

Suffolk is good for you



Woodbridge: stay on the luxury Dutch sailing barge Twee Gebroers



Take a break, a whole holiday or simply more time out in Suffolk and feel better for it

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Embrace Suffolk in 2020. Allow yourself more time out in its company and it will give so much more back. Do something different and celebrate its diversity. Treasure its past and rise to its challenges. Blow away the cobwebs on a seawall walk by Boyton Marshes – or blast them clean off with an exhilarating powerboat ride along the Southwold Coast. Mark the Dedham Vale and Stour Valley's 50th anniversary as a designated Area of Outstanding Natural Beauty with a mindful stroll along the Flatford tow path – or take to a stand-up paddle board by Dedham bridge and see how the river looks from there! As you clock up your weekly Suffolk step-count, take those binoculars with you too. Soon, you'll want to stop and start to see things differently.

Why not collect something special this year? A treat of a ticket to England's only

Regency theatre in Bury St Edmunds perhaps, or precious moments at the manuscripts, sculpture, or artisan and pilgrimage exhibitions for the town's Abbey 1000 anniversary. Share a foraged-for meal at an Alde Valley festival, or maybe just make a mental note how the look, smell, sound and feel of a favourite rural spot changes with the seasons.

Go further a-Suffolk-field. Stay a while even. Choose a different local doorstep for a weekend away or longer and discover places which are, well, just 'wow' and made for making memories. With few miles to travel, there's immediately less eco-guilt and more time to relax. Simply allow yourself to do the things you'd do on holiday - visit that museum; explore that garden; switch off, do that digital detox and watch the stars.

Help yourself to a large slice of Suffolk – it's really good for you.

The coast with the most

How to explain the pull of the sea? The simple pleasures of sand between the toes and chilly waves chasing you up the beach at Lowestoft? That heartfelt moment when the bobbing seal you've spotted near Southwold, looks back at you?

Suffolk's ever-changing, eroding coastline is one amazing spectacle to share, from its Benacre bird reserves and migrating moths at Landguard Point to the legends of its lost Dunwich churches and hanging-in-there lighthouse on Orford Ness. It's so good to spend time in its company. Let's resolve to do it more.



What's on your bucket (and spade) list?

Watch the sunset from Aldeburgh's Scallop

Spot an Avocet at Minsmere

Family award-winning Lowestoft Maritime Museum

Hire a beach hut at Felixstowe

Boat trip to Orford Ness

Step up to the challenge

Lowestoft Scores: 401 steps

Southwold Lighthouse: 113 steps

Orford Castle: 91 steps

Felixstowe Landguard Fort: 20 steps



Above and right, the rugged coast at Covehithe



STAY

Smart hotels with sea-view lounges, cosy coastal inns, campsites, caravan parks and motorhome pitches just a short bound with the hound from the beach – stay in Suffolk by the sea and you'll discover new horizons.

Park up the campervan at a cliff-top campsite to hear the Dunwich Heath dawn chorus. Stay in iconic Southwold Swan Hotel style and feel as at home as the Adnams pint in your hand. Or recharge your glass and your batteries in Felixstowe at the funky Fludyers Arms and jog through the seafront gardens before the world awakes.

Look out from quirky watertower conversions like the Suffolk Skytower on the Shotley Peninsula, the House in the Clouds in Thorpeness (67 steps!), or Freston Tower, the Tudor folly by the Orwell. Aldeburgh has a self-catering Martello Tower too.

theswansouthwold.co.uk

thefludyers.co.uk

kateandtoms.com

houseinthecLOUDS.co.uk

landmarktrust.org.uk



Southwold wonderful place to spend time any time of the year



BEACHCOMBING

Beachcombing is a great year-round activity for all ages to share. Get bright and breezy and see what's sparkling in the shingle or sand.

You'll discover the iconic Scallop at Aldeburgh and the must-follow shell-line at Shingle Street, but Bawdsey beach is the real place to find all sorts of shells.

Check out the Covehithe coast for colourful beach glass gems smoothed and frosted by the waves, or Sizewell's shores for fossils lurking in Corraline Crag. Collect shipworm-nibbled driftwood to make a sculpture back home.

