

Constable Beat: Kone Hickbush

H > I Sudbury Station H TL875409 to Bures Hamlet sign TL904340 Explorer 196
 The trackbed extends beyond Sudbury Station H, minus the rails, as a splendid tree-lined elevated walk over flood meadows. Use it W as far as Kone Park. Descend S from embankment and go left along Middleton Road. Where the road peels left, strike ahead on a footpath through Middleton Hall and pass E of church to The Street's junction with Rectory Road. F-o-t down Brakemoor Hill, and keep ahead on a path, over a ford, and another minor road to a third such highway. Swing right uphill to the sharp right bend. Enter Hickbush Drive as far as Great Hickbush. Pass N side of steading to a path junction, then lead S to pass E side of Valley Farm to rise to the top road. Sprout E f-o-t to path right which swerves with views to finish E to Lamarsh Hall. F-o-t S first road left. Pass the Lion and continue on a lane S E to a level-crossing of the rail track. Sweep S on delightful path which enters Bures Hamlet by the village sign I.

Great Henry Street
 Swan's Stourside facility RT

Bures Hamlet
 Essex

Bures St Mary
 Suffolk

River Stour

Constable Beat: Mount Garnon

I > J Bures Hamlet Sign TL904340 to Little Horkesley Pond TL959321 Explorer 196
 Walk W from I to duck under rails by the Station and swing left up Colne Road f-o-t to its sharp right bend. Stay S W for a few paces and twist E S E on a path down to Cambridge Brook, then up to Mount Bures. Lead S f-o-t along Hall Road a furlong beyond the Mount and St John's Church to twist E on path tunnelled beneath the railbed to Peartree Hill. Lead S up to road-fork to twist E again on to an upper level-field leading to Warmingford Hall. Sharing its drive to the Lodge at base of Sandy Hill. Get to the outer curve of the B1508 to use the track winding N E up Lodge Hill. Descend N E to the Mill and Warmingford Bridge. Rise E and swing N on Bowdens Lane to take the first path E leading across flat fields to merge with Garnons Chase west of the farm. Pursue the chase Even as departs the Stour valley by twisting S E as School Lane rising to Little Horkesley Village Hall and pond J.

Mount Bures
 Warmingford
 Little Horkesley
 Wissington

River Stour
 Cambridge Brook

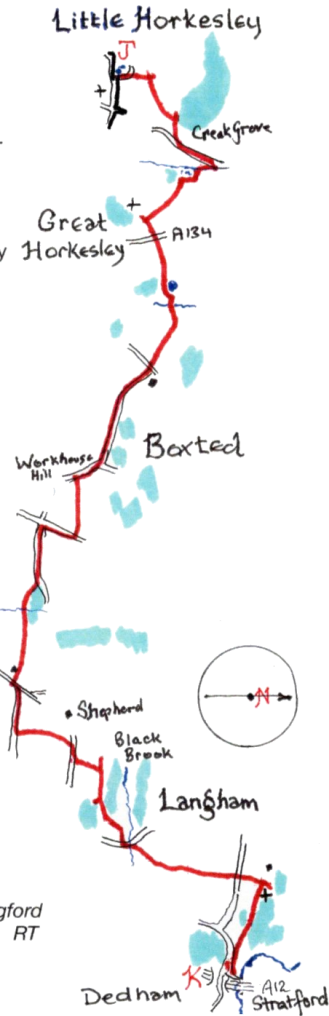
Mount Bures Moundlet RT

Bures St Mary

Constable Beat: Potter Horne

J > K Little Horkesley Pond TL959321 to Langham, Gun Hill TM042334 **Explorer 196**.

Depart J N and descend hill on field-path N from lonesome tree to the first cross path. Lead N E to Creak Grove and join road by Josselyns. Downhill f-o-t to first path acutely right before Lower Dairy Farm is reached. Lead S, swap sides of Horkesley Brook and get E side of lake's fence. Twist E uphill to Great Horkesley Church. Lead E on path 4 over A134 road, by a reservoir to cross another brook, zig left, zag right up to Potters Farm. F-o-t Green Lane and swing S S E up Workhouse Hill to twist E on Plantation track to Boxted Straight Road. F-o-t S to crossroads. Go E on Chapel Road three furlongs, fork right on path linking to Langham's Malting Farm. More f-o-t left then right on Park Lane. Take first path left to cross School road and approach Horne Street, a green path, Lead E backing N E to cross brook and Nightingale Hill to continue on a bridleway N N E to Langham Church. Depart E on drive to Gun Hill and nudge left on narrow sidewalk to the cut-off layby K.



Warmingford Crown. RT

Constable Beat: Seafield Moorat



RT. Langham St Mary's Church Drive South

K > L Langham, Gun Hill TM042334 to Mistley Station TM119318 to **Explorer 196** Depart K carefully over Gun Hill S E to gain side-walk of Stratford Road over the A12. E of the carriage-ways note path off right up to Coles Oak Lane level. Use it. Go E along Lane to next path left. Wriggle through Moorat Park to find more Stratford Road. Lead E, cross road on path by a cricket pavilion and turn N to Dedham's Royal Square. Depart E to bend of Brook Street, Use path by Muniment House leading N E beyond Dedham Hall to the Stourside at its confluence with Dedham Old River. Continue downstream to Flatford's attractions. Resume with river left-side to the many sluices of the old river at Judas Gap. Move along E on the S seawall of the Stour Estuary. Swap to map 184, to step over Lawford's White Bridge A137 and wriggle through tiny Manningtree and enjoy a grand finale along Mistley's Walls, where no walls hold off high-tides. Onward to the to the Station L also along the B1352.

