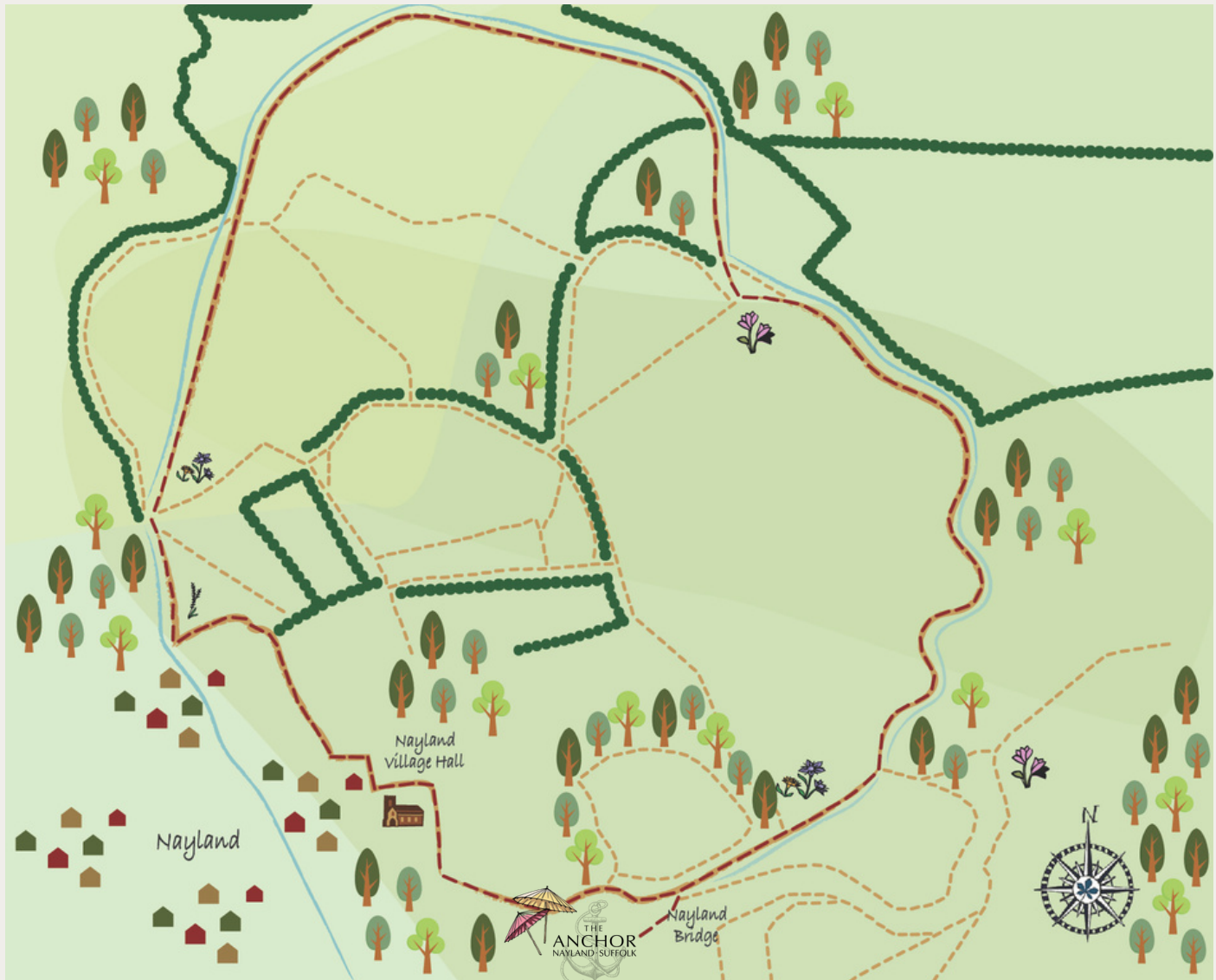


NAYLAND CIRCULAR

A circular walking route from The Anchor, Nayland



THE ANCHOR CIRCULAR WALKING ROUTE

3.4km (2.11 miles) | 45 mins

Starting from Nayland Bridge, head towards The Anchor garden, where the parasols are open during the warmer months. Pass between the pub and the River Stour and continue out into the countryside. Follow the path directly ahead until you reach the foot of a wooded area.

Turn left, keeping close to the tree line and the River Stour. Continue to meander alongside the river across the fields until the path leads into the centre of a field towards another cluster of trees. At their base, turn right, then shortly afterwards head diagonally across the field back towards the river.

Enter the adjacent field and continue along the field edge. When you reach a bend, head away from the boundary and take the well-trodden path cutting across the field. Follow this same path across the next field towards the tree line and the River Stour. On reaching the trees, turn left into the corner of the field and exit via the gate.

Turn left and follow the tree-lined footpath, which opens out onto Nayland Village Green. Head straight across the green towards Nayland Village Hall. Exit the car park and turn left, passing St James' Church. Then turn right onto the alleyway, walking the length of the church until you reach Court Street, emerging beside the war memorial.

Turn left, passing the quaint and colourful houses, and continue back towards The Anchor, which you'll find a little further on the left.

Why not stop by to enjoy a well-earned pint and a bite to eat?

AROUND AND ABOUT

Points of interest in Nayland



ST JAMES' CHURCH

St James' Church, Nayland, is a Grade I listed parish church in the centre of the village of Nayland, dating mainly from around 1400 and built during the area's prosperity from the medieval wool and cloth trade. The church incorporates earlier elements, including a 14th-century tower, and is notable for its spacious perpendicular gothic design and fine interior features. It also houses the painting Christ Blessing the Bread and Wine by John Constable, which remains in its original setting.



THE RIVER STOUR

The River Stour is a historically rich river forming much of the boundary between Suffolk and Essex, and it has long been important for trade, especially during the medieval wool industry when goods were transported along its waters. It is famously associated with the landscape painter John Constable, whose iconic works, such as The Hay Wain, were inspired by scenes along the river in what is now called "Constable Country." The Stour was once made navigable with locks and channels in the 18th century, allowing barges to carry grain, bricks, and other goods between inland towns and the coast. Today, it is popular for leisure activities like kayaking and walking, and parts of it are designated as an Area of Outstanding Natural Beauty due to their unspoiled countryside and wildlife habitats.

MORE OF OUR PUBS

THE RED LION EAST BERGHOLT

The The Red Lion is a historic village inn in the heart of Constable Country. Join us for a midweek treat or relaxed Sunday lunch, with food and drinks served all week, indoors or out in the garden
- no booking needed.

theredlioneastbergholt.co.uk

01206 803406

The Street, East Bergholt, NR25 6BW



THE BLACK LION

The Black Lion is a characterful inn set within one of Suffolk's most historic villages. The dishes celebrate access to artisan regional suppliers, with award-winning cheeses, local vegetables and carefully sourced meats.

theblacklionlongmelford.com

01787 312356

1 Church Walk, Long Melford



THE CROWN STOKE BY NAYLAND

The The Crown Inn is a welcoming village inn set amid the countryside of the Dedham Vale. The Crown's menus follow the seasons, with fresh catches, pub classics and produce from nearby growers.

crowninn.net

01206 262001

Park Street, Stoke-by-Nayland

Discover more:
www.chestnutgroup.co.uk