

DISCOVER

NOWTON PARK

VISITOR GUIDE & TRAILS



DISCOVER BURY ST EDMUNDS' BEAUTIFUL NOWTON PARK: NEARLY 200 ACRES OF LANDSCAPED SUFFOLK COUNTRYSIDE WITH AN ARBORETUM, WALKING TRAILS, A MAZE, AND THE SPECTACULAR DAFFODIL-CARPETED LIME AVENUE...

OPENING TIMES

Nowton Park is open all year round:

Apr-Oct: 8am – 9pm

Nov-Mar: 8am – 6pm

Grounds Café is open every day except Christmas Day:

Feb-Oct

Mon to Fri: 9.30am – 5pm

Sat: 8.30am – 5.30pm

Sun: 9am – 5.30pm

Nov-Jan

Mon to Fri: 9.30am – 5pm

Sat: 8.30am – 4.30pm

Sun: 9am – 4.30pm

HOW TO FIND US

Nowton Park, Nowton Road,
Bury St Edmunds, Suffolk, IP29 5LU

Nowton Park is 1.5 miles (2.4 km) south of Bury St Edmunds town centre.

Bury St Edmunds Railway Station and Bus Station are both 2.2 miles (3.5km) away. The Breeze 1 bus service stops less than 0.5 miles from the park entrance.

Nowton Park is approximately 35 minutes from Ipswich, 40 minutes from Cambridge, 50 minutes from Colchester and 1 hour from Norwich.

PARKING

There is ample car parking at Nowton Park, including 5 Blue Badge spaces.

Car parking charges apply during opening hours. For more information and a 12 month annual pass, visit: westsuffolk.gov.uk/parking

RingGo (cashless service) location code: 4466

CONTACT US

Tel: 01284 757098

Email: parks@westsuffolk.gov.uk

www.whatsonwestsuffolk.co.uk/parks/nowton-park/



www.facebook.com/NowtonPark



www.instagram.com/nowton_park



West Suffolk
Council



www.whatsonwestsuffolk.co.uk/parks/nowton-park



WELCOME TO NOWTON PARK

Nowton Park, on the outskirts of Bury St Edmunds, consists of almost 200 acres of beautiful Suffolk countryside.

There is something for everyone at Nowton Park. Enjoy walking routes that vary from a short stroll to a long ramble around the perimeter of the park.

Explore the Arboretum and marvel at trees from around the world, as well as beautiful wildflower meadows and ponds full of wildlife. In spring, witness the spectacular carpet of daffodils that bloom beneath the trees on the Lime Avenue and in summer, lose yourself in the Maze!

A HISTORY

Nowton Park was landscaped over 150 years ago in typical Victorian style as part of the Oakes family estate.

Orbell Ray Oakes was given a piece of land by his father in 1801, and gradually expanded his property and created a series of gardens and pleasure grounds.

The manor house of the estate, Nowton Court, was built in 1837, along with School Pond. The Lime Avenue was planted around 1880 to give the estate a sense of grandeur and to provide the house with a vista to the northern boundary. Since 1985, Nowton Park has been council-owned and managed for leisure and nature conservation. The Maze, planted in the shape of a stylised oak tree in 1992, celebrates the park's former owners, the Oakes family.

VISITOR CENTRE & CAFÉ

Grounds Café is an independent, family-run business open every day of the year (except Christmas Day.) The café offers a wide variety of handmade cakes and snacks, hot and cold food including sandwiches and toasties, mouth-watering soups, jacket potatoes, and their gelato ice cream is delicious!

Do you have a four-legged friend you'd like to treat? The café even has dog ice cream made from sausage meat and handmade dog biscuits to save for later! Dogs are also allowed inside the café.

Grounds Café caters for all sorts of allergy requirements. For more details, call 01284 763702 or visit the Facebook page: [facebook.com/Groundscafenowtonpark](https://www.facebook.com/Groundscafenowtonpark)



TRAIL SUMMARY

Roam the park and get closer to nature with our interconnected circular walks and trails that guide you around the Arboretum, woodlands and meadows. The waymarked walking trails range from a short stroll to a long ramble around the perimeter of Nowton Park, and take in the diverse nature of the park and remnants of its Victorian past.

