

The Wheelchair-friendly Walk

Main Features of the Walk

- Allows those who are wheelchair bound to enjoy the scenery of Dedham Vale.
- A chance to see Bridge Cottage (where there is a small, free exhibition about Constable), Flatford Mill and Willy Lott's cottage. Don't miss the dry dock, which is located next to the tea room.
- Apart from one hump-back bridge and a downhill run from the car park, the route is virtually flat, and is not normally muddy.

Outline Route

The walk starts in the car park at Flatford (which is reached via East Bergholt) and allows the sights on the north side of the river to be viewed before progressing along the tow path on the south side of the river as far as Judas Gap. Return is by retracing steps.

Approximate Distance

Up to 1 1/2 miles.

Approx. Completion Time

Allow at least one hour for the entire walk.

Toilet Provisions

There are public toilets at Flatford, on the north bank of the river close to the hump-back bridge.

Suggested Car Parking

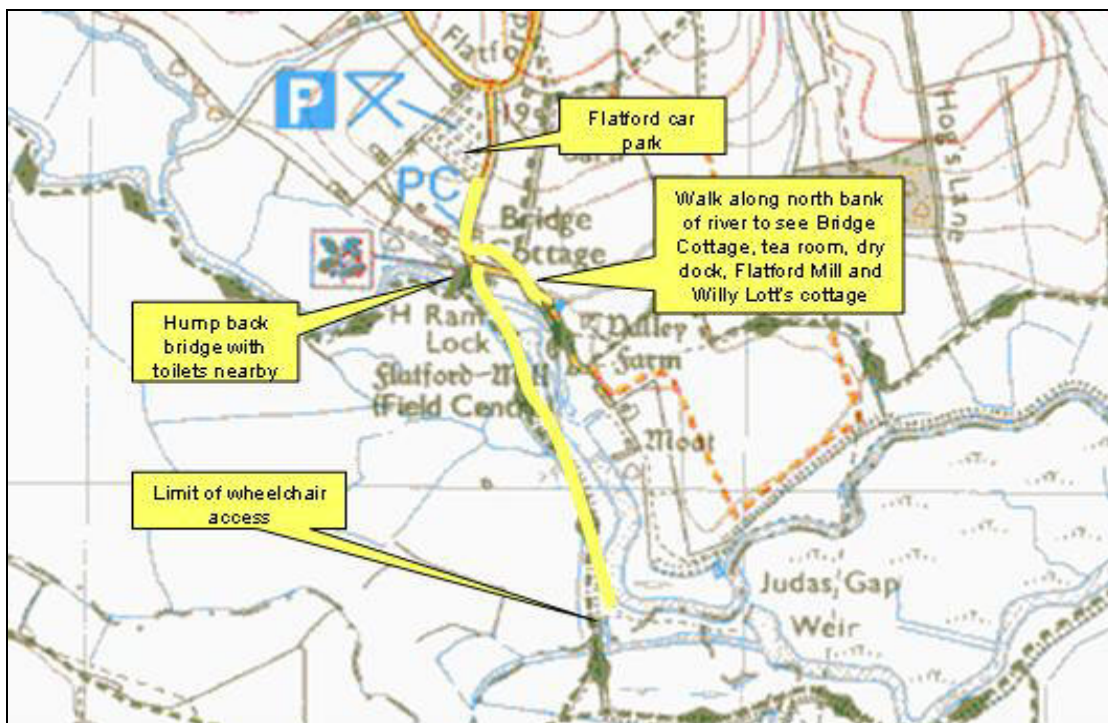
In the Flatford car park, about 200 yards from the river.

Eating and Drinking

During the summer months the tea room at Flatford is open, serving drinks and light snacks. There are several pubs in East Bergholt (about 1/2 mile from the Flatford car park).

Shortcuts

The route is shown on the map below in **yellow** highlight. Turn back when you think you have used up about half your energy!



Directions

Set off downhill from the Flatford car park

Distance from start (miles)

0

At the bottom of the hill (before the hump back bridge) turn left (eastwards).

0.1



The hump back bridge, with Bridge Cottage in the background

Take a look at the exhibition in Bridge Cottage and view the dry dock.



The dry dock as Constable saw it in "Boatbuilding near Flatford Mill"

John Constable, 1815. Photo © The Victoria & Albert Museum, London



The dry dock as you will see it

See Flatford Mill and Willy Lott's cottage (from the outside only).

0.2



Willy Lott's Cottage as Constable saw it in "The Hay Wain"

John Constable, 1821. Photo © The National Gallery, London



Willy Lott's Cottage as you will see it

Retrace your route to the bottom of the the hill.

0.4

Cross the hump back bridge and turn left (eastwards) along the river tow path.

This path is navigable for wheelchairs as far as the "56 Gates". These were built in 1947 as a means of stopping the ingress of saline sea water to the fertile agricultural land of the valley, whilst still allowing flood water to drain from the land into the estuary.

0.8



It is now necessary to retrace your route to the Flatford car park.

Total mileage for the full walk

1.3