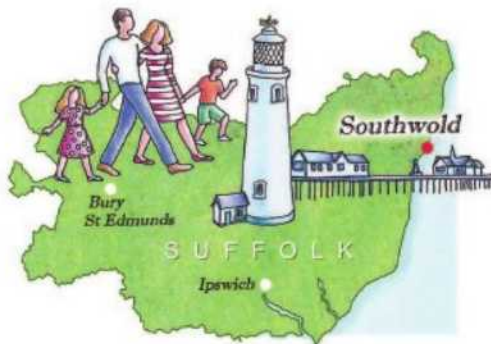
Even a pocket-full of 'lucky' stones with holes in probably won't magic up that precious piece of North Sea amber, but it's still worth looking – or visiting Southwold's Amber Museum at Great Britain's oldest and largest amber specialist.

ambershop.co.uk

beachbonkers.org.uk

WHAT A TREAT

Fancy half a dozen delicious plump oysters from Butley Creek? What about some award-winning Orford smoked eel, or summer-foraged samphire picked from Suffolk's salt-marsh shores? Nothing beats fresh fish and chips eaten on Aldeburgh beach or savoured on Southwold's Blackshore quay with a generous helping of Blyth estuary views.



LITTLE ONES LEAD THE WAY

Ship ahoy! From big cargo ships and river beaches to woods and wildlife, there's loads of fun stuff for youngsters to see down on the Shotley Peninsula. And now, thanks to local initiatives, you can not only take the kids or grandchildren along to explore, but let them lead the way. For younger children, there are two easy-to-follow, waymarked walks (up to three miles), fun activity ideas, lists of play places, plus 'walk leader' badges and certificates to download. shotlyopenspaces.co.uk

Others will enjoy walking by sailing grounds which inspired children's author, Arthur Ransome on the six-mile waymarked Arthur Ransome Trail from Pin Mill to the Stour estuary. See nancyblackett.org

DISCOVER MORE SOUTHWOLD

Soft sand, dunes and shingle stretches. Colourful beach huts and a bright white lighthouse. Sophisticated shopping in little local streets. A proper pier with a cheeky clock. Southwold is up there with our summer Suffolk favourites. Full of ice-cream treats and delicious family fun. It's dripping in nostalgia, but have you really got it licked?

Follow the two-mile Hidden Heritage Walk to discover ship's figureheads and Arts & Crafts houses you never knew existed, oar-some museum exhibits, precious amber and anti-pirate cannons, fishermen's net sheds, boating

lakes and brewery buildings. Meet the Greens too – that's Barnaby, Bartholomew and a whole host of important other open spaces, set out to safeguard the town after the Great Fire of Southwold in 1659.

For alternative Southwold views, what about a 4 mile Historic Harbour and Railway Walk down the beach to meet the Blyth, Bailey Bridge and Buss Creek, before swinging back across the golf course to town?

Download the free 'Pocket Guide to Southwold' for all this and lots more fun and games too.
southwold.com/Southwold-pocket-guide



History & heritage

What's Suffolk heritage all about? Red Poll cattle, Longhorn sheep and Suffolk Punch horses on parade at the Suffolk Show. The Abbey of St Edmund founded at Bury by King Canute exactly 1000 years ago. Granny Mabel's time-honoured recipe for Suffolk Rusks. So many of Suffolk's treasures are age-old, yet new to us.

Take half-timbered Little Hall in Lavenham or medieval wall-paintings at Lakenheath church, Sutton Hoo's intricate golden jewels, the earthworks of Lidgate Castle or Denham's WWII field hospital. There's so much of our ancestors' handiwork right on our doorstep.



Collectors' Corner

Blue Plaques are dotted on buildings all around Suffolk. Search them out and you're sure to make all sorts of discoveries as well as connections with great and varied characters from the past.

Find Benjamin Britten in Lowestoft, Charles Dickens in Bury, Thomas Gainsborough in Sudbury, Geoffrey Chaucer in Ipswich and DJ John Peel in Great Finborough. But beware, the memorial plaques aren't always blue and white, or even circular, often pinned up rather obscurely and popping up in the most unexpected places.

Capture them on camera. Perhaps take a celebrity-moment selfie. Quite how many there are no one probably knows. A good starter for ten (plus) is The Bury Society's Blue Plaque Trail which includes proud plaques erected as early as 1906/7. visit-burystedmunds.co.uk



Above and below, Framlingham Castle



MINI-CHALLENGE go treasure hunting

Forage for food – it's as simple as picking blackberries and just what your ancestors used to do!

Try geocaching at Dunwich Heath. Borrow a GPS unit and choose from three trails.

Track down the Wickham Market Hoard of Iron Age gold coins (Ipswich Museum), or amazing Mildenhall Hoard replicas of Roman silver (Mildenhall Museum).
nationaltrust.org.uk
ipswich.cimuseums.org.uk
mildenhallmuseum.co.uk

STAY

Staying right at the heart of historic Clare in its pargetted Ancient House or in a little round house in the Victorian model village of Easton is the stuff Suffolk dreams are made of. Or how about the isolated, thatched and half-timbered hall house at Purton Green near Stansfield. Give 'champing' a go on the Cambridgeshire borderlands at Swaffham Prior's St Cyriac & St Julitta, or try another sort of self-catering church stay at the Old Chapel Annexe in Nayland. Chill out in a hot tub surrounded by wool town history at Lavenham's Swan Hotel and Weaver House Spa, or stop at home with the Gilberts by West Stow Hall's Tudor redbrick gatehouse in the Brecks.