All walks start and finish at the Visitor Centre. All paths gently undulate but can be very muddy, especially in winter.

Red Route	½ mile / 0.6 km	Allow 5 mins – 15 mins
Blue Route	1 mile / 1.5 km	Allow 20 mins – 40 mins
Yellow Route	2 miles / 3 km	Allow 40 mins – 1 hour 20 mins
Cycle Path	2 miles / 3 km	

RED ROUTE

Let Nowton Park's shortest waymarked walking trail (less than half a mile, 0.6km) introduce you to the Lime Avenue before the path dissects strips of mature woodland, and provides you with panoramic views of wildflower meadows.

BLUE ROUTE

Stroll the entire length of the Lime Avenue and pass the Woodland Garden, giant redwoods and the Grazing Paddock before skirting the Arboretum and open wildflower meadows and returning to the car park via a wooded path.

YELLOW ROUTE

On Nowton Park's longest waymarked walk (2 miles / 3km), navigate the periphery of the park (including the Lime Avenue). Can you spot the sculpture of the running wolf, the Victorian folly and water lilies at School Pond, the Totem Pole in the Arboretum and Woodhenge on your return?

OAKES FOLLY TRAIL

This circular trail largely follows the yellow route and introduces you to a selection of tree species in the Arboretum and other points of interest en route. It is not currently waymarked in Nowton Park, but the trail's markers on the map will help you find them.

WOODLAND WALKS

Find the woodland walks and explore deeper into the woodland...

CYCLE PATH

Enjoy this waymarked cycle trail of approximately 2 miles of gentle terrain. Please note: The cycle path interconnects with other pathways so please give way to pedestrians.



OAKES FOLLY TRAIL

Over 100 species of tree from all over the globe can be found in Nowton Park. Read on for some fascinating facts about our favourite trees and park features, and use the map to help you find them.

1 Dawn Redwood – *Metasequoia glyptostroboides*
Origin: China. This is a deciduous conifer rediscovered in 1944.

2 Common Lime (Lime Avenue)
Origin: Native. The tallest broadleaf tree in Britain, Common Lime trees were often planted in avenues. Unusually, Nowton Park's avenue did not mark the main entrance to the house.

3 Douglas Fir – *Pseudotsuga menziesii*
Origin: North America. This tree was struck by lightning in July 2011 and caught fire about 12 foot up! The tree was left as standing deadwood for the benefit of wildlife.

4 Field Maple – *Acer campestre*
Origin: Native. Britain's only native Maple, the Field Maple's hard, creamy-coloured wood was often used to make bowls and spoons. The trunk is often covered in attractive burrs.

5 Twisted Yew – *Taxus baccata*
Origin: Western, Central and Southern Europe. Yew wood is hard with remarkable elasticity, ideal for making bows, although it would be difficult to find a branch straight enough in this tree!

6 Beech Monolith – *Fagus sylvatica*
Origin: Native. A monolith is a tree with its crown and limbs removed, becoming standing deadwood. Monoliths are excellent habitats, supporting different types of wildlife as they slowly decay.

7 Atlantic Cedar – *Cedrus atlantica*
Origin: Atlas Mountains of Morocco. This is the biggest tree in the park in terms of mass, and is about 140 years old.

8 Coast Redwood – *Sequoia sempervirens*
Origin: North America. This specimen is around 140 years old and the tallest tree in Nowton Park at c.40m (only 1/3 of the height of the tallest living tree in the world, also a Coast Redwood).

9 Hornbeam (The Maze)
In 1992, to commemorate the Oakes family, the general public helped plant 2,500 hornbeam trees, making up over 2 miles of hedging in the shape of an oak tree.



20 Medlar – *Mespilus germanica*
Origin: Southwest Asia. Medlar is a spiny shrub that can grow up to 5m high. The fruit pulp becomes soft and edible after a frost. Medlar Cheese' is an unusual dish similar to lemon curd, made with the fruit pulp, eggs and butter.

