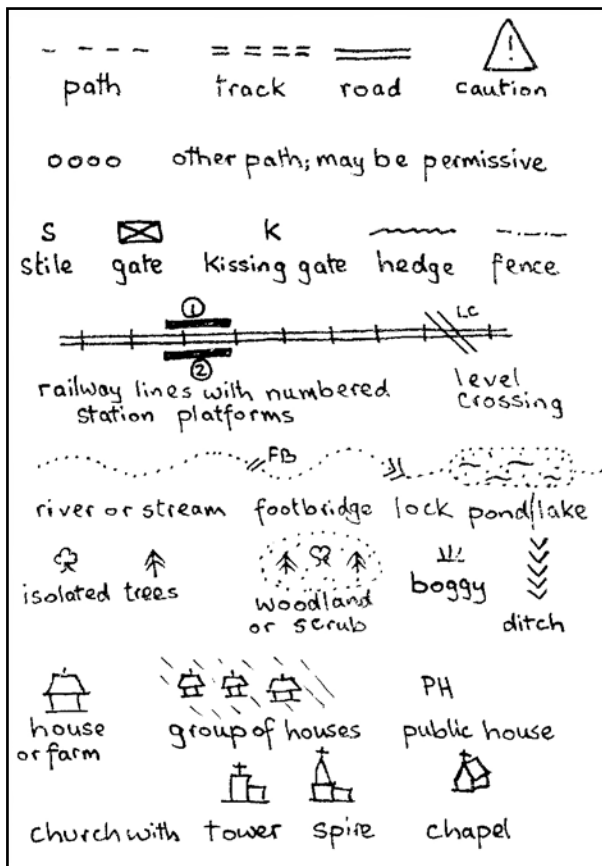


Key to landscape features



PLEASE FOLLOW THE COUNTRYSIDE CODE:

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people

The information in this publication was, so far as known, correct at the time of publication. The publishers accept no responsibility for any errors, omissions or changes in the information given.

ROUTE FINDING

You will need a basic understanding of maps and the ability to follow them. The walks can be followed in either direction, but if you go in the same way as the arrows, you won't have to turn the map around to fit the landscape. Parts of the Gipping Valley River Path may be flooded in exceptionally wet weather, so you may need to find an alternative route. Make sure you have a good map of the local area.

TIME

Allow up to 6 hours for the whole route but add on time for refreshments, visiting nature reserves and churches. Shorter options are possible by using bus services linking villages along the Gipping Valley, e.g. bus 88 (inc. Sundays).

MAPS

OS Explorer sheets 197 Ipswich, Felixstowe and Harwich; also 211 Bury St Edmunds and Stowmarket.

REFRESHMENTS

Several pubs and shops in villages along the way or close by.

USEFUL INFORMATION

National Rail Enquiries www.nationalrail.co.uk
 08457 48 49 50
 Traveline www.traveline.info 0871 200 22 33
 Suffolk Wildlife Trust www.suffolkwildlife.co.uk
 River Gipping Trust <https://rivergippingtrust.org.uk/gipping-valley-walks>

OTHER WALKS IN THIS SERIES

All the stations on the Mid Anglia rail route between Ipswich, Bury St Edmunds, Cambridge and Ely provide useful gateways to the countryside of Suffolk and East Cambridgeshire. Visit www.marpa.org.uk

and select Walks from the menu, then click on any of the stations shown on the route diagram to see what walks are available for free download.

MARPA works to promote and protect services on the Ipswich to Cambridge/Peterborough rail route. Contact: The Secretary, 51 High Street, Cheveley, Newmarket CB8 9DQ. email: secretary@marpa.org.uk

MARPA is affiliated to the campaigning group *railfuture* www.railfuture.org.uk

The Ramblers protect rights of way and defend the beauty of the countryside. Suffolk Area has seven local groups including Ipswich, Stowmarket and Bury St Edmunds. Contact www.ramblers.org.uk 020 7339 8500

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Marpa

STATION TO STATION WALKS

WALK
1

IPSWICH to NEEDHAM MARKET

11½ miles - 6 hours

Shorter options available



ALONG THE GIPPING

The waymarked Gipping Valley River Path passes close to Ipswich railway station. Most of the route follows the towpath of the former navigation that linked the dock at Ipswich with Stowmarket from 1793 until the 1930s. The remains of many old locks (some restored) can be seen along the way, as well as picturesque water mills.

