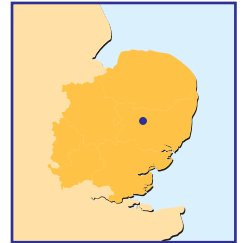


CYCLING DISCOVERY MAP



Starting point: Ixworth (nr. Bury St. Edmunds), Suffolk

Distance: 23 miles/37 km (or with short cut 12 miles/19 km)

Type of route: Day ride - moderate, circular; on roads

THE MILLER'S TRAIL

This cycle ride starts from the ancient village of Ixworth. From here the route heads into an area with a rich agricultural heritage, where the turning sails and waterwheels of historic mills have been part of Suffolk life for over 800 years. Climb their towers for views over traditional rural landscapes, and take home some freshly milled flour. In between are picturesque villages, nature reserves and fine churches to explore. Along this route you can discover the maiden's garland, visit a terracotta pottery workshop and wander in the vineyards of an Elizabethan manor house.



Thelnetham Windmill

Essential information

Starting point: Ixworth - library/village hall car park. Located 6 miles north east of Bury St. Edmunds along A143. Entrance to car park on High Street, SP 'library, village hall'.

Alternative starting point: Stanton - recreation ground car park (Old Bury Road). Located 2 miles north east of Ixworth along A143. See 'I Stanton' for information. Join the route by turning R out of the car park onto Old Bury Road. After a short distance you arrive at the war memorial, where you turn R onto The Street (NS). 1¼ miles later you reach Wyken Hall. Start from 'J Wyken Hall Gardens and Vineyards'.

Car parking: Ixworth - library/village hall car park (free). Stanton - recreation ground car park (free).

Nearest railway station: Bury St. Edmunds (6 miles south west of Ixworth); Thurston (3½ miles south of Ixworth).

Type of route: Day ride - moderate, circular; on roads.

Summary of route: Ixworth - Bardwell - Barningham - Market Weston - Wattisfield - Walsham le Willows - Stanton - Wyken Hall Gardens and Vineyards - Stowlangtoft - Pakenham - Ixworth.

Distance: 23 miles/37 km.

Short cut: From Bardwell, east along unclassified road (via Stanton) to Wyken Hall Gardens and Vineyards, 2¾ miles (4 km). Total route with short cut, 12 miles (19 km).

Terrain: Gently rolling. Several easy climbs. Lowest point - 95 feet (29 metres) between Market Weston and Wattisfield. Highest point - 197 feet (60 metres) between Walsham le Willows and Stanton.

Cycle repair: None available on this route. Nearest are 6 miles south west at Bury St. Edmunds - Cycle King, 26 Angel Hill (01284) 769902; Mick's Cycles, 68-69 St. John's Street (01284) 753946.

Ordnance Survey map area: Landrangers 144 - Thetford & Diss; and 155 - Bury St. Edmunds.

National Cycle Network links: Route 51. The NCN is located 1½ miles south of this cycle ride (at Pakenham) in the village of Thurston.

Key to Symbols & Abbreviations

	Cycle Parking
	Places of Interest
	Refreshments
	Children Welcome
	Picnic Site
	Shop
	Toilets
	Tourist Information
	Caution/Take care
L	Left Turn
R	Right Turn
T-j	T-junction
SA	Straight Across/Ahead
X-roads	Cross roads
SP	Sign-posted
NS	Not Sign-posted



Points of Interest (listed as you would find them along the route)

Please note: within this map there is only room to list basic details regarding opening times. In this respect, if you are planning to visit any of the places of interest on this route, we advise you to telephone in advance to confirm exact opening days and times. Refreshment establishments listed on this map are just a small selection of those available. For further information, please contact the nearest Tourist Information Centre.