If vintage is more your thing, then retro silver airstream caravans are a shining example of a good getaway near Saxmundham, or take a tour of historic Suffolk in a bit of history itself - hire a classic VW camper and experience the county at a very different pace.
landmarktrust.org.uk
bestofsuffolk.co.uk
champing.co.uk
suffolkcottageholidays.com
theswanlavenham.co.uk
weststowhall.com
happydaysrv.co.uk
constableclassiccampers.co.uk



MINI-CHALLENGE bake off into history

Make a batch of traditional Suffolk rusks or honey-drizzled Edmund's Suffolk buns for St Edmund's Day (November 20).

Visit Pakenham Watermill, Woodbridge Tide Mill or Thelnetham Windmill to source freshly milled flour for your bread or muffins.

Do a bread-making course at Bardwell Windmill, where Will Wooster hand-made quirky breads with his own flour before 'artisan' was reinvented.

pakenhamwatermill.org.uk
woodbridgetidemill.org.uk
thelnethamwindmill.org.uk
woostersbakery.co.uk



HERITAGE HIT LIST

Suffolk Punch Trust at Hollesley

Swim at Beccles Lido

Climb Sutton Hoo's viewing platform

Herbaceous borders at Helmingham Hall

See Ickworth House under wraps

Bury St Edmunds Abbey Gardens



CYCLE & SEE MID-SUFFOLK TREASURES

A secret castle, a hidden college, a bishop's seat. King Edmund legends and tales of buried treasure, plus the very place where Baron Bigod surrendered his loyalty to Henry II in 1174, giving up his Bungay and Framlingham castles – what a super route for a Suffolk heritage cycle ride!

Start at Syleham in the Waveney Valley to visit round-towered St Margaret's on its sand lens by the river, before pedalling the great greens of Wingfield, past its private castle and 12th century college disguised as a Georgian manor house. Little lanes alongside woods and greens lead to historic Hoxne, home to St Edmund's legendary hiding place (Goldbrook Bridge) and martyrdom site. Find out more - and look out for the carved wolf holding St Edmund's head - inside mighty St Peter & St Paul's, once the Suffolk seat of late-Saxon and medieval bishops of East Anglia. Read up on Hoxne's famous hoard of Roman silver here too before completing the nine-miles circular cycle route. Download full details or linear walks between Hoxne, Eye and Thornham Parva: angelsandpinnacles.org.uk

WHAT A TREAT

Raise your glass to Suffolk with something deliciously local. 'Frampagne' from Shawsgate Vineyard near Framlingham is the new effervescent kid on the block. You'll find producers of fine wines from Wissett to Wyken Hall near Stanton, plus tasty little distillery start-ups and historic breweries from Bury to the coast. Get acquainted with Old Bob, the Abbott or St Edmund at Greene King's Westgate Brewery. Try gluten-free ale at St Peter's Hall near Bungay or discover why Southwold's low alcohol Adnams brew is a spookily good idea.

- Go round in circles
- St Edmundsbury Cathedral Tower (202 steps!)
- Somerleyton Hall maze
- Framlingham Castle curtain wall walk
- Felixstowe seafront gardens serpentine steps
- Prefer to pedal? Towers & Spires cycle trail 19 or 30 miles
- Up to 11 Angels & Pinnacles churches, east of Bury

LITTLE ONES LEAD THE WAY

Suffolk's rare breed animals are a really attractive bunch. There's nothing kids like more than looking up to the noble heritage horses at the Suffolk Punch Trust (Hollesley), coming nose to snout with prize-porkers at Jimmy's Farm (Wherstead) or strutting their stuff alongside Ixworth chickens at Baylham House Rare Breeds Farm (Needham Market). At Stonham Aspal, the Suffolk Owl Sanctuary's local barn owls are not the only head-turners, though the meerkats probably don't quite count as East Anglian natives. From Easton Farm Park to Stowmarket's Museum of East Anglian Life, Suffolk's heritage farm attractions are wonderful places for little ones to guide you from one exciting animal encounter to the next – if you can prise them off the play equipment or pedal tractors of course. thesuffolkpunchtrust.co.uk jimmysfarm.com baylham-house-farm.co.uk owl-help.org.uk eastonfarmpark.co.uk eastanglianlife.org.uk

Breathing space

Where to find the optimum breathing space in Suffolk? From the vast shingle stretch of Walberswick beach, to Constable's Dedham Vale and Stour Valley, designated an Area of Outstanding Natural Beauty 50 years ago, Suffolk has so many gorgeously green and open places for blue-sky thinking. If only we made more me-time for joining that park run on Sizewell beach, or letting Newbourne's nature reserve put a spring in each step, for seeing the trees for the wood on a digital detox in King's Forest or savouring a mindful Suffolk low-food-miles mouthful. Be kind to yourself – go enjoy.



