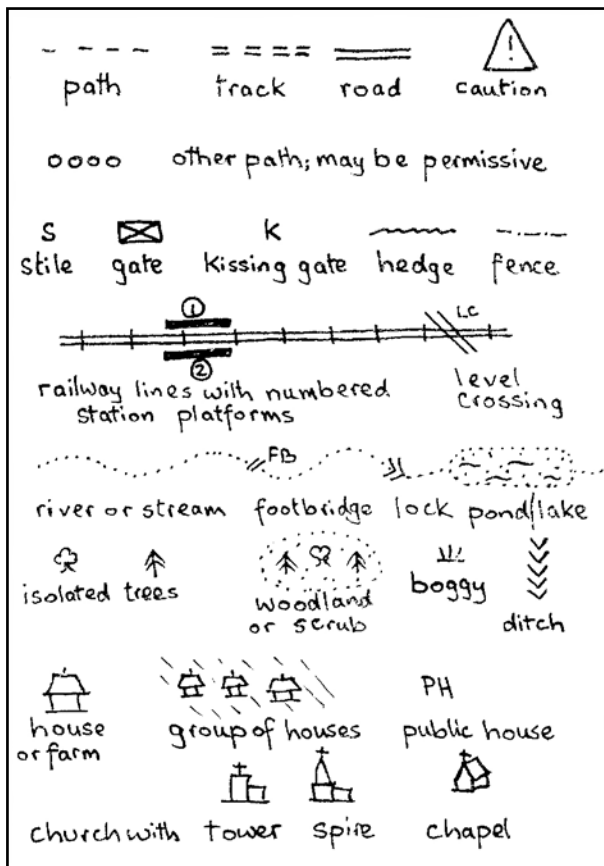


# Key to landscape features



## 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 make it fit the landscape.

## TIME

Allow about 4½ hours for the longer route; 3½ hours for the shorter walk, but add on time for refreshments, visiting nature reserves and churches.

## MAPS

OS Explorer sheet 211 Bury St Edmunds and Stowmarket.

## REFRESHMENTS

Pubs and shop at Elmswell and Thurston; pub at Norton.

## USEFUL INFORMATION

National Rail Enquiries [www.nationalrail.co.uk](http://www.nationalrail.co.uk)  
08457 48 49 50

Traveline [www.traveline.info](http://www.traveline.info) 0871 200 22 33  
Suffolk Wildlife Trust [www.suffolkwildlife.co.uk](http://www.suffolkwildlife.co.uk)

## 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](http://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](mailto:secretary@marpa.org.uk)

**MARPA** is affiliated to the campaigning group **railfuture** [www.railfuture.org.uk](http://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](http://www.ramblers.org.uk) 020 7339 8500

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# Marpa

STATION TO STATION WALKS

WALK  
4

## ELMSWELL to THURSTON

6½ miles - 3½ hours

or 8½ miles - 4½ hours



CROSSING THE BLACK BOURN

Several alternative routes can be followed, each offering a variety of rural scenery and contrasting natural habitats.

The longer route leads through Norton Wood, one of Suffolk's many ancient woodlands and includes expanses of marsh and rough grazing in the shallow valley of the Black Bourn rivulet (may be very wet underfoot in winter and spring). The Suffolk Wildlife Trust's reserve at Grove Farm may also be enjoyed.