A Ixworth - lively village with a traditional high street, full of ancient timbered buildings. Good examples of pargeting (raised decorative plasterwork). Listed petrol pumps. 🛢️
🏠 **Ixworth Priory** - Georgian house incorporating 12/13th C. cloister ranges of Augustinian priory (c.1170). *Not open to the public.*
St. Mary's Church - 15th C. chequered flint church, with collection of Tudor tombs including Richard Codrington, 1st Lord Temporal of the Manor.
✂️ **The Greyhound** (01359) 230887. ♪
🍷 **The Pykkerell Inn** (01359) 230398. ♪
🚻 Library/village hall car park.

B Bardwell - charming and old-established village with many timbered houses. Set on the east bank of the river Black Bourn. 🛢️
🏠 **Bardwell Windmill** - tower mill dating from the 1820s. It worked commercially until 1941. The sails were torn off in the 1987 storm and are being restored. Bakery in action for special events. Open all year. Admission free (but donations welcome). (01359) 251331.
Church of St. Peter and St. Paul - 15th C. with painted hammerbeam roof. Perpendicular tower with spike.
✂️ **The Dun Cow** (01359) 250806. ♪

C Barningham - pretty village, which had one of the earliest steam powered mills. It was used for nearly 100 years before being moved to the Ford Museum in Michigan, USA. 🛢️
🏠 **St. Andrew's Church** - 14/15th C. with well preserved rood screen, traceried panels and carved bench ends depicting animals, birds and monsters.
✂️ **The Royal George** (01359) 221246. ♪

D Just off the route - 388th Bomb Group Memorial (1/4 mile north of Barningham to Market Weston road, alongside X-roads). Memorial to personnel of US 388th Bomb Group, who served at former World War II airfield from Jun 1943 to Aug 1945. The airfield was demolished in the 1960s.

E Market Weston - originally known as Weston Market, this is the scene depicted on the village sign. The fair and market started in 1263, and lasted well into the 19th C.
🏠 **Market Weston Fen** - valley fen with various species of flora, butterflies and moths. Open all year. Admission free. (01473) 890089.
✂️ **The Mill Inn** (01359) 221018. ♪

F Just off the route - Thelnetham (1 mile north of Market Weston to Wattisfield road). Thelnetham means 'homestead frequented by swans', some of which you might find on the nearby nature reserve. The church set in woodland dates from the 14th C.
🏠 **Thelnetham Fen** - small valley fen, a haven for water-loving plants. Various breeding birds. Open all year. Admission free. (01473) 890089.
Thelnetham Windmill - tower mill built 1819, and worked commercially until 1924. This is the best preserved of the windmills along the route. Open selected dates from Easter-Sept. Admission charge. (01473) 727853.
✂️ **The White Horse** (01379) 898298. ♪

G Wattisfield - hillside village, with cream-washed cottages. A pottery industry was well established here by Roman times.
🏠 **Henry Watson's Potteries** - for around 200 years the Watson family has owned a pottery here, specialising in domestic ceramic kitchen, gift and tableware products. Open all year. Admission free. (01359) 251239. ✂️

H Walsham le Willows - set amid parkland and willow trees, this village has weather-boarded and timber houses and a little stream running along its High Street. There have been four mills here, but only the round house of a post mill (demolished 1917) remains.
🏠 **St. Mary's Church** - mainly 15th C. with flushwork flint-chequered north porch. Terracotta reredos and maiden's garland (1615).
✂️ **The Blue Boar** (01359) 258533. ♪
The Six Bells Inn (01359) 259726. ♪

I Stanton - busy village with two medieval churches, All Saints' and the redundant/roofless St. John. The Millennium clock tower is mounted on the bus shelter. 🛢️
🏠 **Stanton Windmill** - working post mill dating from 1751 and moved to its present site in 1818. In the 19th C. it provided flour to the famous tea clipper, The Cutty Sark. Exhibition on post mills and flour for sale. Open Easter-Sept. Admission charge. (01359) 250622.
✂️ **The Cock Inn** (01359) 250230. ♪
🚻 Recreation ground car park (Old Bury Road).