Glamping afloat with Hippersons

STOURSIDE DISCOVERIES

Celebrate the senses along with the 50th anniversary of the Dedham Vale & Stour Valley's designation as an Area of Outstanding Natural Beauty.

Whatever time of year you set off through Haverhill's East Town Park along its railway line walk, it's a real tree-time treat of texture and colour. Heading eastwards, you're on track for footpaths which soon join the well waymarked Stour Valley Path. Follow it north to watch and listen to life on the bird-rich Stour Mere, then you're in the gentle, relatively close company of the Stour with its dragonflies and kingfishers or fragrant hedgerows all the way to Kedington, where one of Suffolk's supreme surprises awaits – "A Westminster Abbey amongst village churches" (Sir John Betjeman). From historic wig pole and pulpit hat-hooks to a minibs-sized manorial box pew, it's an awesome building that really welcomes walkers.

The circular walk is about 6.25 miles, whether you return to Haverhill retracing your steps, or by following your nose, OS map and field margin footpaths west over Dane Common farmland to reach the town's bus station via Chalkstone Way. dedhamvalestourvalley.org



LITTLE ONES LEAD THE WAY

Suffolk is full of mysteries, but nothing captures young imaginations like tales of alien encounters. At Rendlesham Forest near Woodbridge the three-mile spooky circular UFO trail is based on a true story. There are sure to be lots of natural discoveries from fungi to fir cones along the leafleted and waymarked route, but what will they make of the suspected supernatural ones? Make a breath-of-fresh-air forest break of it and camp close by, if you dare. . .

forestryengland.uk/renderlesham-forest

STAY

What's your ultimate Suffolk countryside retreat? Try Cockfield's amazingly modern tower mill conversion with its zinc-clad live-the-view pod, or candle-lit Hex Cottage in Sibton's 4,500 Georgian Park known as Wilderness Reserve.

Glamping on the Waveney waters at Hipperson's Boatyard near Beccles could float your boat, or try a gypsy caravan stay or retreat for two under a roof of vinyl records by Alde Garden's award-winning Sweffling pub. There's eco life in the shepherd's huts or 'stardome' at Ling's Meadow near Hepworth (take the alpacas for a walk in some digital detox downtime).

The Giraffe House in Ipswich is an interesting beast, and Kaya Safari Lodge's African touches whisk you from Stonham Aspal to the Serengeti plains in a milli-second of shut-eye. Enjoy a relaxing golf and spa stay at green award-winning hotel Ufford Park near Woodbridge, or find spiritual peace at luxurious, transformative retreats at beautiful Butley Priory or 'Bellegrove', Westhall's enchanting dragon house near Halesworth.

thewindmillsuffolk.com

wildernessreserve.com

hippersons.co.uk

aldegarden.co.uk

lingsmeadow.co.uk

thegiraffehouse.co.uk

kayalodge.co.uk

uffordpark.co.uk

niroshini-acupuncture.com



Above, enjoying the river at Dedham, below, glamping at Sweffling Bury St Edmunds Abbey Gardens

Collectors' Corner

All sorts of tree species in one place can be a magnificent spectacle throughout the seasons, and from arboreta in Ipswich's Christchurch Park to Brandon Country Park's crew of Giant Redwoods, Monterey pines and Monkey Puzzle trees, Suffolk has a whole collection of them. Bury's Nowton Park, established in the 1880s, boasts 100 exotic trees, whilst East Bergholt Place showcases specimens collected by the owner's great grandfather in the early 1900s. Lynford Arboretum in Thetford Forest is the leafy must-see worth nudging into Norfolk for, but its collector's contemporary, botanist Joseph Hooker, has his own trail around the tarmac paths of his home-town, Halesworth.

ipswich.gov.uk/services/christchurch-park

brandoncountrypark.org.uk

visit-burystedmunds.or.uk

placeforplants.co.uk

forestryengland.uk/lynford-arboretum

halesworth.net

BREATHING SPACES ON A LEVEL

- Devil's Dyke Newmarket/Wooditton – Reach (7.5 miles)
- Brandon Country Park & Santon Downham (incl. accessible trails)
- Eye Castle viewing platform
- Nowton Country Park, Bury St Edmunds



WHAT A TREAT

Asparagus, strawberries, freshly dug veg, just-picked beans and peas, legumes, fruits and berries, pots of pickles, jammy delights and delicious honey – where will you find yours? At the produce market or farm shop perhaps, or at one of Suffolk's good old-fashioned lane-side stalls complete with honesty box. Check out Earsham Street Café's 15-mile meal night at Bungay or try foraged foods at an Alde Valley festival in Little Glemham. From community pub grub to fine dining restaurants, you're sure to find delightfully fresh ideas on the menu.



