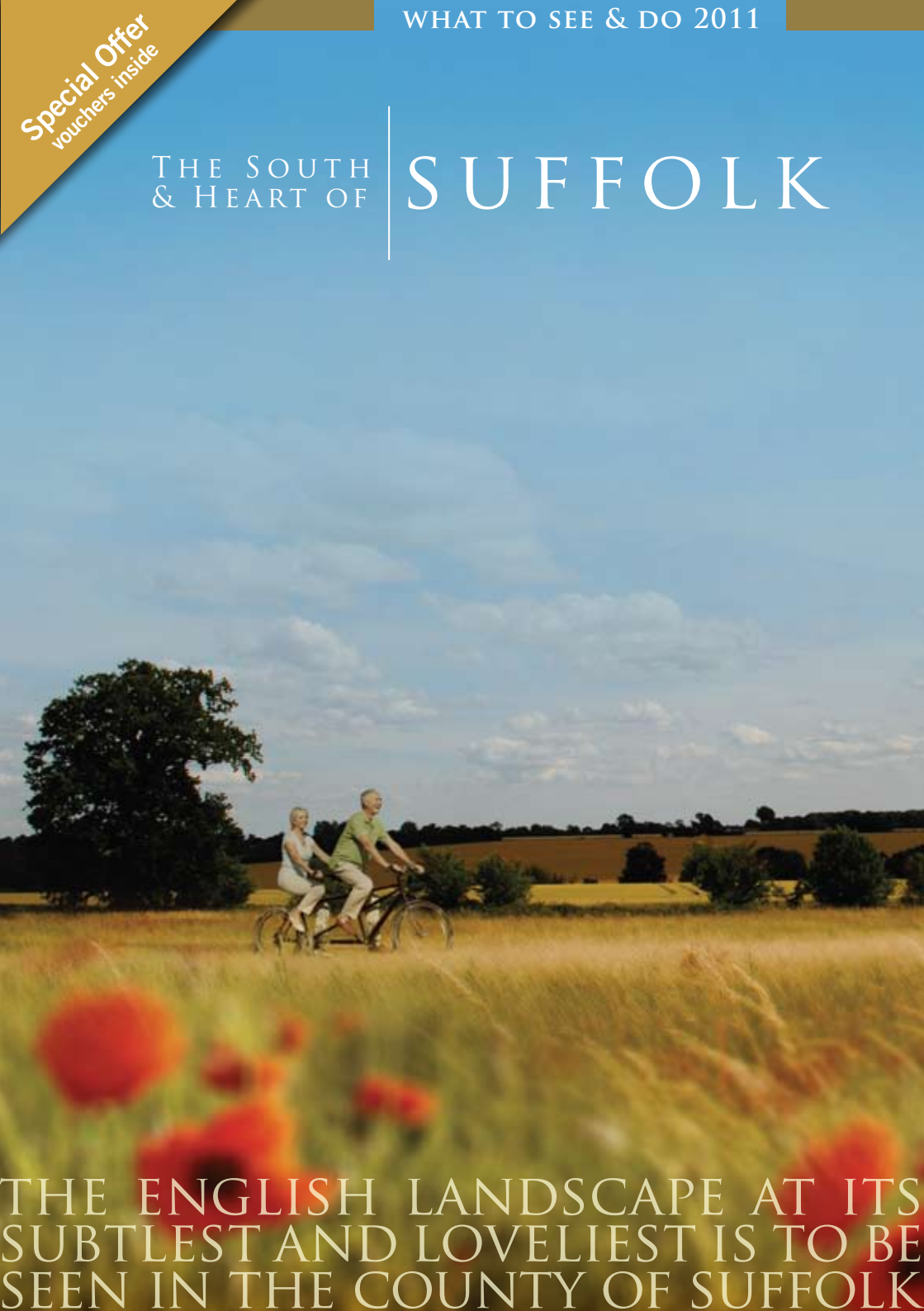


Special Offer
vouchers inside

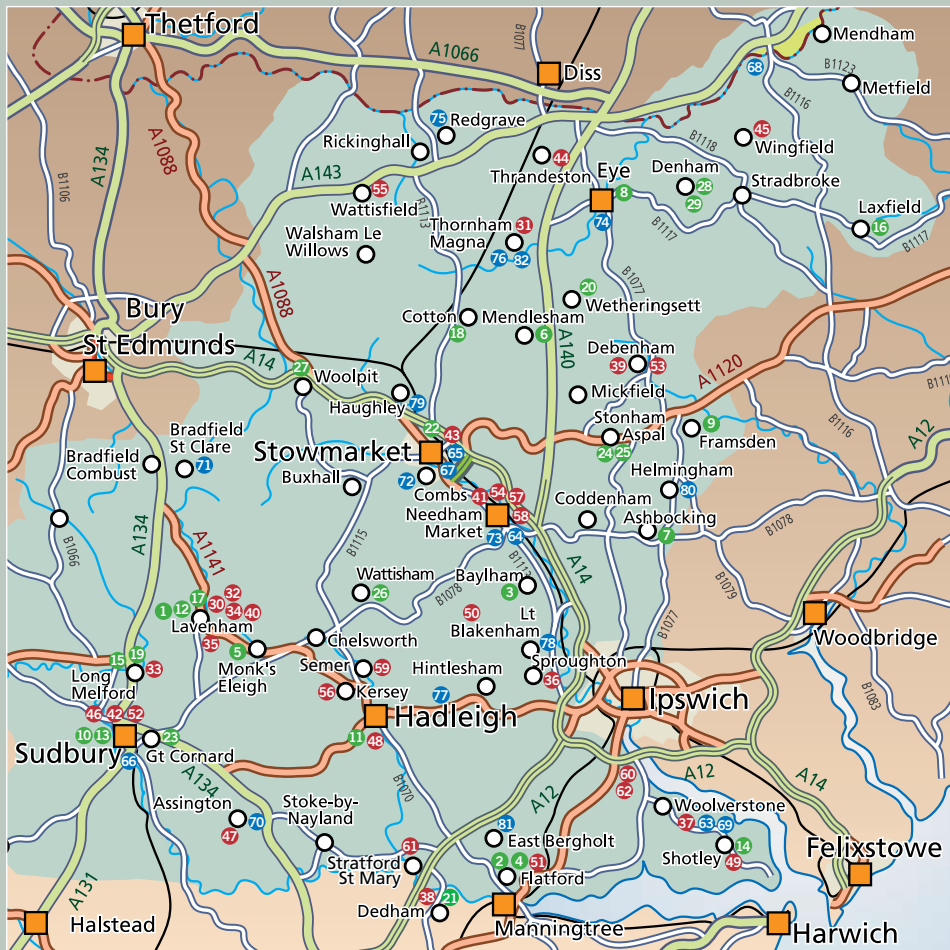
WHAT TO SEE & DO 2011

THE SOUTH
& HEART OF

SUFFOLK



THE ENGLISH LANDSCAPE AT ITS
SUBTLEST AND LOVELIEST IS TO BE
SEEN IN THE COUNTY OF SUFFOLK



WHAT TO SEE AND DO IN THE SOUTH AND HEART OF SUFFOLK

Bags of history, a lively arts scene and rolling countryside combine to make the South and Heart of Suffolk a great place to visit in all seasons.



Light on the Landscape, Milden by Paul Evans

ESCAPE...

It's time to get away from it all and enjoy what we have to offer in the South and Heart of Suffolk: bags of history, a lively arts scene and rolling countryside combine to make this a great place to visit in all seasons.

This part of Suffolk is beautiful and absolutely perfect for cycling and walking. The gently undulating countryside is just challenging enough to make it appealing to all ranges of taste and abilities when out exploring the country lanes on your bike, or walking along our many footpaths.

This poem was commissioned for the 2010 South and Heart of Suffolk Walking Festival

The Great Outdoors

Step one: free yourself from chair or sofa.
 Step two: relax remote control grips, switch laptop off: ditch the to-do list, leave unticked the emails, the phone calls, the unfixed drip of the tap tap tap. Step three: head for the door, ignore the washing up, the calendar on the wall - the weeks scrawled full - and don't forget forget your mobile. Aim for the wide open. Retreat. A way from the streets (bypassing the one-way and the out-of-town shops) until the roads become lanes become tracks becomes the right path and you've reached that point. Far enough to stop, stand still, reset. That's the art of the great outdoors - the next steps are all yours.

by Dean Parkin



TRAVEL INFORMATION

The South and Heart of Suffolk is easily accessible by rail, road, sea and air. Our tourist information centres will be happy to advise you on your travel arrangements, but you may also find the following numbers useful.

