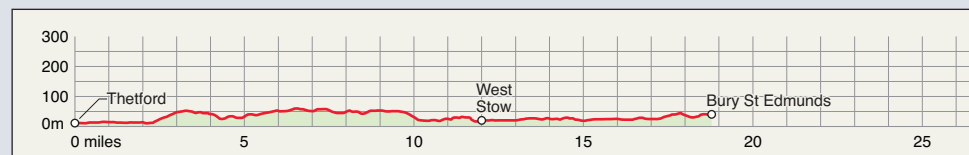


PRACTICAL INFORMATION



● **Terrain** Mainly forest tracks and riverside paths, with some town pavements.

● **Difficulty** Easy

● **Directions & GPS***

012.pdf, 012.gpx, 012.kml from
<https://trailblazer-guides.com/press>

* See p10-11 for more information
 on downloads

ROUTE OVERVIEW

18.9 miles (30.4km)

A gentle, peaceful walk through woodland and along riverbanks, bookended by thought-provoking ruins. Although you are on St Edmund's Way throughout the walk, signage is inconsistent and of limited help. Make sure you have lunch and plenty of water with you on the first day as there are no hostelrys en route.

Thetford to West Stow

11.9 miles (19.2km)

● **Time** 4hrs 20mins actual walking time ● **Total ascent** 148m/485ft

● **Map** OS Explorer 229 *Thetford Forest in the Brecks*

Walk out of Thetford along the banks of the Little Ouse for **1.2 miles**, then across Barnham Cross Common to reach the King's Forest in **1.1 miles**. You walk through the forest for **8 miles** before taking a quiet lane into West Stow, reached in a further **1.6 miles**. The route is flat all the way to Bury St Edmunds.

West Stow to Bury St Edmunds

7 miles (11.2km)

● **Time** 2hrs actual walking time

● **Total ascent** 45m/147ft

● **Map** OS Explorer 229 *Thetford Forest in the Brecks*; 211 *Bury St Edmunds & Stowmarket*
 Another waterside stretch to begin with, alongside an elongated lake for **1.4 miles** to Culford Park, then another **1.4 miles** across flat country to reach the River Lark. You follow the river for **2.7 miles** to the outskirts of Bury St Edmunds, and reach your destination in **1.5 miles**.

Day walk options

For a vigorous walk, complete the entire route in one day.
 For a shorter walk, begin at West Stow.

● **By public transport** Take the train to Thetford station to begin the walk, and from Bury St Edmunds station at the end. If beginning at West Stow, take a bus or taxi from Bury St Edmunds station.

● **Taxi option** Perry's Taxis (☎ 07985-386059 or ☎ 01842-769686; perrystaxis.co.uk)

Where to eat or stay along the way

● **Thetford** Stay at *The Bell Hotel*, (☎ 01842 754455, greenekinginns.co.uk, King St) an old coaching inn at the centre of this ancient market town.

● **West Stow** Stay at *West Stow Hall* (☎ 01284 728127, weststowhall.com, Icklingham Rd) or try glamping at *West Stow Pods* (☎ 01284 728136, weststowpods.co.uk).

● **Bury St Edmunds** Eat in *Abbey Gardens* (8am-5pm) at the *Pilgrim's Kitchen* (☎ 01284 748738; Mon-Sat 9am-4pm, Sun 10am-3pm) for great lunches, or enjoy alfresco coffee and cake from *Abbey Gardens Café* (☎ 01284 758380).



PILGRIMAGE HIGHLIGHTS

● Explore the ruins of **Thetford Priory** (english-heritage.org.uk/visit/places/thetford-priory, Water Ln; 9am-4pm), once the burial place of Henry VIII's illegitimate son.

● Enjoy the peace of walking in the **King's Forest** and along the banks of the **River Lark**.

● Visit **Bury St Edmunds Abbey** (☎ 01284-757490, english-heritage.org.uk, Angel Hill; 9am-5pm), **St Edmundsbury Cathedral** (stedscathedral.org, Angel Hill) and **St Mary's** (wearechurch.net, Honey Hill), burial place of Henry VIII's sister, Mary Tudor.

			Walk 12: Thetford to Bury St Edmunds
Distance from start	Distance from last direction	OS references	Direction
0	0	TM 03099 08166	From Thetford Priory, walk west along the footpath beside the Little Ouse river until you reach a footbridge
450yds/410m	450yds/410m	TL 86306 83189	Turn left over the footbridge.
490yds/450m	44yds/40m		Turn left again to follow the footpath on the other bank. <i>The ruins of the Church of the Holy Sepulchre are to your right and can be reached by continuing down the footpath to the A134 and turning left. Then continue along this road, turning left at Bridge St and walking to the river, where you can rejoin the route described below.</i>
900yds/840m	430yds/390m		Follow the footpath beneath London Rd, then under Bridge St.
0.7mile/1.1km	775yds/710m	TL 86911 83028	Bear slight left to take the footbridge over onto Bitten Island.
0.8mile/1.3km	220yds/200m		Bear right to take the footbridge onto another island
0.9mile/1.4km	110yds/100m		Bear left to continue on the path, with the Little Ouse river to your right.
1.2miles/1.9km	550yds/500m	TL 87377 82518	At Nuns' Bridges, turn right to take the road bridge over the Little Ouse. On the other side, where lanes diverge, take the left-hand option of Nuns' Bridges Rd and continue along until shortly after St Michael's Close on the right.
1.4miles/2.2km	330yds/300m	TL 87069 82183	Bear left off Nuns' Bridges Rd and go through the gate onto Barnham Cross Common. Follow the footpath that runs close to the left-hand edge of the common.
2.2miles/3.5km	0.8mile/1.3km		Bear right to follow the path across the common. The path keeps to the left of the open area then, as a parking area comes in sight on the roadside to your right, bears diagonally right towards A134 Bury Rd.
2.3miles/3.7km	220yds/200m	TL 86496 80987	Cross over Bury Rd and take the track leading into woodland. Continue on until the trees begin to open out into fields and look out for a sign for St Edmund Way and Icknield Way.