J Wyken Hall Gardens and Vineyards - Elizabethan manor house with gardens, vineyard, woodland walks and country store. Gardens open Apr-Sept. Shop and restaurant open all year. Admission charge. (01359) 250262. ✂️

K Stowlangtoft - pretty village set in open parkland and reached via a tree-lined avenue.
🏠 **St. George's Church** - Flemish carvings flank altarpiece. Superb bench ends and misericords.

L Pakenham - last village in Britain to retain a working windmill and water mill. Colour-washed and timber-framed houses line the main street. 🛢️
🏠 **Mulberry House** - the Whistler Window is the portrait of an 18th C. bewigged clergyman painted on a bricked up first floor window. It was done by Rex Whistler (a Scots Guard during World War II) in 90 minutes, standing at the top of a ladder in the pouring rain. The window is visible from the driveway. *Not open to the public.*
Newe Hall - Jacobean house, once home of 'American' Reeve, a 19th C. local lad who ran away to the USA and made a fortune as a buffalo hunter. *Not open to the public.*
Pakenham Water Mill - 18th C. mill, on a site where corn has been ground for over 900 years. It worked commercially until 1974. Flour for sale. River walk. Open Easter-Sept. Admission charge. (01359) 270570. 🏠
Pakenham Windmill - tower mill built 1830 which worked until the 1950s. It no longer grinds, but the sails occasionally turn. Flour and oats for sale. Open all year. Admission free. (01359) 230277.
St. Mary's Church - cruciform building of flint, dating from the 12th C.
✂️ **The Fox** (01359) 230347. ♪

Mills in Suffolk

The earliest recorded windmill in Suffolk is generally held to be one built in Bury St. Edmunds in 1191. But the heyday of windmills was the early 19th C. when almost 500 were at work in the county, used for activities from grinding corn to making paper. Today there are just 37 left. Due to the lack of suitable rivers, water mills were rarer, with only 200 standing during the 16th C. Today just over 50 remain. They were used for corn milling and later for 'fulling' (cleaning the wool) by the medieval cloth industry.

There were three types of windmill in Suffolk, post mills being the most common. These had the ability to turn their whole body around a massive central post. Tower mills had masonry towers with a revolving cap carrying the sails. Smock mills were a variation on the tower mill, with timber-framed towers. Numbers of windmills declined, slowly at first but rapidly after 1900, in the face of competition from large steam-powered flour mills.

ROUTE DIRECTIONS

STARTING POINT: Ixworth (library/village hall car park).

A Ixworth - ancient timbered buildings. 🏠 ✂ 🚰

1 Turn R out of the car park onto the High Street (NS). △

2 At the T-j with the A1088, turn R, SP 'Ipswich A1088 (A14), Diss A143, Walsham le Willows 4 1/2'. Then immediately L, SP 'Bardwell 1 1/2'. Along this road is a large stud farm and beautiful red brick/timber hall. △

B Bardwell - charming village. 🏠 ✂ 🚰

3 As the road bears sharply R around the corner, go SA along Church Road (NS). After a short distance, the road bears R into School Road, passing the windmill.

4 At the T-j, turn L (NS) onto Spring Road.

Short cut (2 3/4 miles). Total route with short cut - 12 miles. Turn R at this T-j onto Up Street. Take your next L, SP 'Stanton 1 1/2, Barningham 3 1/4'. After 1 1/4 miles, at the T-j with the A143, dismount from your cycle and taking extra care, go SA the road to the little pathway opposite. Walk through this into Jacobs Close, then bear R to reach the T-j with Old Bury Road. Turn L into Stanton (see 'I Stanton' for information). In the centre of the village (beside the war memorial), turn R onto The Street (NS). After 1 1/4 miles you reach Wyken Hall. **Please now continue from 'J Wyken Hall Gardens and Vineyards'.**

