



# St Edmundsbury Cathedral



## A WALK IN THE PARKS

### Rushbrooke Circular

From Bury St Edmunds to Rushbrooke via Nowton and back again

FROM	To	OS MAP	MILES/KM
Bury St Edmunds to Rushbrooke Circular	Rushbrooke to Bury St Edmunds Circular	211	9/14 (if combine longer and shorter routes)

### A Circular Walk to Rushbrooke Church of 9 miles (14 Km)

<https://www.plotaroute.com/route/1820374>

St Nicholas Church at Rushbrooke is one of West Suffolk's many hidden gems. It is a Grade One listed building full of curiosities, and it is open during the day. For the full 'Pilgrim Experience' you might wish to consider getting up early to attend a service there at 9.00 am on the first Sunday of the month.

There are two ways to Rushbrooke from Bury St Edmunds: the longer route of 5.75miles/9 km via Nowton Church, and the shorter, direct route of 3.25miles/5 km. These can be combined into a delightful circular walk of 9 miles/14km. It would be a matter of personal choice whether to go 'clockwise' or 'anticlockwise' - the anticlockwise method will be described, simply because the final entry into the Bury St Edmunds along the River Lark with the view of the Cathedral at the end is so satisfying.

#### The Longer Route: from Bury St Edmunds to Rushbrooke 9km

Follow the St Edmunds way as far as The Rushbrooke Arms:

From Angel Hill walk down Athenaeum Lane onto Churchgate Street. Turn right and cross to go down College St up to Westgate St. Turn right and cross to go down Friar's Lane.



**St Edmund's RC 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/>

The River Linnet is at the bottom of the lane - cross over the bridge and bear right at the fork to go over Cullum Road and down a small path through watermeadows with an old railway truck on the right. (This may be flooded in winter- if so then walk a further 200m northwards where there is another, drier path.) Keep following the path, which leads up to Baron's Road and then up to Hardwick Lane at the entrance to the West Suffolk Hospital.

Cross the road and you will see a sign taking you onto Hardwick Heath to the left. On the Heath turn left towards the Car Park then right past the football pitch and into an old avenue. About 200m down there is a path on the left which takes you into a field- follow this down and you will come out onto a path where you turn right, to walk beside a field and through a small copse. At this point the path turns left across the field (muddy in winter). Follow this and you will come out onto Park Lane, where you turn right. From Park Lane you reach Nowton Church by turning onto a footpath at the corner of High Green and crossing three fields.



**Nowton Church** It is well worth pausing at the Church of St Peter, Nowton. You will need to collect the keys from the churchwarden. It is advisable to telephone first: 01284 388628. It will involve extra walking as you will need to return the keys, but the interior of the church is well worth it, particularly if you like stained glass.

From the church you walk down the lane and then turn right up the road leading to Hawstead. The footpath is sign-posted about 200m on the other side of the road. This path zig-zags down to Hawstead Lane where you turn left and walk down to and cross the A134 opposite The Rushbrooke Arms. This is a thatched, C16 coaching inn, with a car park and food throughout the day.

Walk through the car park and beer garden, and you will see the footpath continues up the hill through a field and along Hawkers Lane, an old path with double hedges. At the top of the hill this joins a track where you bear left and then turn right through the complex of cottages within Rushbrooke Home Farm Estate. The church will become visible at the end.



**St Nicholas Church, Rushbrooke** Another wonderful Suffolk church to enjoy. Look out for the graves of the wealthy Davers, Jermyns, Rushbrooke and Hervey families who have all had an influence over this church over the centuries. There's also an impressive royal coat of arms.

### **The Shorter Route: from St Nicholas Church, Rushbrooke back to Angel Hill, Bury St Edmunds, 5km**

Walk back through the complex of farm cottages, and you will see a sign for the footpath on the left which takes you past Hall Farm. Continue on the straight track which takes you down the hill to join Rushbrooke Lane. Walk along this lane towards the roundabout with the A134. You can cut past the roundabout with a short footpath at the end by the Police Investigation Centre.

Cross the A134 and there is a sign for a Circular Walk through No Man's Meadow, which leads to the back of the Abbey Gardens. Take this and you can either enter Angel Hill via the gardens and through the Abbey gate (A Grand Entrance!), or via the Great Churchyard by turning left instead of entering the Abbey gardens.

**Note:** The walk will be muddy in parts during the winter months, and the watermeadows in Bury St Edmunds are prone to flooding.