3.5miles/5.6km	1.2miles/1.9km	TL 84651 80864	Turn left onto a track signed St Edmund Way and Icknield Way Trail, initially with woods to your left and fields to your right.
4.3miles/7km	0.9mile/1.4km	TL 84052 79651	At the junction with Elveden Rd, go straight across and continue on the track on the other side. You now have woods on your right and fields on your left.
5.9miles/9.5km	1.5miles/2.5km	TL 82802 77487	At Barrows Corner, a potentially confusing junction of tracks, bear slightly right of straight ahead, taking the track that most closely follows the line you have been following. Pass through a belt of trees and then follow the same line over a cultivated field. The line of the footpath is usually reinstated with tractor tracks but, if it has not, you need to go diagonally right, heading for the far corner of this field.
6.3miles/10.2km	770yds/700m	TL 82264 77005	At the junction with the B1106, cross over, and continue on the track, on the line you have been following, through thick forest for 4 miles. Eventually you will reach a lane alongside a house called Leechmoor Cottage.
10.5miles/17km	4.2miles/6.8km	TL 79208 71581	Turn left onto the lane and continue along it towards West Stow.
11.9miles/19.2km	1.4miles/2.2km	TL 81667 70784	Reach West Stow Hall, on your left, a suggested overnight stop. Continue along the lane for West Stow village.
12.1miles/19.6km	440yds/400m	TL 82039 70711	At the T-junction of lanes turn right onto Ingham Rd.
12.3miles/19.7km	110yds/100m	TL 82039 70711	Arrive at St Mary's church on the left. Take the track that leaves the lane directly opposite the church – go straight ahead if you are coming out of the church, turning left off the lane if you have not. Proceed along the track
12.4miles/20km	330yds/300m	TL 82285 70626	Turn right off the track onto a footpath that runs close to the bank of a long lake that can be mistaken for a river and continue on this lakeside path.
13.2miles/21.2km	0.7mile/1.2km		With stately Culford House to your left, the path to take is not clear. Continue until you are almost past the house and look for a footpath sign indicating you should turn 45degrees left.
13.3miles/21.5km	330yds/300m	TL 83353 70297	Emerging from a belt of trees, turn left for Culford church, St Mary's.

			To continue, turn right, following the estate road through the grounds up to B1106, The Street.
13.7miles/22km	550yds/500m	TL 83724 70041	When you reach the B1106, turn right through Culford village.
13.8miles/22.2km	220yds/200m	TL 83768 69723	Turn right off the B1106 onto a footpath and continue to a lane.
14.2miles/22.9km	770yds/700m	TL 83323 69398	Turn left onto the lane and continue to crossroads.
14.4miles/23.2km	330yds/300m	TL 83621 69227	At crossroads, turn right onto Mill Rd.
14.7miles/23.7km	550yds/500m	TL 83146 68993	Where Mill Rd reaches the River Lark, turn left onto the footpath, keeping the river on your right as it winds through trees.
15.3miles/24.6km	1000yds/900m	TL 83480 68522	At Ducksluice Farm, take the footbridge, crossing right over the river, then turn left to continue along the opposite bank along to the B1106.
16miles/25.7km	0.7mile/1.1km	TL 84171 67757	When the footpath reaches the B1106, cross straight over and continue along the riverbank, passing along the edge of the Suffolk Golf and Country Club's golf course.
17miles/27.4km	1.1miles/1.7km		After reaching an industrial estate the footpath turns sharp right, then left, then right again until it reaches the A1101 Mildenhall Rd.
17.1miles/27.6km	220yds/200m	TL 84818 66399	Cross over A1101 road and turn left. You are now entering the suburbs of Bury St Edmunds. Continue along past the Co-op supermarket.
17.3miles/27.8km	220yds/200m	TL 84939 66224	Turn left off the A1101 onto a footpath that takes you on to Rosemary Rd, and through a housing estate.
17.4miles/28km	220yds/200m	TL 84849 66085	Turn left into Norman Rd.
17.5miles/28.2km	220yds/200m	TL 84951 65883	Turn right onto Tollgate Ln.
17.6miles/28.3km	110yds/100m	TL 84869 65846	Turn left onto Northgate Ave and continue along to the A14.

18miles/28.9km	660yds/600m	TL 85117 65365	Take the footbridge over the A14. On the other side, turn left and then immediately right into Maltings Way, through a small industrial estate and past the railway station.
18.1miles/29.2km	330yds/300m	TL 85361 65214	At the end of Maltings Way, turn right onto the A1101 and continue under the railway bridge.
18.3miles/29.4km	220yds/200m	TL 85483 64929	At the roundabout, where the A1101 meets the A143 (to your left) and the A1302 (to your right) go straight on into the smaller road, Northgate St.
18.7miles/30.1km	770yds/700m	TL 85586 64330	Where Northgate St ends at the T-junction, with St Edmundsbury Abbey straight ahead of you, turn right onto Angel Hill.
18.9miles/30.4km	330yds/300m	TL 85533 64221	Arrive at the Abbey Gate, the entrance to St Edmundsbury abbey.