21 Judas Tree – *Cercis siliquastrum*
Origin: Western Asia. Legend has it that it was upon this tree that Judas hanged himself after betraying Christ, and that the flowers have been a deep rosy red ever since.

22 Umbrella Pine – *Pinus pinea*
Origin: Southern Europe. The tree will eventually become 20 metres tall with umbrella-shaped crowns and orange-plated bark. It was the first pine tree to be used and cultivated by man with its nuts being harvested for over half a million years.

23 Deodar – *Cedrus deodara*
Origin: Western Himalayas. The name Deodar comes from the Sanskrit word 'Devadārun' which means 'Wood of the Gods'. This specimen is a Victorian planting and is approximately 150 years old.

24 Persian Ironwood – *Parrotia persica*
Origin: Asia. This tree has beautiful autumnal colour, pink/red flowers in early Spring, an attractive peeling bark, and – as its name suggests – very hard timber.

25 Black Mulberry – *Morus nigra*
Origin: Southern Europe. This tree is widely grown for the sweet and sour fruit. It was imported to Britain in the 17th century as a food source for silkworms, but silkworms prefer White Mulberry.

26 Wingnut Tree – *Pterocarya fraxinifolia*
Origin: Eastern Europe. This tree is often planted as a large ornamental with its attractive, drooping seeds. It is a member of the Walnut family and has valuable wood which is often used for wood veneers.

27 Himalayan Birch – *Betula utilis*
Origin: Western Himalayas. This birch has a strikingly white bark, which has been used like paper since ancient times for writing Sanskrit scriptures and texts.

28 Indian Horse Chestnut – *Aesculus indica*
Origin: South-west Himalayas. This species has more delicate leaves and flowers than the European Horse Chestnut. It is more resistant to the Leaf Minor disease and bears smaller conkers, carried in spineless husks.



10 The Wolf

Originally located at the base of Bury St Edmunds' Norman Tower, this sculpture was part of the 2015 Wolf Trail celebrating the legend of St Edmund. Crafted from dyed canvas, it looks like wood, from a distance.

11 The Folly

The archway was brought here from St Mary's Church in 1831, the font is believed to have originated from St Peter's Church in Nowton village.

12 Western Red Cedar (Totem Pole) – *Thuja plicata*

Origin: North America. Western Red Cedars were the cornerstone of Native American culture, used to make medicines, canoes and infant cradles among other things! After being struck by lightning, this specimen was carved into a totem pole.

13 Tulip Tree – *Liriodendron tulipifera*

Origin: North America. Named from the Greek 'leiron' (lily and dendron) and the Latin tulipifera (tulip-bearing), the tree bears tulip-like flowers in spring with greenish-white petals.

14 Kentucky Coffee Tree – *Gymnocladus dioica*

Origin: North America. Named from the Greek 'gymno' meaning naked and 'cladus' branch, as the tree is leafless for almost half the year. The seeds were used to make a coffee substitute by early settlers in Kentucky.

15 Southern Beech – *Nothofagus antarctica*

Origin: South America. The Southern Beech is a dense deciduous tree or shrub, and its presence on Hoste Island earns it the distinction of being the southernmost tree on earth. This specimen forms the understory below the Monkey Puzzle Tree.

16 Monkey Puzzle Tree – *Araucaria araucana*

Origin: South America. The national tree of Chile. This tree is closely related to the species found 250 million years ago, a living fossil.

17 Bhutan Pine – *Pinus wallichiana*

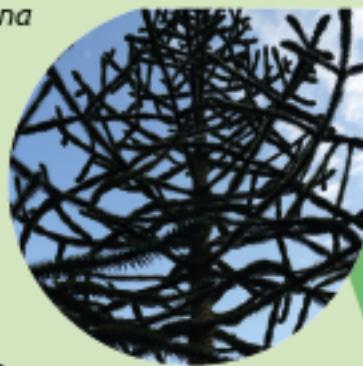
Origin: Nepal. Bhutan Pines are one of the few tree species that grow in the UK which have 5 needle bundles. They produce banana-shaped pinecones which are highly decorative and resinous (Bhutan resin is used as a commercial source of turpentine).