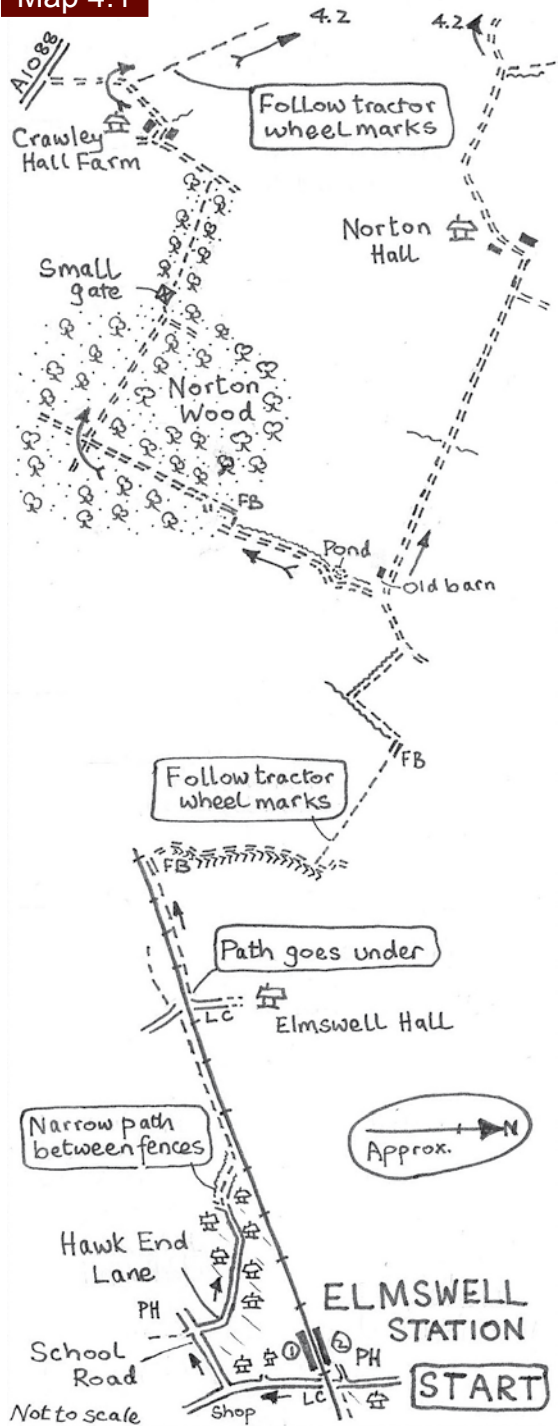
The village centre at Norton has a welcoming pub (on both routes) and the longer route via Pakenham gives the opportunity to visit the interesting parish church and verdant parkland.

The shorter route is easily followed and offers less challenging terrain.

Mid-Anglia Rail Passengers' Association Walks

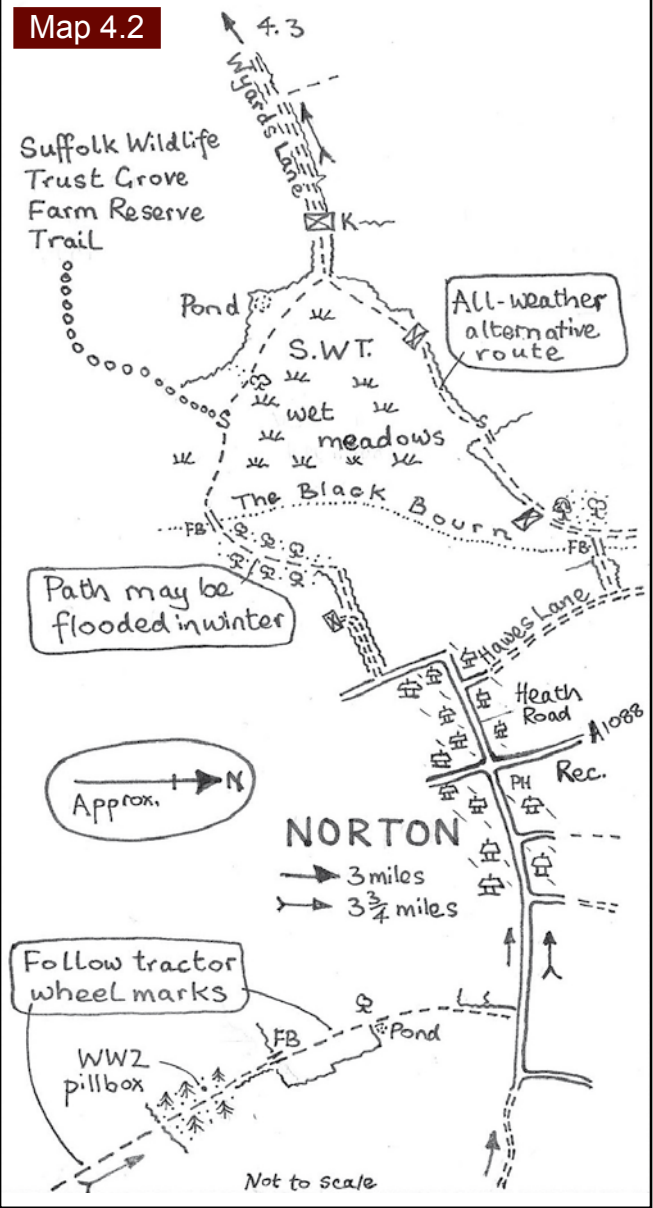
Selected by Roger Wolfe, The Ramblers volunteer

