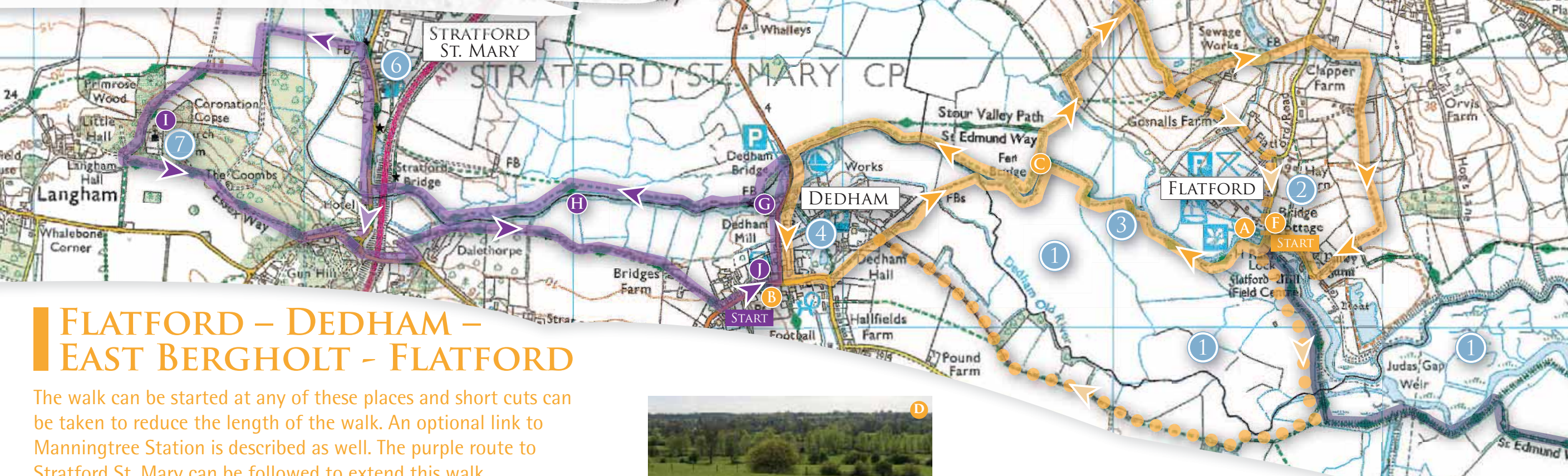


WALKING IN CONSTABLE COUNTRY



- ➡ Dedham – Stratford St. Mary – Langham – Dedham
- ➡ Shortcut
- ➡ Flatford – Dedham – East Bergholt – Flatford
- ➡ Shortcut
- Alternative route to Dedham
- ➡ Connection to Manningtree Station
- A Point of interest on route
- 1 'Highlights' location

500m

Map based on Ordnance Survey
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FLATFORD – DEDHAM – EAST BERGHOLT – FLATFORD

The walk can be started at any of these places and short cuts can be taken to reduce the length of the walk. An optional link to Manningtree Station is described as well. The purple route to Stratford St. Mary can be followed to extend this walk.

WALKING DISTANCES AND TIMES: (not including stops)

Flatford-Dedham-East Bergholt-Flatford: 4.7 miles/7.5 km. 1¾ hrs

Flatford-Dedham-Flatford: 3.4 miles/5.5 km. 1¼ hrs

Flatford-Dedham-Flatford via alternative route: 3.7 miles/6 km. 1½ hrs

Manningtree Station-Flatford (one way): 1.7 miles/2.8 km. 35 mins

TERRAIN: Paths and tracks, some minor roads and village roads. Route can be very muddy in places and flooded after heavy rain. Take care near areas of deep water.

Starting from Flatford (Bridge Cottage): cross bridge and turn right. Follow riverside path until Fen Bridge ⑤. **Cross bridge and turn sharp left.** Follow path across meadow and beside river until road. **Turn left** and follow road to reach Dedham main street.



Starting from Dedham (beside Marlborough Head Inn): turn left and follow main street until it bends to right. **Continue ahead** on track. Follow track and then path. **Pass National Trust** sign on right (turn right here for alternative route to Flatford as detailed below) and continue straight on footpath through trees and then across meadows. **When river reached, bear right** across small concrete bridge (it can be very muddy here). Follow path beside river, **bearing left** to reach Fen Bridge. **Cross bridge** and follow track ahead. Continue on this winding track until lane.



Turn left to reach village of East Bergholt. **At War Memorial**, cross road and enter churchyard. **Turn left** and walk under arch. Exit churchyard and **continue on pavement** beside site of Constable's birthplace to reach village centre.



Short Cut to Flatford: turn right here and follow path that runs parallel with lane. Continue on path then lane to reach Flatford car park. Walk through car park to Bridge Cottage.