18 Indian Bean Tree – *Catalpa bignonioides*

Origin: North America. This specimen is about 100 years old. If you look closely, you can see that it has grown around an old gate!

19 Red Horse-chestnut – *Aesculus x carnea*

Origin: Unknown? The origin of the tree is not known but it is thought to be a 19th Century artificial hybrid. It is a cross between Red Buckeye (*A. Pavia*), a native of the S & E United States and Common Horse Chestnut (*A. Hippocastanum*).



29 Weeping Willow – *Salix babylonica*

Origin: Western China. Weeping Willows were carried along ancient trade routes in the form of cuttings and baskets. The Weeping Willow by School Pond, is rumoured to be a cutting from Napoleon's tree on St Helena.

30 White Mulberry – *Morus alba*

Origin: North China. White Mulberry's claim to fame is that it is the fastest moving thing in biology: pollen is pushed out of the flower at 350mph!

31 Golden Raintree – *Koelreuteria paniculata*

Origin: Eastern Asia. This deciduous tree has a rounded outline, with spreading and ascending branches. Its yellow flowers, borne in clusters, are used to make black and yellow dyes.

32 Ginkgo (Maidenhair Tree) – *Ginkgo biloba*

Origin: China. The Ginkgo is another living fossil. It has a unique fan-shaped leaf with radiating veins. It adapts well to the urban environment, and is very pollution tolerant: six specimens even survived being within 2km of Hiroshima ground zero.

33 Katsura Tree – *Cercidiphyllum japonicum*

Origin: East Asia. This is a rare forest tree of Japan and China. Its leaves have a soft apricot-orange colour, while its seed pods smell of toffee. It was an important timber tree in Japan.

34 Eucalyptus

Origin: Australia. There are over 700 species of Eucalyptus in the world but only 15 of them occur outside Australia. It has a wide range of uses including the production of coloured dyes, didgeridoos, and of course, essential oils.

35 Meadow Pond

Meadow Pond is rich in aquatic life. The rare Great Crested Newt breeds here and Dragonflies can be seen hunting over the water and meadows over the Summer.

36 Woodhenge

Woodhenge is a man-made mystery, created by former park keepers with large dead Oak in the early 1990s.

37 Wildflower Meadow

This meadow is only cut once a year, after the flowers have had time to set seed. Since the introduction of wildflowers in 1990, the meadow has significantly boosted the numbers of butterflies recorded in the park.

38 The Bee Tree – *Quercus robur*

Origin: Native. The Bee Tree is actually an English Oak and is probably the oldest in the park, around 350 years old. It houses an active bees' nest - so don't get too close!





LIME AVENUE

Planted around 1880, Nowton Park's Lime Avenue is one of the finest examples of a lime avenue in the UK – the Common Lime is the tallest broadleaved tree in Britain, and trees here are 120 feet (40m) high!

Nowton Park is renowned for the spectacular sight of a Spring carpet of over 100,000 daffodils blooming beneath the trees. The two species of daffodils, King Alfred and Magnificent, were planted in 1989.

ARBORETUM

Explore Nowton Park's 30 acre Arboretum and discover trees from all over the world, including Eucalyptus from Australia, the Paperbark Maple from China, and the Kentucky Coffee Tree from North America.

The trees have been planted in the arboretum in positions that reflect their geographical origin, from North America in the north-west across to Australasia in the south-east.

CHILDREN'S PLAY AREA

A play area for all ages to enjoy, with multiplay units for older and younger children, swings, rockers and roundabouts, and accessible swing and roundabout.

PANDA

The much-loved Nowton Park panda was carved in 1998. You can find the panda in the China region of Nowton Park's Arboretum, along with its favourite food, bamboo!

DRAGON

Carved out of a Cedar tree which was struck by lightning, Nowton Park's dragon overlooks the south-east Asian region of the Arboretum.



WOODHENGE

In the 1990s, the Park Rangers used large dead oaks to create the circular feature now known as Woodhenge.

