PRACTICAL INFORMATION

ROUTE OVERVIEW 12.2 miles (19.7km)

There are no shops on this stage until Bury St Edmunds. Whepstead is the halfway point and has a pub for lunch but no accommodation – if dividing this section here you could take a bus or taxi to Bury St Edmunds for the night, then back the next day.

There is, broadly, a gentle but sustained climb over the first half of the stage, and a similar descent for the second. From Stansfield it is a short hop between valleys to Hawkedon, reached in **1.2 miles**. A further **2.5 miles** takes you via a green way and footpaths to the next village, Rede. It is then **3 miles**, mainly along quiet lanes, to Whepstead, a good point to pause for lunch, or split the stage into two day-walks.

From Whepstead the route follows the Bury to Clare Walk. There are no more villages on the way to Bury, but the hamlet of Pinford End is reached in **1.9 miles**. In a further **1.4 miles** the route leaves the Bury to Clare Walk and joins the St Edmund Way. This path takes you right in to the city, reached in **2.2 miles**.

Public transport options

This is another very rural stage, with only the end point at Bury St Edmunds accessible by **train**. There are occasional buses, but taxis are the best option for joining or leaving the route before Bury. The SE1 community **bus** (pre-booking essential) can call in Stansfield and Rede by arrangement, and the infrequent No 374 stops in Whepstead en route between Clare and Bury St Edmunds. See also public transport map and table pp29-31. **Taxis** include ***Star Cabs*** (☎ 01440-712712), ***Sudbury Cab Company*** (☎ 01787-373222, 💻 sudburycab.co.uk) and in Bury St Edmunds, ***A1 Cars*** (☎ 01284-766777, 💻 a1cars.co.uk).

