

St Edmundsbury
Cathedral



Pilgrimage 2020



**Mark the millennial year of the
Abbey of St Edmund
with a special pilgrimage to
St Edmundsbury Cathedral**

Follow in the footsteps of the twenty monks
who founded the resting place of Edmund,
king and martyr, taking one of two routes to
the Cathedral:

from St Benet's Abbey (c.80 miles) 18-22 May
from Ely Cathedral (c.30 miles) 21-22 May



A Walking Pilgrimage

The Abbey of St Edmund, Bury St Edmunds

In 1020 twenty monks were asked by King Canute to set up the Abbey of Saint Edmund. They came from St Benet's Abbey and from Ely. This exciting pilgrimage is a way of honouring these monks and the many pilgrims who later came to the Abbey during the Middle Ages.

Two walking Pilgrimage routes have been arranged: either from the ruins of St Benet's on the Norfolk Broads (c80miles) or from Ely (c30 miles), and arrive together in time for Evensong at St Edmundsbury Cathedral on 22 May.

A reasonable level of fitness is required for both walks. We have places for just 30 pilgrims for each route, so early booking is advised. Those who wish to join us just for a day are most welcome – booking (and a modest charge) is required for this also, as there is a limit per day.



A quick bit of history

In Medieval times, the Abbey of St Edmund was one of the richest, largest and most powerful Benedictine monasteries in England. People came from all over Europe to visit the Shrine of Saint Edmund, the first Patron Saint of England, and it became one of the most famous and wealthy pilgrimage locations in England, visited by royalty.



Edmund, King of East Anglia, was killed by The Danes on 20 November 869, after refusing to give up his Christian faith. He was tied to a tree and shot full of arrows before being beheaded. In 903, the body of Saint Edmund, was moved to the Anglo-Saxon settlement of Beodercisworth (later known as Bury St Edmunds).

In 1020, King Canute had a stone church built for Edmund's body and 13 Benedictine monks from St Benet's at Hulme in Norfolk, and 7 from Ely, arrived. This was the beginning of the Abbey of St Edmund, 1000 years ago, and it became a site of great pilgrimage as people from all over Europe came to visit St Edmund's shrine.

A great Abbey Church would be built and then consecrated on 29 April 1095 with the bejewelled shrine of St Edmund standing behind the high altar.

The Abbey's history until its dissolution in 1539, is one filled with intrigue, mystery, riots and unrest but undoubtedly its most important role was in the Magna Carta story. In 1214 a band of barons met in secret in the Abbey, and here they swore an oath to force King John to agree to a Charter of Liberties. That Charter – The Magna Carta, finalised the following year helped form the basis of the United States Constitution, and the Human Rights Act.



Today, the Abbey remains are extensive and include the complete 14th century Abbeygate and Norman Tower, as well as the impressive ruins and altered west front of the immense church, St Mary's Church and part of the Cathedral.

The ruins are surrounded by the beautiful Abbey Gardens, an award-winning 14-acre park, and visited by 1.3 million people from all over the world every year. Saint Edmund's final resting place is a great mystery; some believe he is buried somewhere within the abbey precincts.

The Itinerary

Each night's accommodation is en-suite in modest but comfortable, hotels along the route, and will include an evening meal together and breakfast the next day. Food/drink during each day will be your own responsibility – there will be shops/pubs/villages along the way.

Each day

Each day will be led by experienced walkers who have recently 'tested' the routes. We will depart each day quite early, at around 7.45am after breakfast and prayers. This will ensure that we arrive in the next place in good time to allow for any stops you want to make for a sandwich, 'nature calls', musing, resting your feet or simply 'resting awhile'. The aim is to arrive mid/late-afternoon on each day to allow for a rest before supper and prayers – and to buy yourself any supplies for the next day's walking.

Each day after breakfast your luggage will be transferred to the next hotel, so you will only need to bring a light back pack for the day to carry a bit of lunch, water, sun-cream, plasters, etc. There will be various opportunities each day for prayers and on some days a simple Eucharist.

Meals

Each day an evening meal is provided – hopefully we can all meet together before for a drink and chat and share experiences of the day. Breakfast is provided too, but you will need to find some food from local shops/supermarkets to take with you for your back-pack for eating during the day/at lunchtime. An evening meal is not provided on the last evening – there are many, many excellent eating places in Bury St Edmunds after Evensong if you wish to stay on for the evening.

Practicalities

Footwear: Throughout the route the terrain is easy-going, with no difficult or rocky paths. So you will be OK wearing good quality trainers – lighter and can be more comfortable – or sturdy, comfortable shoes. Some people prefer trusty well-worn walking boots (not recommended). The terrain and time of year we are walking does not really demand heavy walking boots, but you should follow your instinct on this – just make sure you are comfortable.