Half of Woodhenge Meadow is cut annually for hay, and a corner of the meadow has been planted with traditional Suffolk varieties of apple including Suffolk Pink, St Edmunds's Russett and Honey Pippin.

The meadow is rich in invertebrate life, including butterflies, bush crickets and moths attracted by the cowslips, trefoil and ox-eye daisies. Owls and kestrels have plenty of shrews and mice to feed on, and sparrowhawks chase the wood pigeons.



BIRD HIDE / BIRD FEEDING AREA

In the Winter a variety of woodland birds can be seen here including Blue, Great and Long Tailed Tits, Nuthatches, Great Spotted Woodpeckers, Green Woodpeckers, Blackbirds, Pheasants, Jays, and Tree Creepers.

GRAZING PADDOCK

Find the 6 Nowton Park sheep in the paddock – 3 black Hebridean and 3 brown Manx Loaghtan. They may also be joined by other sheep when there is plenty of grass in the paddock.

WOODLAND GARDEN

The charming Woodland Garden has a hazel coppice, a silver birch copse, and a stumpery with ferns, shrubs, and other woodland planting. Look out for snowdrops and aconites here in the winter. This garden is an enclosed gated area, used as an outdoor classroom, with easily accessible woodchipped timber-edged path.

WALLED GARDEN

Historically the Walled Garden produced fruit and vegetables for the main house. Today this area has many uses – it hosts Realise Futures (a social enterprise supporting vulnerable adults), Redwoods Forest Preschool, West Suffolk Beekeepers, East Anglian Dog Training, and various events.



MEADOW POND

The Meadow Pond is rich in aquatic life and is a draw for Grass Snakes as a place to bask, hunt and swim. Numbers of grass snakes have increased substantially in the park in the last few years, and the largest female grass snake recorded was 1.2m long!

During the summer months, dragonflies can be seen hunting over the water and the nearby meadows.



Pedestrian Entrance

Pedestrian Entrance

Woodland Walks

Circular Walks:

Red Route – 0.6km

Blue Route – 1.6km

Yellow Route – 3km

Cycle Path – 3km



Picnic Areas



Play Areas



Toilets



Disabled Toilets



Car Park



Information



Refreshments



38 Tree Trail

A134 Sicklesmere Road

To Sudbury

Bury Road

NORTH



To Hawstead
Cooper Lane

Pedestrian Entrance

Pedestrian Entrance

Woodhenge

NOWTON PARK

Meadow Pond

Panda

Arboretum East

Nursery & Walled Garden

Wildflower Meadow

Grazing Paddock

The Maze

Totem Pole

Arboretum

Pond Hide

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TOTEM POLE

The Nowton Park totem pole stands 35.4 feet (10.8m) tall near the centre of the North American region of the Arboretum. It was carved from a storm-damaged Western Red Cedar, the tree species traditionally favoured by Native Americans for their totem poles.

The designs are a mixture of classic features and representations of local history. From top to bottom: Wailing Man, Raven, Grizzly Bear of the Sea, Wolf with St Edmund's Head, and Eagle.



WOLF

Originally part of Bury St Edmunds' 2015 Wolf Trail, celebrating the legend of St Edmund, is Nowton Park's running wolf sculpture. The sculpture is actually made from dyed canvas, but looks like wood from a distance.

MAZE

From the end of May to October, just lose yourself in Nowton Park's maze. The centre of the maze is marked by a fastigiata oak (with upright branches), and the route to the centre is cleverly disguised: it's less than 1 km from the Café and Visitor Centre to the Maze, but we can't promise how far you'll walk trying to reach the centre... and find your way back out!

WILDFLOWER MEADOW

This meadow was seeded with Suffolk wildflowers Yellow Rattle, Wild Carrot, St John's Wort, and Spiny Rest Harrow. Nowton Park's species-rich meadows are not cut until the flowers have had time to set seed. The introduction of wildflowers has boosted the numbers of butterflies recorded in the park – the Common Blue has been particularly successful.



