



13 ESSEX/SUFFOLK DEDHAM VALE

▶ Distance: 7¼ miles/11.65km ▶ Time: 3½ hours ▶ Grade: Moderate



Flatford Mill across the River Stour.

PHOTO: PHOEBE TAPLIN



CHOSEN BY...
PHOEBE TAPLIN
John Constable painted

quintessentially English landscapes and on this route you can walk right through them. Take a look at the fine medieval stone carving in St Mary's, Lawford and visit the National Trust's Flatford Mill by the River Stour.

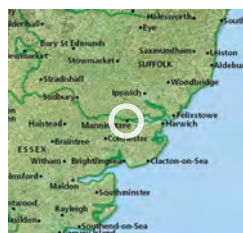
1 Start
From railway station, turn R past brick house. At start of bottom car park, turn L onto path signed Dedham. Turn R and soon L again onto path signed Lawford. Continue to St Mary's church. Walk through churchyard (look inside at 14th-century stone carving in

chancel) and exit through far gate onto lane. You are now on the Essex Way; follow poppy waymarks for next 3½ miles.

2 ½ mile/0.8km
Keep ahead through car park. Take path from far R corner and continue around field. Turn R on lane and follow it L. Fork L and follow path L through gate. Continue on path and turn L through gate past houses. Keep straight on track past barns and follow it R. Fork R, past cottage, and R again at waymark, past wood store. Follow path through woods, then over stiles and railway.

3 1¼ miles/2.8km
Go over third stile, through kissing gate and straight up

PLAN YOUR WALK



ROUTE

Start/parking Manningtree Station car park (£4.90 off-peak day rate), CO11 2LH, grid ref TM093322

Is it for me? Good paths, tracks, lanes. Mud after rain
Stiles 3

PLANNING

Nearest town Manningtree

Refreshments Pubs and tearooms in Dedham, including the Sun Inn opposite Dedham church.

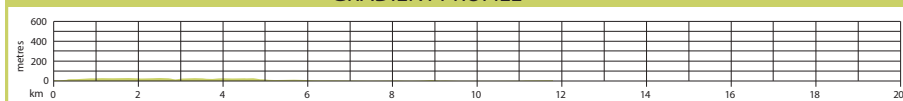
Public toilets Dedham Community Centre; Manningtree station

Public transport Trains from London and Norwich.

Maps OS Explorer 196; Landranger 168

field between paddocks. Go through more gates and keep straight on path. Cross lane slightly R and continue on path to far gate. Turn R on lane, follow it L. Keep straight at bend on path, through gates

GRADIENT PROFILE



13 ESSEX/SUFFOLK
DEDHAM VALE▶ OS Explorer map 196 ▶ Buy maps at: ordnancesurvey.co.uk/shop

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and over footbridge. Continue on Anchor Lane and turn R on B1029 for 100m.

4 2¼ miles/4.5km

Turn L at sign and follow path ahead. Continue down steps, through kissing gate and beside wicker fence. Follow path L past house and R on gravel track. Turn R on lane past Hunter's Moon and L at sign down lane (Munnings Art Museum is R). Fork R past pink house, through gate onto path. Go on through gate, over bridge and diagonally R over field to another bridge and gate. Keep straight across fields, through small gate and on along fenced path. Turn R

and L around sports field to pass between Community Centre and playground and emerge, near church, onto Dedham's High Street.

5 4 miles/6.5km

Cross over and keep straight along Mill Lane. Immediately after red brick mill, turn L on path, R over bridge, and R again on path beside water. Cross road and continue beside River Stour with water on R. Follow river L; turn R through gate and over bridge. Continue along river with water now on L. Opposite Flatford Mill Cottage, go through gate and continue along bank with river on L,

passing landmarks from Constable's paintings.

6 5½ miles/9km

Keep straight past old flood defence and continue, through gate, on permissive path to Manningtree. Turn L on embankment and follow main paths and signs for Manningtree to return to station. [CW](http://www.cw.gov.uk)

VIEW THE WALK ON OS MAPS ONLINE:

lfto.com/cwroutes

IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

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DATE WALKED

TIME TAKEN

YOUR RATING