Map 4.1

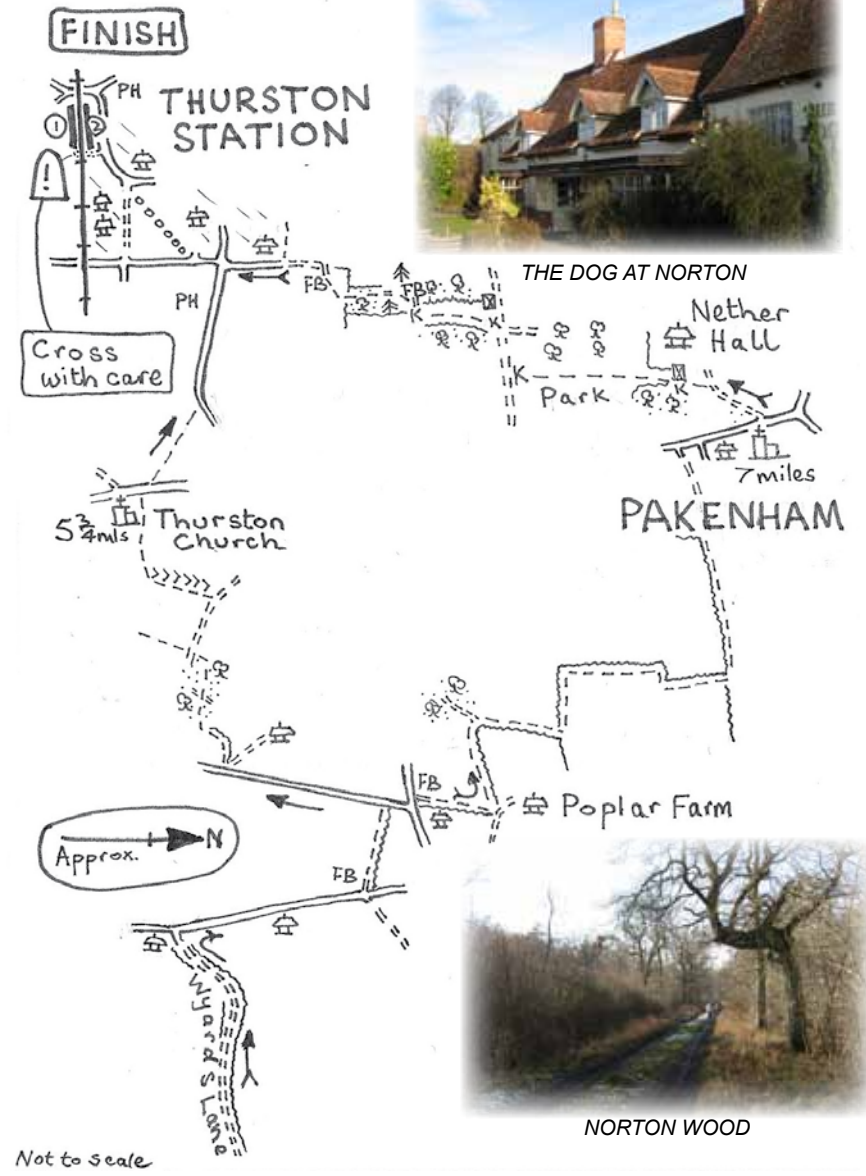


**Best Walks Britain**  
*This route is included among 75 of Britain's best walks chosen to celebrate the 75th anniversary of The Ramblers.*

Map 4.2



Map 4.3



**Mid-Anglia Rail Passengers' Association Walks**

**ELMSWELL to THURSTON**  
 6½ miles (single arrow); 8½ miles (arrow with v tail)

[www.marpa.org.uk](http://www.marpa.org.uk)