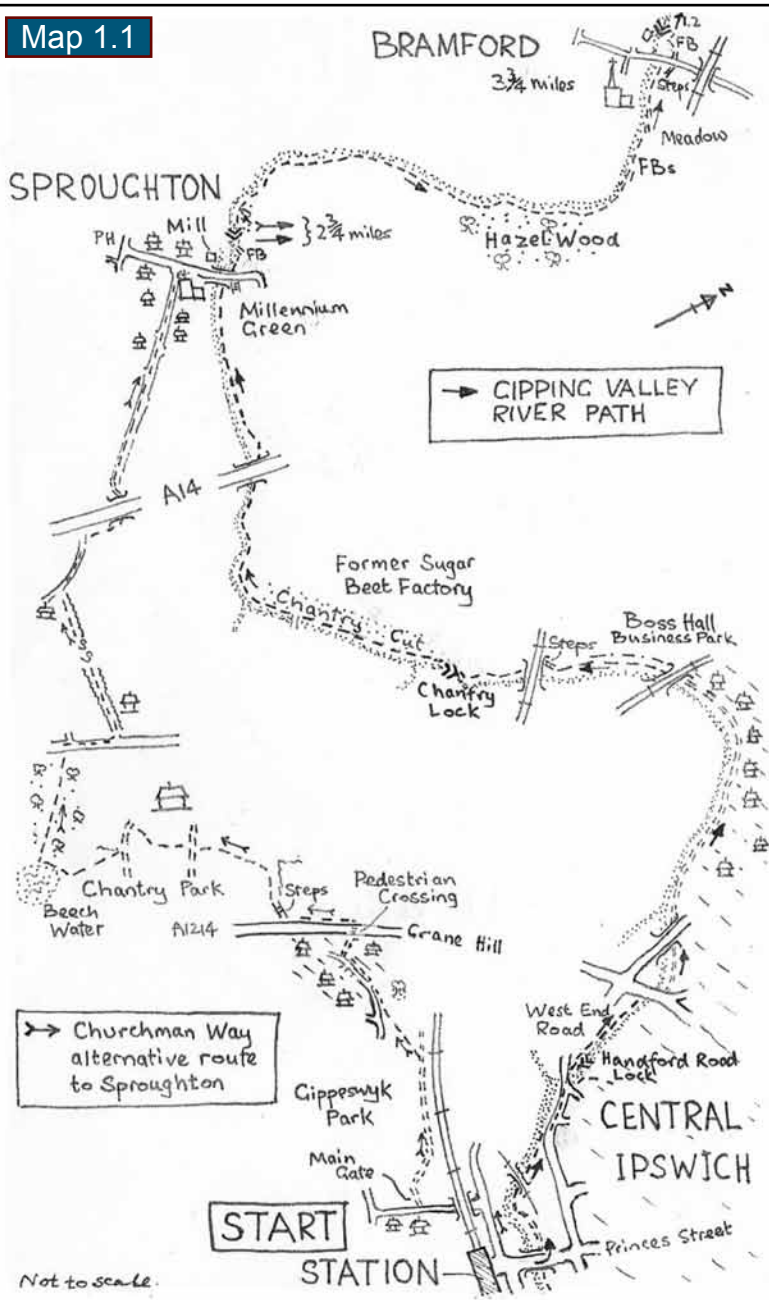
An alternative start can be made from Ipswich station by following the waymarked Churchman Way as far as Sproughton, a route traversing the open spaces of Gippeswyck and Chantry parks. A leaflet is available from the Greenways Countryside Project.

Another alternative can be followed between Gt Blakenham and Needham Market, by using local paths linking the villages of Baylham and the remote church at Darmsden, from where wide views across the valley can be enjoyed.

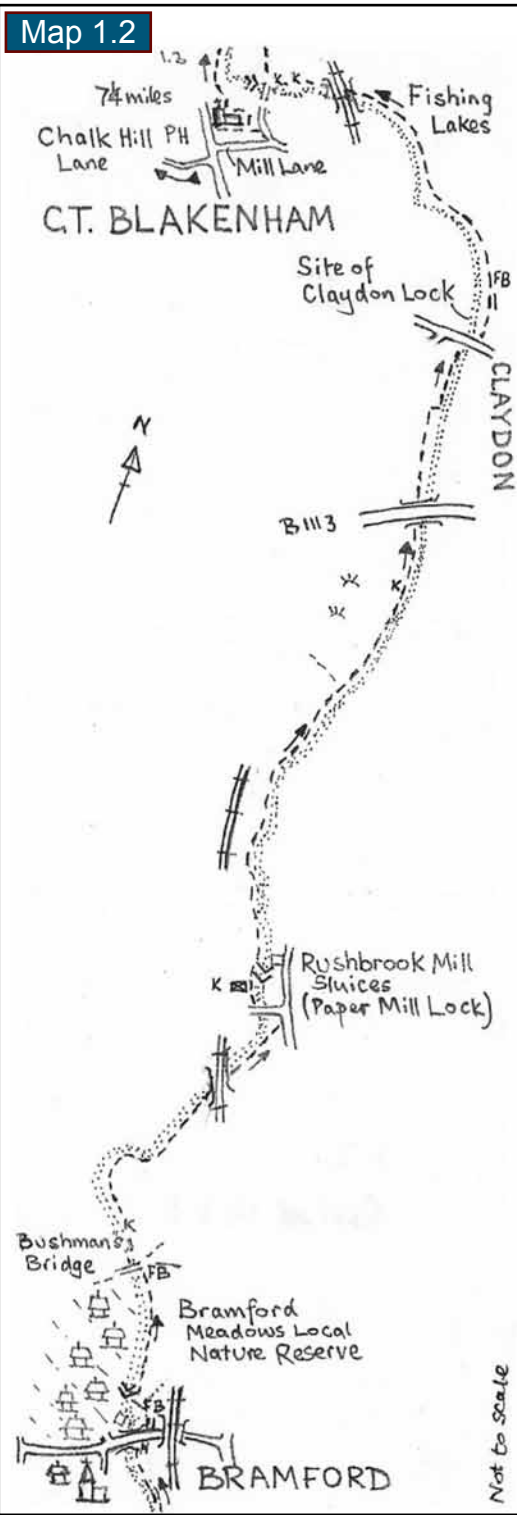
Mid-Anglia Rail Passengers' Association Walks

