



St Edmundsbury Cathedral



A WALK IN THE PARKS

Nowton Park Circular

You can start this walk either from Nowton Park Visitor Centre or from the train station in Bury St Edmunds, depending on your mode of transport.

FROM	To	OS MAP	MILES/KM
Nowton Park	Abbey Gardens Circular	211	7/11

Nowton Park Circular

Start at the Visitor Centre in Nowton Park (near the car park) and go along the surfaced footpath over a little bridge. Turn right onto the main avenue of lime trees. Turn left at the top of the avenue, then almost immediately right and continue on the 'yellow route', bearing right past the back of Nowton Court, with a pond on your left and a folly in the centre of the path.

Bear right to Oakes Gate (with the totem pole to your left).



TOTEM POLE

The totem pole (35 feet/10m tall) is carved from a western red cedar.

Exit via Oakes Gate and turn right onto the road. After a few metres, you will come to a junction with the Village sign. Turn left down Cooper's Lane. At the end of the lane, turn right into Fox and Pin Lane. After a few hundred metres, take the footpath on the left (after a substation with hardstanding along the roadside).

Having crossed the field, turn right onto the St Edmund's Way (opposite a clump of trees).



Approaching Bury St Edmunds. As you approach Bury St Edmunds, look out for glimpses of the Cathedral Tower, which was only completed in 2005. This is the modern day successor of the Abbey. Medieval pilgrims would have seen the towers of the Abbey across the flat East Anglian skyline. This would have assured them that they are nearly at journeys end.

Follow the St Edmund's Way, continuing across Hardwick Heath. Cross over Hardwick Lane (alongside the West Suffolk Hospital site) and follow the St Edmund's Way as it cuts through residential streets and then the water meadows. Cross over Cullum Road and continue following the footpath to Friars Lane until you reach Westgate Street.



St Edmund's Church – take time out to visit the Catholic Parish Church of St Edmund, King and Martyr. Discover the panels depicting the story of St Edmund, made in the 1960s. <https://www.stedmundkm.org.uk/>

Cross over, turn right and then left into Bridewell Lane and continue to follow the St Edmund's Way, which emerges onto Angel Hill near the Norman Tower and Cathedral *.

If you have started at Nowton Park, do take time out here to explore Bury St Edmunds and the historic site of the Abbey of St Edmund.

Retrace your footsteps out of the town as far as Hardwick Heath. Having crossed the heath, turn left into Hencote lane and continue beside a residential area until you come out onto the access road for Riverwalk Campus. Cross to the safe verge on the other side of the road. The road soon bears to the left to a road junction, but turn right just before that onto a narrow footpath. Keep straight ahead when the path becomes a bridleway. This emerges eventually onto Nowton Road. Turn right and follow the road until you reach the entrance to Nowton Park and the start/finish of the walk.

ROUTE FROM THE TRAIN STATION

Starting from the train station, turn left out of the station take the zebra crossing ahead of you to cross Fornham Road. Turn right, continuing straight ahead at the roundabout (please use the pelican crossing) into Northgate Street. The Cathedral tower can be seen ahead of you. At the T junction, turn right. Follow the road as it bears sharp left as the road opens out into Angel Hill.

This will bring you to *.

Follow the instructions above to Hardwick Heath, then on to Nowton Park. Then follow the walk from the start back 'full circle' to Angel Hill. Then retrace your route via Northgate Street back to the station.