

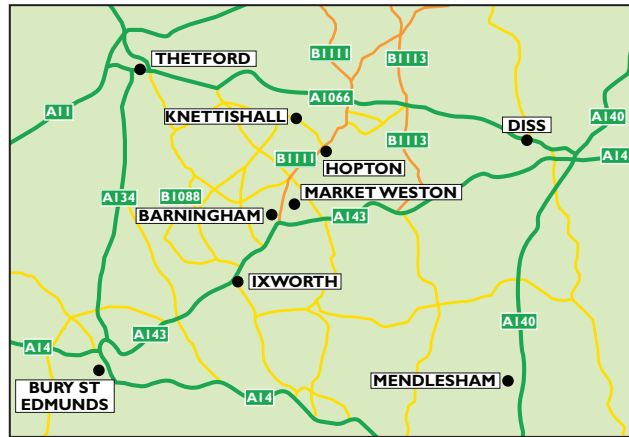
Circular Walks

# Barningham & Market Weston

Three Walks, Two Villages



## Location



Barningham and Market Weston lie on the B1111, about 11 miles north-east of Bury St Edmunds, 8 miles south-east of Thetford and 12 miles south-west of Diss.

## Public Transport

Public transport is available to Barningham and Market Weston.

Visit [www.suffolkonboard.com](http://www.suffolkonboard.com) for timetables or [www.travelineeastanglia.org.uk](http://www.travelineeastanglia.org.uk) (0871 200 2233) to plan your journey.

## Discover Suffolk

Pick up the Hopton cum Knettishall and Stanton Rides leaflets from the Discover Suffolk series to enjoy more walks in this area.

Discover more great days out across Suffolk at [www.discoversuffolk.org.uk](http://www.discoversuffolk.org.uk)

Produced by Suffolk County Council, Barningham Parish Council and Market Weston Parish Council.



# Welcome

The village of Barningham has its roots in an Anglo Saxon tribe whose Chief, Beorn, came to this area around 14 centuries ago.

The neighbouring village of Market Weston, also of Anglo Saxon origin, is mentioned in the Domesday Book where it states that it contained two Manors.

Today Barningham has a general store with bakery and post office, a medieval Church and a public house, The Royal George named after a 100-gun warship launched in 1756. The ship saw service during the Seven Years War and sank whilst anchored off Portsmouth in 1782.

During a salvage attempt of artefacts in the 19th century, timbers and guns from the nearby Mary Rose were found; the first time that her resting place had been located for several centuries.

Market Weston also has a public house, The Mill Inn built in 1810 and the Old Chimneys Brewery, an award winning craft brewery.

The walks in Barningham start from St Andrew's Church. There is a small car park off St Andrews Close. In Market Weston, the walks start at the village hall where parking is available.

All walks involve footpaths, tracks and some road walking; the majority of which are quiet country lanes.





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## KEY TO MAP

- Barningham - Aggie's Route
- Barningham - Coney Weston Route
- Historic Market Weston
- Public Footpath
- Bridleway
- Permissive Path
- Byway
- Refer to the Hopton cum Knettishall leaflet

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# Barningham – Aggie’s Route

**Distance:** 1½ miles (2½ km)

**Duration:** 45 minutes to 1 hour

**Waymarkers:** Blue Circular Walk



St Andrew’s Church contains a chancel which dates from 1440 with a screen fitted with 17th century gates; only two or three churches in Suffolk have central chancel gates. St Andrew’s has a wonderful collection of medieval paintings and bench ends, most of which are animals along with a few mythical creatures.

**Follow the path through the churchyard ①, through a kissing gate onto a footpath behind properties until you reach Coney Weston Road and turn left. At the bend take the footpath on your right, through the kissing gate ②.**

**Follow this path until you reach Sandy Lane ③. Turn right and look out for the entrance to Aggie’s Piece Pocket Park on your left.**



Aggie’s Piece Pocket Park is a delightful wildlife area and an excellent example of rare ancient meadowland. Sit on one of the many benches and enjoy the peace of your surroundings, interrupted only by birdsong.