Selected by Roger Wolfe, The Ramblers volunteer

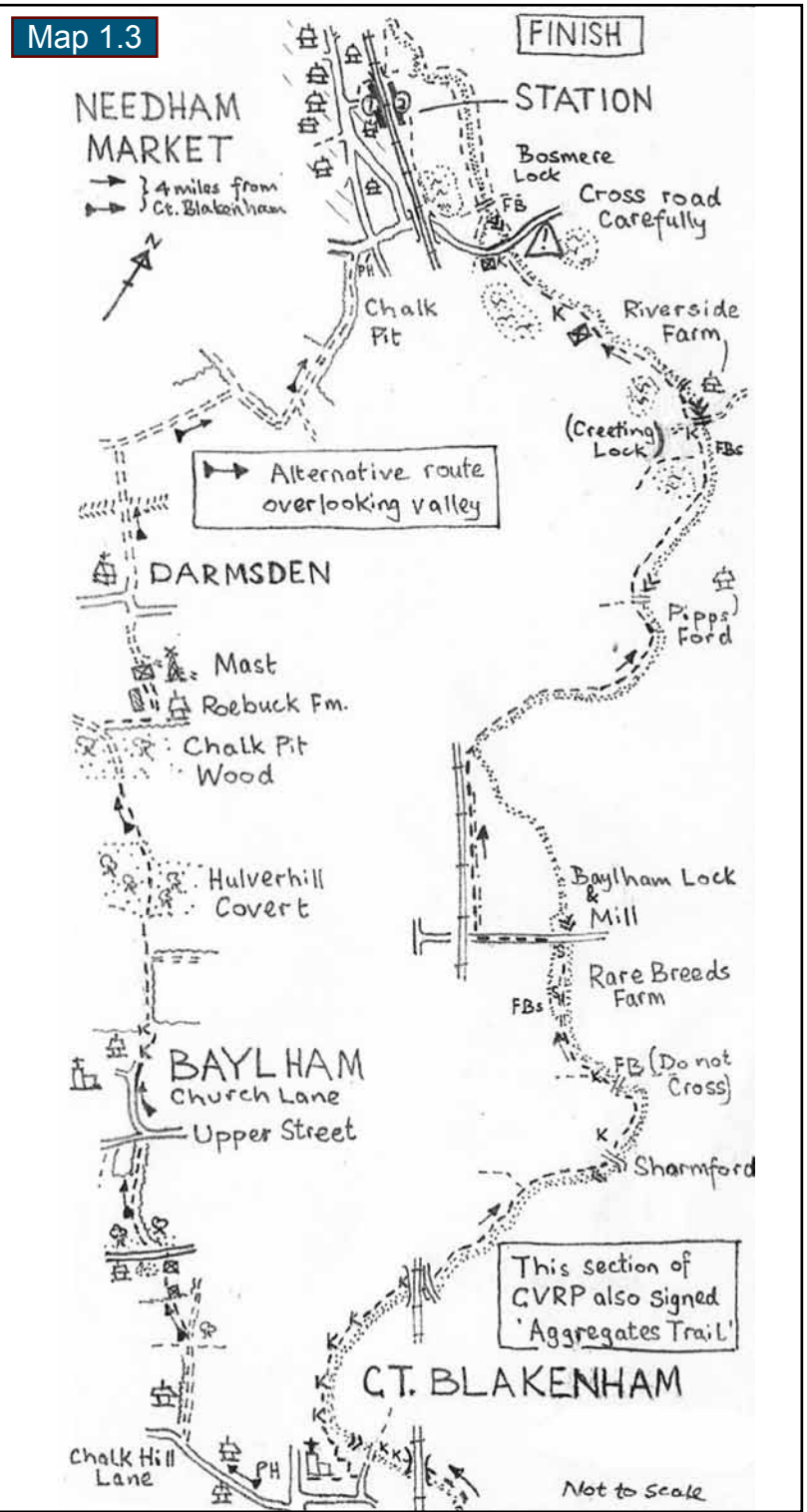
Map 1.1



Map 1.2



Map 1.3



Mid-Anglia Rail Passengers' Association Walks

IPSWICH to NEEDHAM MARKET
11½ miles - 6 hours Shorter options available

www.marpa.org.uk

Not to scale

Not to scale