Habitats to experience

- Stour estuary, mudflats & water-meadows
- Snape Warren's sandy heathland
- Shingle Street & Kessingland dunes
- Brecks forests & treelines
- Lackford Lakes & Lopham Fen



Festivals & culture

In good company

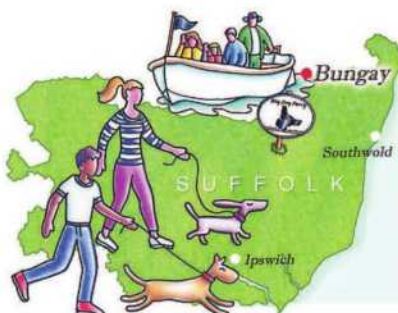
If all the world's a stage, then Suffolk's surely full of star performers. Framlingham Castle has never looked back since Ed Sheeran wrote a song about it. Willy Lott's House at Flatford was never the same since Constable painted it. And Britten's Aldeburgh Red House is a symphony to the composer and his county. So many Suffolk people, places and projects are inspirations, opening up all sorts of opportunities. Whether famous, anonymous, unsung or otherwise they galvanise the community. Their legacies are ours to celebrate and share.



Traditional crafts at a Kentwell Hall recreation

Culture culture's pick list

- Bury 1000 celebrations!
- Hard-hat tour of Gainsborough's House
- First Light Festival, Lowestoft
- Britten's Red House Museum Aldeburgh & Snape Maltings
- FolkEast - have-a-go heritage crafts



STAY

When there's something significant on the Suffolk horizon, from Lavenham's Literary Festival to FolkEast, stay close by and enjoy it all the more. Stop over in The Saints and witness the equinox wonder of Barsham Church, or spend from dawn 'til dusk catching up with comrades at Norfolk and Suffolk Aviation Museum events in Flixton.

There's no need for an excuse to spend quality time away with family and friends when Suffolk is brim-full of big house holiday potential. From classic Bruisyard Hall to the whacky Balancing Barn, groups of yurts and glamping pods, caravan parks and lakeside lodge complexes, there are oodles of huge homes and collections of sociable accommodation to celebrate. Pets are often welcome too, or you could even give them pride of place. Letheringham Watermill Cottages near Wickham Market is just the place for happy hounds, and pony paddocks are available at Lanterns and Larks Sweffling Hall near Saxmundham. bruisyardhall.com living-architecture.co.uk letheringhammill.co.uk lanternandlarks.co.uk

BOOTS, BOATS & BUSES BUNGAY TO BECCLES

A right ol' ramble between two of Suffolk's most attractively creative market towns. Walk the Angles Way from Bungay's water-meadows towards Beccles and you'll discover that it joins the dots beautifully between Wainford mill and ruined Mettingham Castle, plus Victorian poorhouse and historic church conversions too. The relaxing rambling route – best enjoyed in the drier months – reaches from the heights of Crow's Nest Wood to the lows of Shipmeadow Marshes, and a detour leads across the Waveney floodplain to the long-standing locks and inn at Geldeston. It's an inviting place to stop, refreshingly different yet quite set in its ways, the haunt of traditional folk, Morris Dancers, competitive 'Dwile-flonkers', real ale lovers, all sorts of boaty types, ghosts and those who like a good beer garden. Walk on to Beccles, or book on the Big Dog Ferry for a wonderful Waveney river ride to Puddingmoor's famous Beccles Lido. The entire eight-miles walk is fully signed with East Suffolk Line waymarkers from Bungay Buttercross bus stop to Beccles railway station.

eastsuffolkline.co.uk/walks
bigdogferry.co.uk



Beccles Marina



A forties event at the East Anglian Transport Museum in Lowestoft



YOU'LL NEVER WALK ALONE

- Suffolk Walking Festival suffolkwalkingfestival.co.uk
- Stepping Out health walks onelifesuffolk.co.uk
- Guided railway walk events eastsuffolkline.co.uk/walks
- Blue Badge Guide walks - try Lavenham lovelavenham.co.uk
- Why not take the lead and support your local community?
- Become a Stepping Out walk assistant (training given). onelifesuffolk.co.uk



WHAT A TREAT

Calling all kitchen whizz-kids, bake-off boffins, fanatical foodies and folk with tastebuds to be tingled! Suffolk has you well catered for. Graze on an impressive crop of food and drink festivals from Beccles to Bury and Aldeburgh's annual extravaganza at Snape Maltings. See, compare, taste, try and buy, as you meet everyone from master-chefs to local producers sharing their top tips and culinary secrets. Other tasty titbits to look out for include Framlingham's Sausage Festival and all those mini-beer festivals supporting attractions and real ale pubs throughout the county.



