

# A Boot Up Constable Country

Alan Casey

The Pixz Boot Up Series is fast becoming a phenomenon in local walks books that attract families and others to exploring the countryside in a leisurely way. It includes short walks for those living in or visiting popular areas of the country, written by those who know the area well. They provide a healthy hour or two of exercise, exploring parts of Britain's countryside that the casual visitor might otherwise miss, pointing out interesting features along the way. These are perfect walks for families.

The River Stour gently meanders its way through the rolling Suffolk countryside. This wonderful river flows east from Sipsey Bridge four miles from its source in Cambridgeshire, along 8 miles in Suffolk and forms the county boundary between Suffolk and Essex all the way to Cattawade, its length totalling 68 miles. In earlier times this mighty river was used as a canal with barges drawn by horses along the towpath which ran along all of the river's length. The area has lost little of its romance, and walks in this book start from Bures crossing from Suffolk to Essex walking in the footsteps of John Constable, the famous landscape painter, who gives his name to this Area of Outstanding Natural Beauty, affectionately known as 'Constable Country'.

The 10 walks included are centred on:

BURES AND MOUNT BURES CASTLE • BURES AND ARGER FEN •  
WORMINGFORD • NAYLAND, WISSINGTON AND LITTLE HORKESLEY •  
STOKE BY NAYLAND AND POLSTEAD • STRATFORD ST MARY AND HIGHAM •  
DEDHAM AND THE RIVER STOUR • EAST BERGHOLT AND FLATFORD MILL •  
CATTAWADE AND THE RIVER STOUR • THE TATTINGSTONE WONDER  
AND STOUR ESTUARY



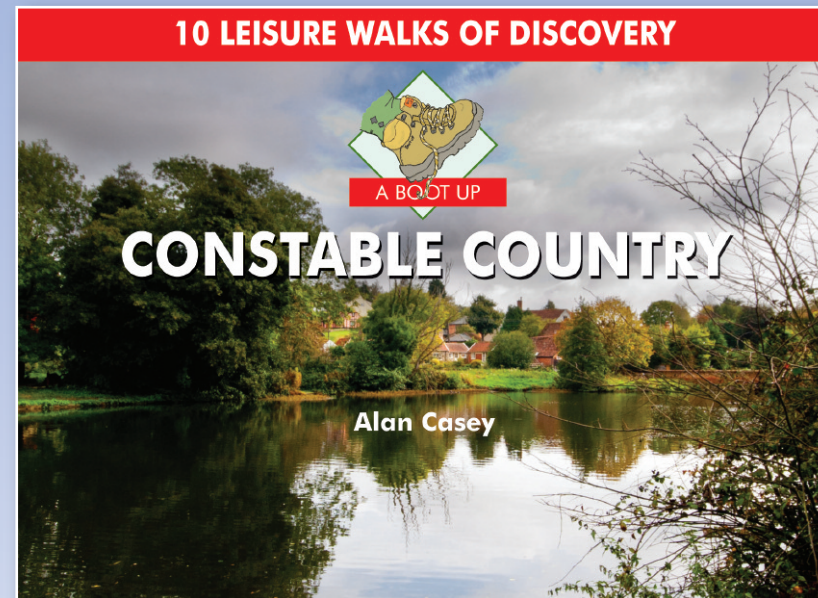
## ABOUT THE AUTHOR

Alan Casey specialises in producing DVD video's and photographs of walking and related subjects. He walks every step of the way on each of the routes he describes, seeking out the best bits that he hopes you, the walker, will also enjoy. He loves to feature unusual sites and buildings as well as the wildlife seen on the walk. Alan's photography has been sold worldwide and has been featured in many magazines and newspapers.

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# A BOOT UP CONSTABLE COUNTRY

Top right: The 18th century, Old Cattawade Bridge

Centre right: Mill Pond and Willy Lott's Cottage

Bottom right: Stour Valley landscape, near Wormingford

Left: Stoke By Nayland village and church

Below: Pleasure boat on The River Stour



Example of a double-page spread.

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Bures and Ager Fen

Back in the 1950s Bures had several businesses including a bank, a Co-op, several shops and blacksmiths.

6 Walk through the farmyard towards the road junction, turn left here and then left again

Sloane Avenue, Bures St Mary

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Wormingford

From the village church where some of John Constable's relations are buried we follow country lanes and field paths around this delightful Essex hamlet – also the home of writer Ronald Blythe.

From the main gate, go to the right of the church where you will find the graves of John Constable's two uncles and their families. You will also find the graves of John Ruskin and his wife Christina, both were well known for their paintings of the countryside.

Inside the church you will find a colourful stained glass window depicting the story of the Wormingford Worm.

1 Walk along the path on the left of the church; this is the Stour Valley Path. Go through the kissing gate, follow the track down and through the small woodland, reaching a field path which leads uphill along the field boundary, here

Level: 100m  
Length: 2.5 miles (5.7km)  
Ascent: 176.94 feet (53.70 metres)  
Terrain: Country lanes, field paths and rolling countryside  
Park and start: On road outside Wormingford church  
Grid reference: TQ33 322  
Recommended map: Ordnance Survey Explorer 176  
Information: local shop, pub and restaurant called the Green, WC in pub

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