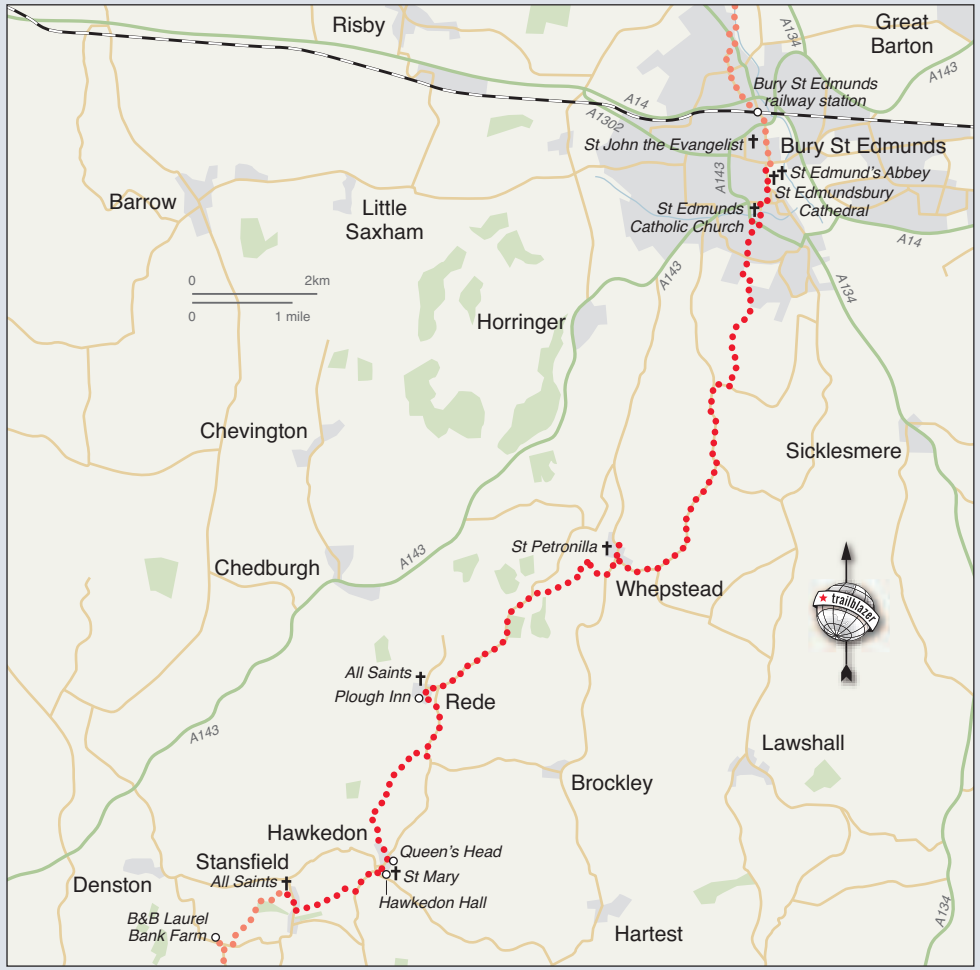
Where to eat or stay along the way

- **Stansfield** (see Assington Green, Stage 6, p99).
- **Hawkedon** (after 1.2 miles/1.9km) **Stay** and **eat** at the lovely 15th-century ***Queens Head*** (☎ 01284-789218, 💻 hawkedonqueen.co.uk, Rede Rd; open Mon-Thur 5pm-11pm, Fri-Sun noon-11pm, food Wed-Thur 6pm-9pm, Fri-Sun noon-2.30/3pm & 6pm-9pm), a free house with restaurant-quality menu. Accommodation is in a medieval hall and former stables.
- **Rede** (after 3.6 miles/5.8km) The ***Plough Inn*** (☎ 01284-789208, 💻 facebook.com then search Plough Inn Rede; open Tue-Sun 11am-3pm & 6.30pm-11pm) is a 15th century pub on The Green, with good **food** and garden.
- **Whepstead** (after 6.8 miles/10.9km then 1 mile/1.6km off route) Take a short detour for **lunch** at the ***White Horse*** (☎ 01284-735760, 💻 thewhitehorsewhepstead.pub, Rede Rd; open Wed-Sat noon-11pm, Sun noon-8pm, food Wed-Fri noon-2.30 & 5pm-8.30pm, Sat noon-8.30pm, Sun noon-5pm).
- **Bury St Edmunds Stay** at the historic four-star ***Angel Hotel*** (☎ 01284-714000, 💻 theangel.co.uk; 3 Angel Hill) opposite Abbey Gardens; or reliable chain hotel ***Premier Inn*** (💻 premierinn.com; Raingate St). **Food** options include ***Pilgrim's Kitchen*** (☎ 01284-748738, Angel Hill; 8am-4/5pm) a good lunch spot by the cathedral, and ***Abbey Gardens Café*** (☎ 01284 758380; Mustow St; 10/11am-4/5pm, winter closed), great for coffee and cake.

- **Terrain** Footpaths and quiet lanes
- **Difficulty** Easy/Moderate
- **Cumulative distance from London** 99.7miles (160.7km)
- **Time** 4hrs 15mins actual walking time
- **Total ascent** 178.5m (568ft)
- **Maps** OS Explorer *210 Newmarket & Haverhill, 211 Bury St Edmunds & Stowmarket*
- **GPX route file & directions*** 507.pdf, 507.gpx, 507.kml at 💻 https://trailblazer-guides.com/press * See pp27-8 for more information on downloads

Services

- **Bury St Edmunds** has **supermarkets** Waitrose (Mon-Sat 7.30am-8pm, Sun 10am-4pm) on Robert Boby Way and Tesco Express (daily 6am-11pm; 24-26 Cornhill). There are also two **laundrettes:** The Coin Op Laundrette (☎ 01284-361386; daily 8am-6pm) at 10 Hardwick Shopping Centre on Home Farm Ln; or Wash-And-Spin (☎ 07862-712041, 30 Cadogan Rd; 7am-6pm).



		Stage 7: Stansfield to Bury St Edmunds
Distance from start	Distance from last waypoint	
0	0	From All Saints, Stansfield, walk east out to Plough Hill and turn right, then look out for a Footpath sign on your left.
330yds/300m	330yds/300m	Turn left, following the footpath sign
880yds/800m	550yds/500m	Follow yellow on black Footpath roundels as the path turns left then quickly right and runs along the left-hand field margin.
.6mile/1km	220yds/200m	The path again dog-legs left then right and is again signposted. Continue to Brook's Wood.
.7mile/1.1km	110yds/100m	At Brook's Wood, follow the Footpath roundel as the path turns right into the wood.
.8mile/1.3km	220yds/200m	At the other side of Brook's Wood, the path turns 90 degrees right and crosses a cultivated field to reach a lane.
.9mile/1.4km	110yds/100m	Turn left in the lane, and continue to Hawkedon.
1.1miles/1.8km	440yds/400m	At the village green, St Mary, Hawkedon is diagonally to your right. Hawkedon Hall, with the remains of a Saxon cross in the garden, is sharp right.
1.2miles/2km	220yds/200m	Arrive at the church of St Mary, Hawkedon. To continue, walk around behind the church and leave the churchyard by the gate on the far side, crossing the green, to reach Hawkedon Rd. Turn right to follow the road. The Queen's Head pub is just up on the right as you leave the village. Continue to the junction with Cresslands Ln.
1.5miles/2.4km	440yds/400m	Due to a blocked footpath, the route no longer follows Cresslands Ln. We are trying to get the obstruction removed via Suffolk County Council footpaths officers, and will update if/when we are successful, reinstating the original route. For now, continue on Hawkedon Rd. Look out for a white-on-green Footpath fingerpost on your left, as you reach the village.