LITTLE ONES LEAD THE WAY

It's not just youngsters who love dressing up – from Kentwell Hall's re-enactments of Tudor life to West Stow Anglo Saxon Village, Leiston's Long Shop Museum, Framlingham Castle and the East Anglian Transport Museum at Carlton Colville, you'll find folk of all ages bringing Suffolk history to life in a creative and credible way. Teenagers in your troupe, might consider it cooler to hang out at the *Ed Sheeran Made in Suffolk* exhibition at Ipswich Wolsey Gallery until March 2020. Perhaps they'd even like to take you on the Ipswich trail around his early gig haunts? made-in-suffolk.co.uk kentwellhall.co.uk weststow.org longshopmuseum.co.uk english-heritage.org.uk eatransportmuseum.co.uk made-in-suffolk.co.uk

Collectors' Corner

Love going to the movies? Suffolk's cinema secrets will both wow you and take you back in time. Enjoy digital or even 3D experiences in the smart surroundings of Suffolk's oldest working purpose-built cinema. Leiston Film Theatre is an amazing 1914 survival. Southwold's re-created Electric Picture Palace goes the whole vintage hog with a costumed commissaire, usherettes, royal box and airing of the National Anthem. Aldeburgh Cinema is a real classic, Woodbridge Riverside is another hot favourite for 'fish and flicks', and tucked away in free-entry Saxmundham Museum is a tiny 12-seater playhouse. leistonfilmtheatre.co.uk southwoldcinema.co.uk aldeburghcinema.co.uk theriverside.co.uk saxmundhammuseum.org.uk



Photo: John Heald

Mindful of the past

How long is Suffolk's memory lane? From Lavenham to Leiston, it follows miles of wartime runways. It weaves from Haverhill to Hadleigh and beyond, spinning threads of drabnet, wool and silk cloth history. It links Napoleonic forts and Martello towers, innovative homes of agricultural mechanisation, lost fishing harbours and villages that are all at sea.

In showing respect for its past, Suffolk offers a special sense of belonging. And you don't have to be born and bred in the county to feel it. It's a place made of memories, that's perfect for making memories. Which ones will you be sharing?



FLORAL TRIBUTES

- Snowdrops by Dunwich Greyfriars
- Bluebell woods, Argen Fen (Sudbury)
- Orchid walk, floral stained-glass at Walsham-le-Willows
- Heather on Cavenham Heath
- Appleby Rose Garden, Bury's Abbey Gardens



MINI-CHALLENGE LEARN A TRADITIONAL SKILL

Forge something special with your partner. Go blacksmithing in Brundish and make a valentine's rose together. The ultimate hot date!

Make a spindle chair or hone upholstery and furniture restoration skills in Newmarket.

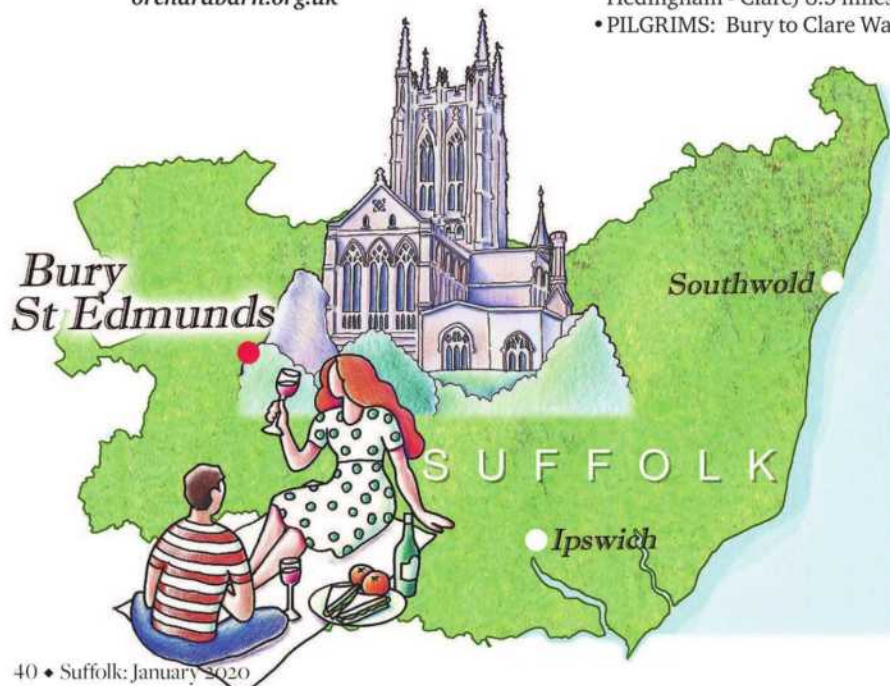
Learn heritage ways like wattle and daub techniques, timber-framing, hurdle-making and spoon-making on courses and taster days near Stowmarket.