5 Turn R along Bowbeck, SP 'Barningham 2, Hopton 4'. The road offers good views.

C Barningham - site of early steam powered mill. 🏠 ✂ 🚰

6 Turn L, SP 'Coney Weston 1 1/2, Thetford 8'.

7 Turn R onto Sandy Lane (NS).

8 Turn R along the little lane (NS).

D Just off the route - 388th Bomb Group Memorial (continue SA for 1/4 mile). Former World War II airfield. Memorial. 🏠

9 At the X-roads with the B1111, go SA onto The Street, SP 'Market Weston 1 1/2'. △

E Market Weston - originally known as Weston Market. 🏠 ✂

10 Turn L onto New Common Road, SP 'Thelnetham 2 1/2, Hinderclay 3'.

11 Turn R, SP 'Wattisfield 2'.



F Just off the route - Thelnetham (continue SA, SP 'Thelnetham 1'. At the T-j, turn L, SP 'Hopton 1 1/2, Knettishall 3'. To reach the windmill, take the next R onto Mill Road, SP 'Blo' Norton 3/4, Lopham 3'. 14th C. church and nature reserve. 🏠 ✂

12 Turn R, SP 'Wattisfield 1 1/2'.

13 At the X-roads with the A143, go SA into The Street, SP 'Wattisfield Church'. △

G Wattisfield - hillside village. 🏠

14 As the road bears sharply L (by the pond), turn R onto Chapel Lane (NS).

15 Take the next L (NS).

16 Turn R onto Walsham Road (NS).

17 Turn R onto The Street, SP 'Ixworth 5, Bury St. Edmunds 11'. △

H Walsham le Willows - set amid willow trees. 🏠 ✂

18 Turn R, SP 'Stanton 2'.

19 Turn L, SP 'Stanton'. △

20 Turn L beside the clock tower (NS).

I Stanton - busy village with two churches. 🏠 ✂ 🚰

21 Turn L beside the war memorial (NS) onto The Street.

J Wyken Hall Gardens and Vineyards - Elizabethan manor house. 🏠

22 Turn R, SP 'Ixworth 2 1/2, Bury St. Edmunds 8'. Bear L around the corner, then as the road bears R, go SA, SP 'Stowlangtoft 1 1/4, Norton 3'. △

23 Turn R, SP 'Pakenham 2 1/4, Bury St. Edmunds 7 3/4'.

K Stowlangtoft - village set in parkland. 🏠

24 Keep R at the fork, SP 'Pakenham 1 3/4, Bury St. Edmunds 7'. Then at the X-roads with the A1088, go SA into Bull Road, SP 'Pakenham 1 1/2'. △

25 Turn R along Fen Road, SP 'Ixworth 1 1/2, Pakenham Water Mill'. You can visit the village of Pakenham by continuing SA.