**Continue down the road until you reach the byway to your left ④. Follow this path past the village hall until you reach the main Hopton Road ⑤, turn right.**

As you walk along the pavement you will pass an old mill originally owned by The Fison Family who went on to found the Fison horticultural company of Ipswich. The mill was originally a maltings but was converted to a steam mill around 1820 by Thomas Fison.

**Continue along Hopton Road and into Mill Road ⑥, turn right into Church Road to return to the church.**

The village sign, erected in 1992, shows Fison’s Mill and Widow Morley, she is reputed to be the first English woman overseer of the New Poor Laws. In the 18th century these laws reinforced the institution of the workhouse where the poor were made to work in exchange for food and clothing. Conditions in the workhouse were so terrible that only those desperate for help would go there.

# Barningham – Coney Weston Route

**Distance:** 4½ miles (7½ km)

**Duration:** 2 – 2½ hours

**Waymarkers:** Red Circular Walk



**Follow the directions for the Blue Route until ②. Take the footpath up the incline**

**following the waymarkers until you reach the road ①, turn right. Continue along the pavement until you reach the crossroads.**

The memorial, to your left, was dedicated in 1986 to the USAAF 388th Bombardment Group based at Knettishall airfield during World War II. The two wings, inscribed with the names of those who gave their lives, were added in 2012 when a memorial service was held to celebrate the 70th anniversary of the arrival of the 388th group at the base.



**With the memorial on your left ②, take the road on your right which leads up a slight incline to a forked junction ③, turn left into Hollow Lane and continue until you reach the crossroads ④. Taking care when crossing the B1111, continue along The Street, past The Mill Inn.**

As you reach the junction with Ponds End Lane you will see three lovely examples of the many Grade II listed buildings in Market Weston.

**Follow the Weston Bury Lane track on your right ⑤. This track leads to the Hepworth Road ⑥; turn right and head back into Barningham. Alternatively, at ⑤ continue straight ahead along The Street to explore the Green Route around Market Weston.**



# Historic Market Weston

**Distance:** 4½ miles (7½ km)

**Duration:** 2 – 2½ hours

**Waymarkers:** Green Circular Walk



The village hall was formerly the village school until 1960. Here you will see the lovely village sign depicting the granting of the market charter to the village in 1263, when the Lord of the Manor, Robert Hovell, was granted the right to have a market and fair here. Previously, the Manor was known as Weston, this later became Weston Market, and finally Market Weston.

**At the village hall car park 1 turn right into Church Road.**



As you pass through the village keep an eye out for the Primitive Methodist Chapel built around 1862 but closed in 1978. As you approach St Mary's Church, enjoy the view of the church looking proud and magnificent in its surroundings.



**Take the wide grass footpath on your left 2 which leads to St Mary's Church and continue through the churchyard.**

The church was built around the 13th Century and extended in the 19th Century. The pews, pulpit and lectern were made under the supervision of L H Cottenham; the furniture in York Minster is also his work. The five church bells are the second heaviest in Suffolk and reported to be of a very high quality.

**Turn left at the road, past the Old Chimneys Brewery ([www.oldchimneysbrewery.com](http://www.oldchimneysbrewery.com)) until you reach a gated footpath on your right 3. Proceed through the gate and follow the field edge footpath until you reach a waymarked junction, turn right and continue along a tree lined path until you reach a track. 4 Turn right.**

**Continue along the track until you reach a crossroad of paths on the brow of an incline 5, turn right and continue to the road. Turn right, after Weather Cock Farm and take the footpath on your left 6.**

**When you reach Hepworth Road, turn right 7 and continue until you reach a hamlet of properties, turn right 8 along a byway.**

The byway makes its way up a steady incline, be sure to stop and look back to enjoy the views.

**Turn right at Market Weston Road 9 back to the village hall via the wonderful village green.**

**To continue back to Barningham, turn left at the village hall to meet the crossroads 5 and follow the red route onwards.**



## A Few Steps Less (¾ mile/1 km)

**At 2 take the footpath on your right.**

**As you walk between Church Farmhouse and The Barn, marvel at all the wonderful old machinery on display and try to guess what they were used for.**

**Continue to follow the path until you reach New Common Road, turn left and follow the directions from 6.**

