



St Edmundsbury Cathedral



SIGNS OF THE TIMES The St Edmund Way

A waymarked long distance route, traversing the Suffolk countryside from the Essex borders in the south, through Bury St Edmunds and onto the Norfolk border at Brandon.

FROM	To	OS MAP	MILES/KM
Manningtree	Brandon via Bury St Edmunds	197/196/211/229	79/127

St Edmund Way

Further information on the route can be found online [St Edmund Way - LDWA Long Distance Paths](#)

The route is waymarked. Look out for:-



Other sources of information:-

Books

'The St Edmund Way – a walk across Suffolk' by Jean and John Andrews. Out of print but search for secondhand copies.

The Saint Edmund Way: A Pilgrim's Notebook by Marcus Powles

St Edmund Way: Joe Jackson

Videos

- (1) [Long Distance Guided Walks: The St Edmund Way - YouTube](#)
- (1) [Long Distance Guided Walks: St Edmund Way | Part 1 - Dedham Vale AONB - YouTube](#)
- (2) [Long Distance Guided Walks: St Edmund Way | Part 2 - The Stour Valley - YouTube](#)
- (1) [Long Distance Guided Walks: St Edmund Way | Part 3 - The Melford & Lavenham Railway - YouTube](#)
- (3) [Long Distance Guided Walks: St Edmund Way | Part 4 - The Road to Bury St Edmunds - YouTube](#)
- (1) [Long Distance Guided Walks: St Edmund Way | Part 5 - The Lark Valley - YouTube](#)
- (1) [Long Distance Guided Walks: St Edmund Way | Part 6 - The Icknield Way - YouTube](#)
- (1) [Long Distance Guided Walks: St Edmund Way | Part 7 - The Little Ouse - YouTube](#)

Places of interest on the route

Manningtree: Best known as the place from which Matthew Hopkins, the Witchfinder General, operated. Look out for swans on the River Stour here and in adjoining Mistley.

Flatford: Constable country. See if you can spot scenes from his famous paintings such as Willy Lott's cottage

Stoke By Nayland: Packed with timber framed buildings, the church appearing in many of John Constable's paintings.

Bures: St Stephen's Chapel is the alleged site of the coronation of King Edmund in 855AD



St Stephen's. Definitely a place to stop and think about the story of St Edmund. The young Christian king went on to be martyred by the Danes. His body was later placed in the shrine and in 1020 a Benedictine monastery established, the Abbey of St Edmund.

Sudbury: Visit St Gregory's Church where Simon of Sudbury's head is kept in the jar in the vestry. He was Archbishop but beheaded in the Peasants' Revolt of 1382.

Long Melford: Two Tudor manors in one village! Kentwell Hall and Melford Hall (admission charge at both) stand at the northern end of the long, broad high street. There is an Alice in Wonderland connection in the stained glass in Holy Trinity church,

Lavenham: Formerly one of England's major centres of the cloth trade, famous for its blue cloth. The village abounds with timber-framed buildings, including the Guildhall (National Trust). The magnificent church of St Peter and St Paul dominates the skyline with its 141ft tower.

Bury St Edmunds: Visit the ruins of the Abbey of St Edmund in the Abbey Gardens (free of charge). Interpretation panels tell the story of the Abbey and St Edmund, whose shrine was housed here. Take a town tour or Cathedral tour to find out more.

Thetford: Once a major religious centre, with the Cluniac priory of St Mary, though both this and Thetford Castle are now ruins. More recently the population has grown as a London 'overspill' town.

Brandon: The home of flint knapping. Go underground at Grimes Graves (admission charge) to learn more about this ancient craft.



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The route

(mileage approx.)

Manningtree to Flatford – 2 miles
Flatford to Stoke by Nayland – 10 miles
Stoke by Nayland to Bures St Mary – 10 miles
Bures St Mary to Sudbury – 8 miles
Sudbury to Lavenham – 10 miles
Lavenham to Stanningfield – 7 miles
Stanningfield to Bury St Edmunds – 10 miles
Bury St Edmunds to West Stow – 10 miles
West Stow to Thetford – 11 miles
Thetford to Brandon – 10 miles