kingdomforge.co.uk
cravenconservation.co.uk
orchardbarn.org.uk



IN OUR ANCESTORS' FOOTSTEPS

- **SAILORS:** Sailors' Path (Snape - Aldeburgh) 6 miles
- **PAINTERS:** Constable's school run (East Bergholt - Dedham return) 3.5 miles
- **AIRMEN:** Eye Airfield 5 miles
- **KNIGHTS:** Magna Carta Trail (Castle Hedingham - Clare) 8.5 miles
- **PILGRIMS:** Bury to Clare Walk 19 miles



STAY

Reliving memories, making memories. Suffolk moments that really matter. Imagine those wide-eyes when your Middle-earthling realises he'll be staying in a forest Hobbit Hole at West Stow Pods, or when you track down the perfect getaway with loco-loving grandad – a railway carriage 'cottage' near the 'Middy' Mid Suffolk Light Railway.

Turn a simple cycle ride into a relaxing weekend away with Suffolk specialist Cycle Breaks. Enjoy a 'Sparrows & Amazons' family river-stay experience at Hipperson's boathouses on the Waveney. Boaties and landlubbers alike will love a luxurious stay on the award-winning Dutch sailing barge, Twee Gebroeders, by Woodbridge's iconic tide mill, or on Onderneming, the Dutch Clipper conversion moored alongside Snape Maltings.

If you like vintage vehicles, camp up at Henham Steam Rally near Southwold or stay over near the classic military vehicle displays held at Rougham or Debach airfields. For friends and family fascinated by Suffolk's wartime heritage book the Listening Station or Watch Tower near Southwold, both beautiful modern beach houses located on the cliffs where Royal Navy Wrens kept watch for German submarines.

weststowpods.co.uk
cyclebreaks.com
brockfordsiding.co.uk
hippersons.co.uk
woodfarmbarges.com
henhamsteamrally.com
suffolkhideaways.co.uk





Flixton Aviation Museum

WHAT A TREAT

Ever had a Suffolk Golden Drop plum or Polstead Black cherry? Would you make the connection between a Sturmer Pippin and Sturmer village on the outskirts of Haverhill? Suffolk is rich in heritage varieties, yet we rarely seem to acknowledge or go looking for them. They make a song and dance about them at Stowmarket's Apple Day celebration at the Museum of East Anglian Life. The museum is a social enterprise which needs volunteers to help its Heritage Farm flourish. Its masterplan is to become the National Museum of Food, focusing on farming and food production. Now that's something to chew on.

PRIDE OF PLACE: BURY'S ABBEY GARDENS

A flower-filled green space to picnic, potter and play, the award-winning Abbey Gardens at the heart of historic Bury St Edmunds also offers quieter corners to relax, recharge and reflect.

Join the Abbey 1000 Community Showcase in July or experience the Spectacle of Light around St Edmund's Day in November. See what illuminating finds are coming out of the on-site excavations, admire the beauty of 40,000 spring bulbs. Peruse the Pilgrim's Herb Garden. Stop for a mindful moment in the Sensory Garden or sit on the silvery bench made from a WWII B52 bomber and smell the roses. There are play areas, cafés and bowling greens, terraces by the river Lark where monastic vineyards used to be, towering trees, mighty ruins, tiny sparrows and skittish squirrels by the score. Since 1912, the botanical-style subscription gardens created in 1831 have been free and open to all. So what are you waiting for? visit-burystedmunds.co.uk abbeyofstedmund1000.co.uk



Illustration by Rachel Green

LITTLE ONES LEAD THE WAY

Sharing Beatrix Potter's delightful watercolours at Melford Hall is sure to take you down memory lane. Before you know it, the little hand in yours will be pulling you away to find Jemima Puddleduck or go in search of Jeremy Fisher's lily pad and duck pond. The Queen of Hearts from Alice in Wonderland can be found in a stained glass window in Long Melford's Holy Trinity church next door, while a wander around Lavenham with Harry Potter fans will soon have them spotting the inspiration for 'Godrick's Hollow'. But which generation will spot Wendy's House, the crocodile and all of JM Barrie's Peter Pan references when you share a row-boat on Thorpeness Meare?

nationaltrust.org.uk/melfordhall
lovelavenham.co.uk
thorpenessmeare.com

Collectors' Corner

Researching the past can be fascinating. If you've Suffolk roots and are curious about your ancestors, you can learn more by going out and about around the county. Visit historic churches and their beautiful fonts where family members were baptised or altars which saw their marriages. Track down forgotten memorials or find former homes. It's remarkable how many Suffolk villages have hardly changed over the centuries.