Clothing: What can we say? East Anglia in May – be prepared for all possible weathers... pack a T-shirt but also some warm/waterproof clothing, and be prepared for downpours! If you have lightweight waterproof tops and trousers it would be no bad thing to put them in. Also, a tip from seasoned pilgrims: if you are carrying a mobile phone or camera, make sure you keep it in a couple of water-proof plastic bags. On a rainy day, water can get in the most unlikely places. But... do bring a hat and sun-screen to protect yourself as, on the other hand, it might well be hot sunny all the time.

Support: there will be a car and driver available each day for you to contact should you need assistance at any point.

Dogs: sadly, the Pilgrimage is not suitable for dogs.

More information

A Pre-Pilgrimage meeting and presentation will take place on 14 April at 7.00 pm at St Edmundsbury Cathedral.

Do contact precentor@stedscathedral.org or ring the cathedral office if there are any aspects of the pilgrimages you'd like to discuss.

The Itinerary

Option 1: St Benet's Abbey to Bury St Edmunds: c.80 miles

Sunday 17 May *You may wish to make your way to the Norfolk Broads to stay in the locality, so that you are near the start of the Pilgrimage on Monday morning – accommodation details available on request.*

Monday 18 May 8.00am Meet at Ludham Church to walk to St Benet's Abbey for a short act of worship accompanied by music. Cross the river Bures by ferryboat to South Walsham and walk to Norwich (c15 miles total). Meal and accommodation in Norwich city centre and cathedral.



Tuesday 19 May A walk around medieval Norwich, including a visit to the Shrine of St Julian of Norwich, then setting out along the Boudicca Way to

Caistor St Edmund, spending the night in Dunstan Hall (c12 miles).

Wednesday 20 May a challenging day! Around 24 miles gentle countryside from Dunstan to Diss, with an evening meal and accommodation nearby (transport to accommodation provided).

Thursday 21 May A gentler day of around 16 miles from Diss to Bardwell: evening meal at the Six Bells and accommodation there and nearby.

Friday 22 May Bardwell to Bury St Edmunds (c15 miles) in time for a special service of Evensong in the Abbey Ruins (weather permitting).



The Itinerary

Option 2: Ely to Bury St Edmunds – around 30 miles

Wednesday 20 May – *You may wish to make your way to Ely on the Wednesday, so that you are near the start of the Pilgrimage on Thursday morning. (5.30 pm Ely Cathedral Choral Evensong; 7.30 Meal together, followed by Night Prayer: accommodation details available on request).*

Thursday 21 May Breakfast followed by 8.00 am Holy Communion in the Cathedral, before walking from Ely to Mildenhall around 15 miles. This is a pleasant walk past farmland and along the River Lark. Special service at St Mary's Mildenhall, who are also celebrating their 800th anniversary. Meal at The Bell Hotel opposite the church. Accommodation at the Bell will be arranged for you

Friday 22 May



Breakfast followed by 8.00 am Holy Communion before the final section of the walk to Bury St Edmunds (c15 miles). This proceeds along the River Lark stopping at All Saints Church in Icklingam which is under the care of the Churches Conservation Trust – for refreshments before passing by West Stow Country Park and then rejoining The Lark.

The aim is to join with the other pilgrims coming from St Benet's and arrive at St Edmundsbury Cathedral in time for a special service of Evensong in the Abbey Ruins (weather permitting).

Costs and booking:

Option 1 – 18-22 May, Pilgrimage St Benet's to Bury St Edmunds:
£420.00 per person

Option 2 – 21-22 May, Pilgrimage Ely to Bury St Edmunds:
£100.00 per person

Day Pilgrims

£10.00 per person

The cost per person and will include:

- All accommodation on a twin share/double basis
- Food: all breakfasts and evening meals
- Luggage being moved each day; (and car 'back up' if needed)

To keep costs to a minimum, there are some things not included:

- Your own Travel Insurance and transport to the start of the pilgrimage for which individual arrangements are made.
- All lunches (picnics en-route each day, from local supermarkets)
- Single room occupancy:
St Benet's to Bury St Edmunds £680.00 per person
Ely to Bury St Edmunds £140.00 per person

For a booking form [click here](#)

For those wishing to walk for just one day, please use the space on the booking form provided.

Booking timetable is as follows:

- Firm commitment needed by 29 February 2020, which will require a non-refundable 25% deposit.
- Balance payable by 21 April 2020

For a booking form or to discuss any aspects of the pilgrimage, please do get in touch with

The Reverend Canon Philip Banks
precentor@stedscathedral.org
01284 748724



A Pilgrim Prayer

May God shield you on every step,
may Christ aid you on every path,
may the Spirit fill you on every slope,
on hill and plain. **Amen.**