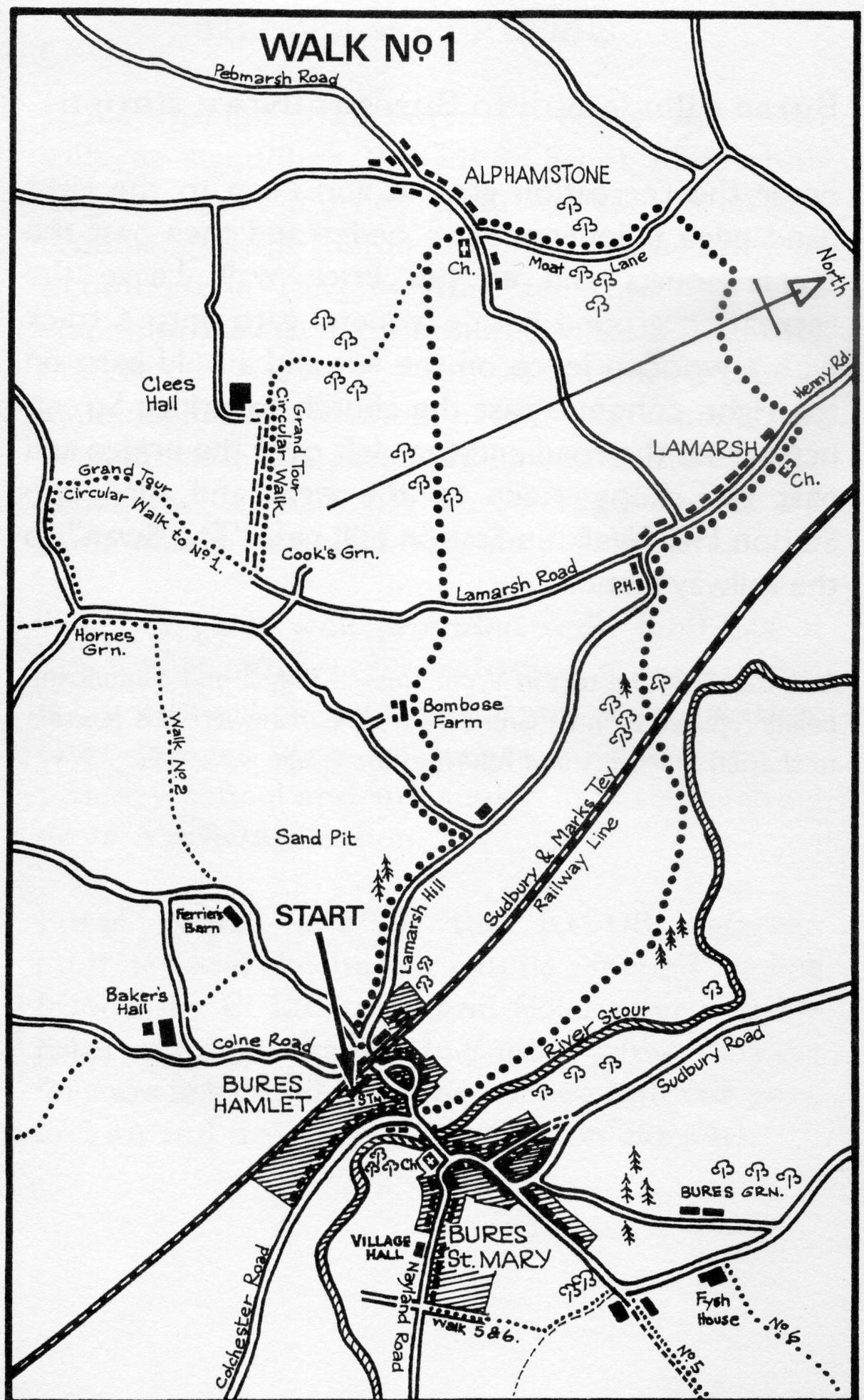


Walk I

Distance: 7.8 km (4.9 miles)



The walk starts by following the River Stour up stream to the neighbouring village of Lamarsh, from there it climbs the western side of the Stour valley to the village of Alphamstone. Good views across the valley and surrounding countryside are to be had on the later sections of the walk.

1. Turn left out of the station car-park and then right into Station Hill and walk down to "The Swan". Cross the road diagonally to the right to a path, marked with a public footpath and waymark sign that runs between a wall and a house. Continue ahead and walk between the wall and a barbed-wire fence to a waymark sign where the wall ends.
2. Turn left and immediately right onto a farm track with a hedge on the right which runs parallel to the river. Continue on this track which has variously a hedge, broadleaf trees and pines on the right. After the last stand of pines continue on the path which curves slightly to the left with a hedge again on the right. Follow the path past more pines, this time on the left, into a clearing. Ignore the bridge over the Stour to the right and go ahead through bushes where the path dips down to a stile with a waymark sign.
3. Cross the stile into the corner of a meadow by the river. Keeping the hedge on the left walk along the high ground, passing a waymark on a post, to a stile with a waymark sign opposite a pillbox. With care cross the railway line to a path opposite between a metal handrail and a wire fence and then over a stile into a path between trees.
4. This soon joins another path leading to a house on the left, turn right and continue on the path past houses on the right to join a minor road. Here turn to the right, walking past "The Lamarsh Lion" (or stopping if you are feeling thirsty already) and ignore turnings left to Hornes Green and Alphamstone and Pebmarsh.
5. Walk on through the village past the village hall and a public footpath sign on the left and continue on past the church "Holy Innocents" to a public footpath sign on the left opposite Lamarsh Hall farm.
6. Walk up the hill in the direction indicated by the footpath sign. At the waymark sign at the top turn right keeping the hedge, steep slope and a farm on the left. Remain on this path to a stile with a waymark sign at a gap in the hedge and cross into the farm.
7. Walk straight across the field with, at first, trees on the right. When the trees end continue ahead to the right of the farm buildings. Just before the path enters the farmyard cross a stile into a minor road. Turn left and walk down the hill to a small stream in the valley bottom then up the hill (houses on the right) to join a wider road at the top of the hill (ignore footpath sign on right just before road junction).
8. Go straight across the road to a public footpath sign and path beside the church. Beyond the church continue straight ahead across the centre of the field to a gap between trees. *Turn left keeping the trees on the left, then after a few metres turn away from the trees and cross the field to a gap in the hedge opposite.
9. Go through the gap into a small wood and over a stream and then exit into a grassy path. With trees on the right and a fence and plantation on the left walk up to the top of the hill. With a clearing on the right descend for a short distance and enter another small wood through a metal gate in the trees by a waymark sign on a post.

10. Follow the clearly defined path over a concrete footbridge and into a clearing. Bear right on a less well defined path and exit the wood by a footpath sign. Turn left and walk keeping the wood on the left. At the end of the wood turn left and immediately right through an avenue of young trees.
11. At the end of the avenue go down steps by a public footpath sign onto a minor road. Cross the road to another footpath sign and climb up to another field. Walk along beside a hedge and ditch on the left-hand edge of the field. At the field end turn right keeping the hedge on the left and walk to a hedge gap. Go through the hedge gap and walk beside on the right towards the farm buildings.
12. Do not enter the farmyard but walk to the left of the large building with a sloping roof. Continue past the building, keeping the hedge on the right, to the end of the field. Turn right with a hedge now on the left and walk (path probably not maintained) to a metal gate and exit on to a minor road. Turn left and walk to a T-junction. Pause for a moment to admire the view and then turn right and walk down the hill to Bures.