Local museums, like Laxfield's, can be real community treasure chests, offering invaluable insights into bygone life, times and trades. But there's something new for community history researchers in 2020 – The Hold in Ipswich, Suffolk's state-of-the-art heritage, learning and research facility. A brand new, bespoke and very accessible home for most of the county's archival collections. suffolkarchives.co.uk

Need to know

Whatever way you choose to make the most of Suffolk in 2020, there's a bunch of Suffolk-loving folk with expertise and information to help turn your ideas into reality and to support you along the way.

Here are some that we've mentioned. . .



WELLBEING & GET WALKING

- onelifesuffolk.co.uk
- discoversuffolk.org.uk
- angelsandpinnacles.org.uk
- eastsuffolkline.co.uk/walks
- suffolkwalkingfestival.co.uk
- suffolkwildlifetrust.org/rspb.org
- suffolkmind.org.uk/quayplace.co.uk



VISITOR INFORMATION

Visitor Information Points (VIPs) sharing on- and offline material about places to stay or visit and local public transport services are often located in libraries, town hall offices or local venues. Many pubs, supermarkets and tourist attractions also distribute tourism leaflets.

- County-wide: visitsuffolk.com
- visiteastofengland.com
- Other areas:
- thesuffolkcoast.co.uk
- visitwaveneyvalley.co.uk
- heartofsuffolk.co.uk
- whatsonwestsuffolk.co.uk
- brecks.org
- discoveripswich.com
- visit-burystedmunds.co.uk
- discovernewmarket.co.uk

2020 FESTIVALS, EVENTS & CELEBRATIONS

JANUARY

- Beccles Winter Vegan Market

FEBRUARY

- Open Gardens (snowdrops) opengardens.co.uk

MARCH

- Aldeburgh Literary Festival aldeburghbookshop.co.uk

APRIL

- Ink Festival Halesworth, TheCutInkFestival.org
- Alde Valley Spring Festival aldevalleyspringfestival.co.uk

MAY

- Suffolk Walking Festival suffolkwalkingfestival.co.uk
- National Powerboat Racing Championships, Oulton BroadOulton-broad.com
- Bury St Edmunds Festival buryfestival.co.uk
- Pulse Festival wolveytheatre.co.uk
- Weird & Wonderful Wood weirdandwonderfulwood.co.uk

- The East Anglian Dragon Boat Festival dragonboatfestivals.co.uk

- Hadleigh Show hadleighshow.co.uk
- Lee Stock Music Festival, Melford Hall leestock.org
- Red Rooster Festival, Euston Hall redrooster.org.uk
- Beccles Food & Drink Festival becclesfoodfestival.co.uk

JUNE

- First Light Lowestoft firstlightlowestoft.com
- Summer Open Gardens / Village Festivals opengardens.co.uk
- The Aldeburgh Festival snapemaltings.co.uk
- Blaxhall Midsummer Festival of Folk blaxhallshipinn.co.uk
- Tudor Kentwell: Recreations at Kentwell Hall kentwell.co.uk
- Suffolk Show suffolkshow.co.uk
- Southwold Arts Festival southwoldartsfestival.co.uk

- Felixstowe Book Festival felixstowebookfestival.co.uk

JULY

- World Music Workshop Festival, Bungay wmwfestival.co.uk
- Maverick Festival maverickfestival.co.uk
- Latitude latitudefestival.com

AUGUST

- Snape Proms snapemaltings.co.uk
- Folk East folkeast.co.uk
- Thorpeness Regatta / Aldeburgh • Carnival aldeburghcarnival.com

SEPTEMBER

- Aldeburgh Food & Drink Festival aldeburghfoodanddrink.co.uk
- Maui Wau Electro Swing Festival mauiwauievents.co.uk
- Grand Henham Steam Rally henhamsteamrally.com
- Sudbury to the Sea

riverstourtrust.org

OCTOBER

- Great Framlingham Sausage Festival framlinghamsausagefestival.com
- Flipside Festival flipsideuk.org
- Spill Festival Ipswich spillfestival.com

NOVEMBER

- Lavenham Literary Festival lavenhamliteraryfestival.co.uk
- Southwold Ways with Words Festival wayswithwords.co.uk
- Bury Christmas Fayre burystedmundsfayre.co.uk

DECEMBER

- Panto season – theatreroyal.org (Bury); wolveytheatre.co.uk (Ipswich); marinatheatre.co.uk (Lowestoft); easternangles.co.uk (various venues).
- Southwold & Felixstowe Christmas day swim out