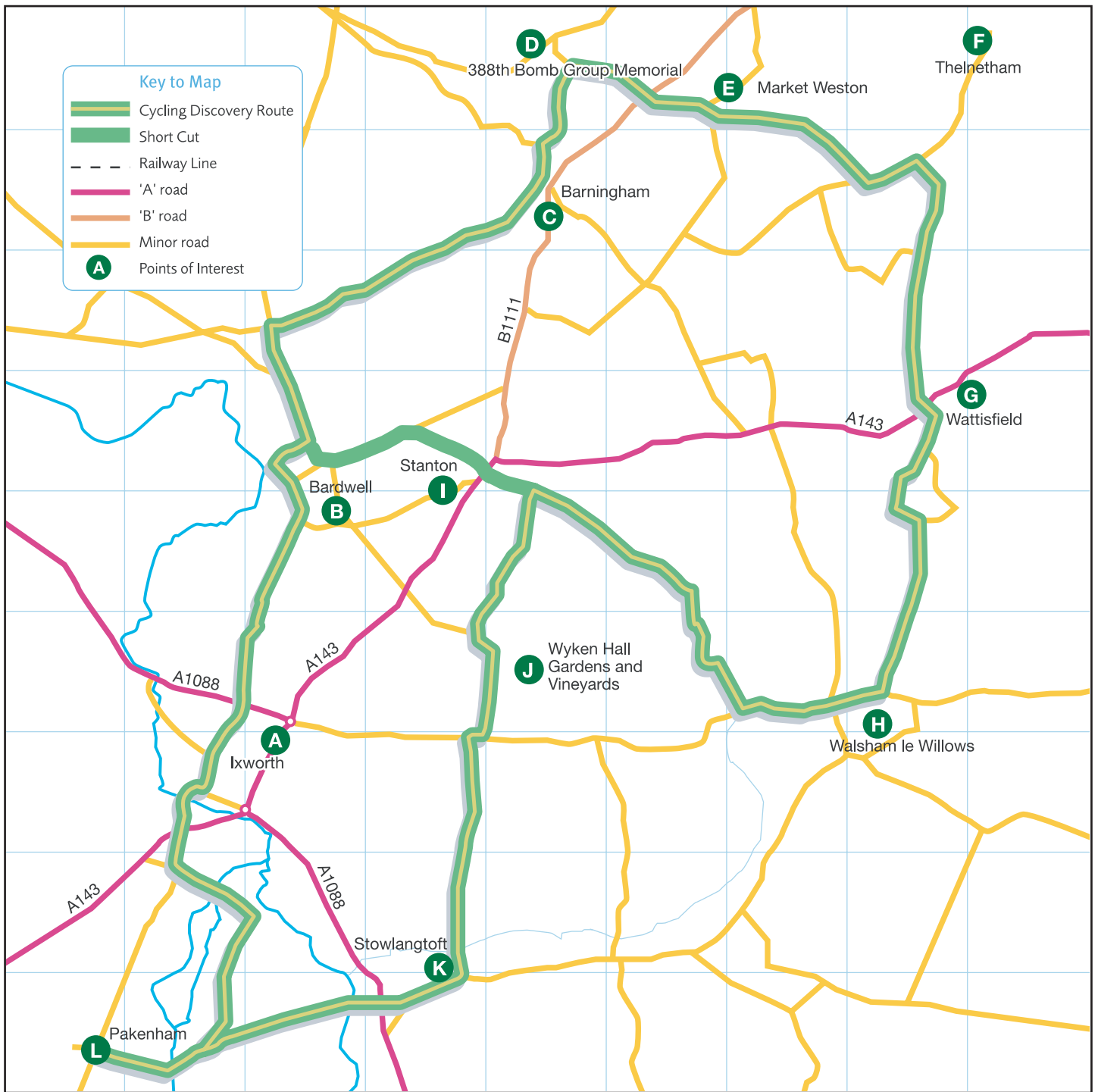
L Pakenham - working windmill and water mill. 🏠 ✂ 🚰

26 Turn L along a tiny lane (NS). Alternatively if you want to visit Pakenham Water Mill then continue SA for about 1/2 mile.

27 Turn R beside Pakenham Windmill (NS).

28 At the T-j with the A143, dismount from your cycle and walk along the pavement to your L for a few yards. This brings you to a safe point to cross this busy road. Go SA to the path on the other side. This leads to an old stretch of road, where you turn R (NS). Follow this to the T-j, where you turn L back into Ixworth. In the High Street, turn R back into the car park. △





The Map shown in this route provides just a general outline - In this respect, we recommend that you purchase the Ordnance Survey Landranger Map which covers the area. Ordnance Survey map area: Landrangers 144 - Thetford & Diss; and 155 - Bury St. Edmunds. 'Reproduced by permission of Ordnance Survey on behalf of HMSO ©Crown copyright (2006). All rights reserved. Ordnance Survey Licence number 100017282'.

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East of England Tourism, Dettingen Way, Bury St. Edmunds, Suffolk IP33 3TU

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