SCHOOL POND

School Pond is almost an acre in size, has an island, and sits mostly in the shade of mature, exotic trees. The pond has many emergent plants including flag iris, marsh marigold and two varieties of water lily. It is home to moorhen, mallard, interlocking turtles and the occasional grey heron, grass snake and kingfisher.

FOLLY

The folly, comprised of a stone archway from St Mary's Church and a font likely to be from St Peter's Church in Nowton village, is nestled among the Yew trees along the western edge of School Pond.



NATURE

The varied habitats of Nowton Park are home to an abundance of wildlife including Badgers, Foxes and Muntjac Deer. Keep an eye on our Facebook page for videos of nocturnal wildlife captured on a night-cam. Our ponds are rich in aquatic life including dragonflies, grass snakes, and herons. Our woodlands are home to Blue Tits, Great Tits, Nuthatches and Great Spotted Woodpeckers, while in summertime, our meadows attract a myriad of bees and a kaleidoscope of butterflies including the Holly Blue, Small Heath, Peacock, and Small Tortoiseshell.

EVENTS AND ACTIVITIES

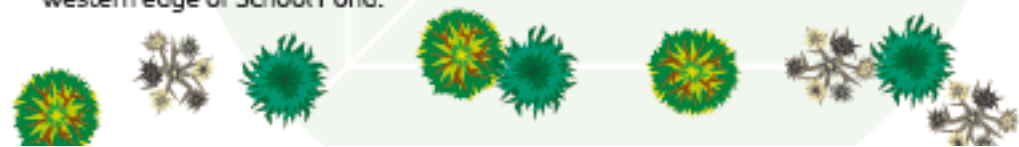
The Park and Walled Garden are available to hire for events. We also offer ranger led activities including birthday parties, den building, foraging and fire lighting in the purpose-built bushcraft area.

For more information, please contact the Rangers on 01284 757098.

Keep an eye on our website and social media for events here at Nowton Park.

ACCESSIBILITY

- There are 5 Blue Badge holder spaces in the car park.
- The children's play area includes an accessible swing and roundabout.
- The Visitor Centre has a disabled toilet and baby changing facilities.
- Major routes around the park are wide and way-marked, but the terrain can be variable.





DOGS IN NOWTON PARK

Dogs are welcome, and we want them to enjoy it as much as you do!

But please remember to clean up after your dog, and keep them under control at all times. Please comply with the advisory signs which state where and when your dog must be kept on a lead.



SPORT AND EXERCISE

- Parkrun - Every Saturday morning at 9am enjoy a 5km parkrun here at Nowton Park. Visit parkrun.org.uk/burystedmunds for more info.
- Cycling – We have cycle racks near the Visitor Centre, and a waymarked 3km cycle route. Cyclists, please give way to pedestrians.
- Football - Nowton Park has an all-weather pitch and grass football pitches.
- Pétanque - Also known as Boules, Pétanque is fun for all ages!

For more information and details on hiring football pitches or the petanque court, please visit whatsonwestsuffolk.co.uk/parks/nowton-park

PLEASE REMEMBER:

- Keep dogs under control
- Put your litter in the bins or take it home
- Protect and respect wildlife, plants and trees
- No camping
- Guard against all risks of fire – no barbecues



	JAN	FEB	MAR	APR	MAY	JUN
	Greater Spotted Woodpecker Hazel Catkins Scarlet Elf Cap Fungi	Nuthatches Kestrels Snowdrops	Comma Butterflies Plum Blossom Cowslips Daffodils	Brimstone Butterflies Grass Snakes Toads	Green Hairstreak Butterflies Chiff-chaffs Hawthorn Blossom	Common Blue Butterfly Bee Orchids Red Fox
	Painted Lady Butterflies Bush Crickets Grasshoppers Robin's Pincushion			Maggie Inkcup Fungi Sloes Spindle Berries		Kingfishers Goldcrests Holly Berries
JUL	AUG	SEP	OCT	NOV	DEC	
Rosy Footman Moths Burnet Moths Lime Tree Blossom		Migrant Hawker Dragonflies Elephant Hawk-Moth Caterpillars Wild Strawberries		Earthstar Fungi Bullfinches Horde of Crows		