3.2miles/5.1km	1.7miles/2.7km	Take the footpath on your left, crossing a field to reach the hedge around the garden of a large house, keep straight on, the hedge on your right, and follow it as it curves right to bring you out onto a green.
3.4miles/5.5km	440yds/400m	Turn right on the green and walk to the lane, which is called The Green. Turn right on the lane and walk up it for the church of All Saints, Rede, which will be on your right just after a T-junction.
3.5miles/5.6km	110yds/100m	Arrive at the church of All Saints, Rede. To continue, retrace your steps back to the T-junction you passed just before the church. Turn left at the T-junction, and walk down it to reach Rede Rd, signposted Bury St Edmunds and Whepstead.
3.7miles/5.9km	330yds/300m	Turn left onto Rede Rd. A combination of verges and field margins means you can keep off the road. Pass Haws Wood, on your right and look out for a kissing gate, in the hedgerow to your right.
5.1miles/8.2km	1.4miles/2.3km	Go through the kissing gate on your right (there is no signpost at this point) and cross a field, aiming for a white post with a black arrow on it. Go over the footbridge just beyond the arrow and through a shallow belt of trees. On the far side the path turns right to follow the field margin for a few yards. You will then see a post with yellow-on-green roundels for the Clare to Bury Walk on it.
5.3miles/8.5km	330yds/300m	Go left, the direction indicated by the roundel marked ‘To Bury’, crossing the area where the OS Explorer map indicates Stonecross Green and Stonecross Farm, to reach a T-junction of paths.
5.5miles/8.8km	330yds/300m	At this junction, keep straight on, ignoring the turning to the right, the path curving left before reaching a 90 degree turn to the right.
5.8miles/9.3km	550yds/500m	Turn right here, following the direction indicated on the yellow-on-green roundel marked ‘To Bury’. Walk on to the far side of this field.
6miles/9.6km	330yds/300m	On the far side of the field, follow the ‘To Bury’ sign to cross a stream, after which you turn right, and follow the field margin to Brockley Rd.
6.1miles/9.8km	440yds/400m	Turn left into Brockley Rd, the B1066, using the pavement on the far side, towards Whepstead Hall. Look out for Church Hill, a turning on your left.

6.5miles/10.5km	770yds/700m	Turn right into Church Hill for the church of St Petronilla, Whepstead.
6.6miles/10.6km	110yds/100m	Arrive at St Petronilla's. To continue, retrace your steps, turn right into the B1066 and walk to a turning on your left, Rectory Rd.
6.7miles/10.8km	220yds/200m	Turn left into Rectory Rd and continue along the pavement to Bull Ln, a turning on your left. We are still following the Bury to Clare Walk, but there are no signs on this stretch.
7.2miles/11.6km	880yds/800m	Turn left into Bull Ln, a narrow but very quiet lane, and continue past Bull Green to Pinford End
8.5miles/13.7km	1.3miles/2.1km	At the T-junction of lanes in Pinford End, turn left into Church Rd and continue until you reach a turning on the right, Park Ln, opposite Long Wood.
9.4miles/15.1km	.9miles/1.4km	Turn right into Park Ln. There is a Bury to Clare roundel on a post opposite the turning. Look out for a track leaving the lane to your left, marked with roundels for Bury to Clare Walk and St Edmund Way, plus a Bridleway sign.
9.5miles/15.3km	220yds/200m	Turn left off Park Ln, following roundels for the Bury to Clare Walk and St Edmund Way.
9.7miles/15.6km	330yds/300m	Turn right, following the St Edmund Way roundel.
9.8miles/15.8km	220yds/200m	Turn left following the St Edmund Way roundel, but NOT the
		Bury to Clare one, as we leave that route at this point. Almost immediately afterwards, our path turns sharp right to run as a broad, often muddy way, across a field. There is no sign at this point. Walk on to Hencote Ln.
10.1miles/16.3km	550yds/500m	Cross Hencote Ln, following the St Edmund Way roundel through a belt of trees to emerge on Hardwick Heath, the path we follow here called The Lodge.
10.7miles/17.2km	990yds/900m	Look out for a St Edmund Way roundel pointing left just before a football pitch. Turn right on the far side of the football pitch and walk down to Hardwick Ln.
11miles/17.7km	550yds/500m	Cross Hardwick Ln and take a tarmacked path between houses, following it as it crosses Barons Rd and on across Holywater Meadows.

11.3miles/18.2km	550yds/500m	As you approach Cullam Rd, the St Edmund Way bears right, but the area it crosses is often extremely boggy. Best to take the left fork in the path to get to Cullam Rd, then turn right to walk back to the point at which the St Edmund Way reaches this road.
11.4miles/18.3km	330yds/300m	Cross Cullam Rd, using the central pedestrian refuge, and go straight on to reach Friars Ln.
11.6miles/18.7km	440yds/400m	At the far end of Friars Ln, turn right into Westgate St.
11.8miles/19km	330yds/300m	Turn left into Crown St.
12miles/19.3km	330yds/300m	Arrive at St Edmund's Abbey, and the end of this stage of the walk.