Starting from East Bergholt (Red Lion Pub): Follow road through East Bergholt towards village centre and St. Mary's Church. **Enter churchyard** and **turn left.** Follow path around outside of church, passing historic bell cage. **Exit churchyard** through gate opposite war memorial and **continue straight** across road down Flatford Lane (note oncoming traffic).



When junction reached with Fen Lane, **continue straight**, but use path that runs parallel with lane on left hand side. When path junction reached, adjacent to sharp left bend in road, **turn left** across field. Follow path into wood and **continue down hill**, passing sewage works on right. **Cross small stream** and **continue up hill** to reach lane. **Turn right** and then **immediately left** into



drive of Flatford Farm House. Follow drive between buildings and join path. **Continue until junction**, then **turn right** and follow path between paddocks. When gate and open meadow reached, **continue straight down hill.** **Bear right** at bottom and join track to Willy Lott's House. **Continue on lane** beside Flatford Mill to Bridge Cottage ⑥.



Alternative Route from Flatford to Dedham (useful if the route described above is flooded). Starting from Flatford (Bridge Cottage), **cross bridge** and **turn left.** Follow path beside river until gate beside flood barrier. Go through gate and **bear right** away from barrier. **Cross concrete bridge** and **bear right** along grassy track. **Continue** when this becomes concrete track. At sharp left bend near buildings, **continue straight** on path across field. Follow path for some distance beside fields, ignoring all left exits. At path T junction, turn left and follow track to Dedham, keeping left at entrance to business centre.

DEDHAM – STRATFORD ST. MARY – LANGHAM - DEDHAM

The walk can be started from Dedham or Stratford St. Mary. The green route to Flatford and East Bergholt can be followed to extend this walk.

WALKING DISTANCE AND TIME: (not including stops)

Dedham – Stratford St. Mary – Langham – Dedham: 4 miles/6.4 km. 1½ hours

TERRAIN: Paths and tracks, some minor roads and village roads. Route can be very muddy in places and flooded after heavy rain. Take care near areas of deep water.



Starting from Dedham (opposite St. Mary's Church). Almost immediately, **turn left** between the Essex Rose Tea Room and Marlborough Head Inn and follow road to river. Cross Bridge and **turn left** onto path beside mill pond. Follow path across meadows, **keeping river to left.** Cross wooden footbridge. **When A12 embankment reached**, follow tunnel under dual carriageway to road. Cross road and **turn right**, following pavement into Stratford St. Mary, passing Black Horse Inn. **Take path on left** across long narrow river bridge. Follow path ahead straight across meadow. On far side, **turn left** along track for short way. At path sign, **turn right** and follow path beside field. At path junction **bear left** uphill towards house. Pass church ① and take sharp left bend in front of gateway. Follow



Short cut to Milsoms Hotel and route to Dedham: turn left here and follow road as it bends to left across A12 bridge. Follow pavement down hill and turn left into entrance to Milsoms Hotel. Path to Dedham leaves opposite Hotel.

surfaced drive to reach ornate gates and main road. **Turn left** along pavement and follow around to right, then cross road and **bear right** across A12 bridge. Follow pavement down hill and **turn left** into entrance to Milsoms Hotel.



Starting from Stratford St. Mary (Milsoms Hotel): take footpath opposite hotel building. Follow path downhill through trees to beside river. **Continue across meadows**, eventually joining track beside field. Follow track through the National Trust's Bridge Farm. **At end of track, turn left** into Dedham main street ①. Continue until opposite church.



Rowing boats – the perfect way to spend a summer afternoon; ⑤ St. Mary's Church, Dedham – one of the tallest towers in the area; ⑥ Fen Bridge – an historic crossing point; ⑦ The Dedham Vale – a traditional landscape; ⑧ East Bergholt's most famous son; ⑨ Bridge Cottage – discover more about John Constable; ⑩ Dedham Mill – once owned by the Constable family; ⑪ Willows beside the Stour; ⑫ Langham Church – features in Constable's famous painting Glebe Farm; ⑬ Dedham Main Street – beautiful buildings and interesting shops (photo credit: Esther Wilkinson).

COUNTRYSIDE CODE

The area has a network of footpaths and bridleways. We have marked suggested routes on this map and have a few simple suggestions to help you enjoy the area safely and assist our work to care for it.

Please follow the Countryside Code: www.gov.uk/government/publications/the-countryside-code:

- Plan ahead and follow any signs.
- Leave things as you find them. Take your litter home.
- Help look after our plants and wildlife by keeping to footpaths and not trampling verges.
- Dogs are welcome, but please keep them under close control at all times, especially when amongst farm animals and in bird nesting season (March-September). Release your dog if chased by cattle.
- Always clean up after your dog

Thank You
FOR HELPING US KEEP THIS
OUTSTANDING LANDSCAPE BEAUTIFUL