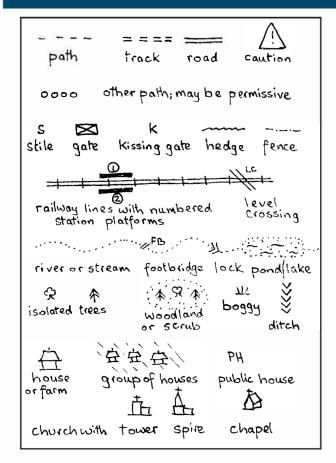
Key to landscape features



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 is 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 - Nos. 87, 88 or 88a.

MAPS

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

REFRESHMENTS

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

USEFUL INFORMATION

https://www.firstgroup.com/norfolk-suffolk
National Rail Enquiries www.nationalrail.co.uk 08457 48 49 50
Traveline www.traveline.info 0871 200 22 33
https://www.travel-galloway.com/Local-Bus

WALKS IN THIS SERIES

- 1 Ipswich to Needham Market
- 2 Needham Market to Stowmarket

The River Gipping Trust is preserving the historic heritage of the Stowmarket Navigation by restoring the structures that enabled the navigation of the River Gipping from Stowmarket to the docks in Ipswich. It also cares for the flora and fauna of the Gipping Valley. New members are always welcome. See our website for more details -

https://rivergippingtrust.org.uk

Tel: 03303 308531

email: secretary@rivergippingtrust.org.uk

Ramblers' Association protects rights of way and defends the beauty of the countryside. Suffolk Area has seven local groups including Ipswich, Stowmarket and Bury St Edmunds. Contact www.ramblers.org 020 7339 8500

This edition published 2018 by the River Gipping Trust with financial assistance from the Needham Market Town Council and Needham Market & Barking Welfare Charities



VALK **1**

IPSWICH to NEEDHAM MARKET 11½ Miles - 6 Hours



SPROUGHTON MILL

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.

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.

This walk has been designed to link in with public transport (bus and rail) at Ipswich and Needham Market