For national rail information:
 (stations at Stowmarket and Sudbury)
 Rail Enquiries Tel: 08457 484950
www.nationalexpress.com

For local rail, coach and bus information:
 Suffolk TravelLine Tel: 0871 200 2233

For national coach information:
 (set down point: Stowmarket)
 National Express Tel: 08717 818181
www.nationalexpress.com

For international air travel:
 the nearest airports are Stansted and Norwich:
 Stansted Airport
 Tel: 0844 335 1803
www.baa.com
 Norwich Airport
 Tel: 01603 411923
www.norwichairport.co.uk

For ferry services to and from Harwich (East of England) to:
 Hoek van Holland, Netherlands:
 Stena Line HSS www.stenaline.com
 Esbjerg, Denmark:
 DFDS Seaways
www.dfdsseaways.com



KEY

- May have wheelchair access
- Refreshments
- Shop
- £A** Admission more than £7
- £B** Admission £2 to £7
- £C** Admission less than £2
- FREE** Free admission
- Bar
- Visitor attractions
- 30** Creative Arts
- 63** Leisure Activities





THESE BOOTS WERE MADE FOR WALKING...

Why not join us during our Walking Festival from May 14th- June 5th when the bluebells are in abundance and the countryside is in full bloom?

Here are some of the walks planned for 2011. For a full list and booking details please go to www.southandheartofsuffolk.org.uk

Photographic Walk – discover how to get the best from your camera whilst enjoying the countryside

Poetry Walk – listen to our home grown poet recite poems specific to Suffolk and the landscape you will see on your walk

Medieval Costume Walk – around historic Lavenham

Gourmet Food Walk – ending at an award winning restaurant in a charming Suffolk village

Artists' Walk – find out more about Suffolk's famous painters and the landscapes that inspired them

Fairies & Folklore Walk – a magical walk for children

Animal Walk – walk around a rare breeds farm to see the animals

BE INSPIRED...

This area has been an inspiration for many an artist: John Constable, Thomas Gainsborough, Sir Alfred Munnings, Maggi Hambling are just some of those who have their roots in the South and Heart of Suffolk. Both Thomas Gainsborough and Maggi Hambling were born in Sudbury and Gainsborough's House today, has a stunning collection of the painter's work. John Constable's birthplace in East Bergholt is no longer standing, but wander down to Flatford and you will find many of the scenes that he painted, largely unchanged and easily recognisable. A pleasant walk over the meadows (in fact the same route that a young John Constable took to go to school every day), will take you to the village of Dedham, just over the border into Essex. At one end of the village, The Munnings Museum is an absolute gem of a place and is full of the artist's work. You can visit the studio where Sir Alfred spent much of his time and where his paintbrushes and other artefacts are on view.



'Fresh Snowfall, Seren's Hall' by Paul Evans

The South and Heart of Suffolk still has a vibrant arts scene today, with many contemporary art galleries, music festivals and the delightful (and possibly England's smallest) opera house – The Barrandov Opera tucked away in the countryside near Needham Market.

DO SOMETHING A BIT DIFFERENT...

Scale a Norman motte-and-bailey castle to admire the panoramic views from the top; step inside a medieval merchant's timber-framed house or guildhall, or experience times gone by at a Tudor mansion. Listen to music boxes and a Wurlitzer theatre organ or reminisce over household bygones on a farm; take a guided tour around one of our many interesting wool towns and villages, or taste the fiery flavours at the chilli farm. There is so much to do here – it really is a great place for all seasons.

Opening details and prices in this guide were correct at the time of printing and we advise you to telephone to confirm before you visit.

For places to stay in the area and for details on the South and Heart of Suffolk Walking Festival and other events, please visit www.southandheartofsuffolk.org.uk

LET US SHOW YOU AROUND...

- 1 Lavenham: Regular guided walks in summer. Sat 2.30; Sun 11; May Bank Hols Mons 11. Guided walks for groups at other times by arrangement. Tel 01787 248207.
- 2 Flatford: Regular guided walks with National Trust trained guides, show the settings for Constable's Paintings. May – end Sept. Tel: 01206 298260

Other guided tours can be arranged by appointment. Clare, Hadleigh, Long Melford and Sudbury, Tel: 01787 248207. Guided walks around Woolpit: Tel 01359 240822.

TRADITIONAL MARKETS

Sudbury: Thursdays and Saturdays

Hadleigh: Fridays and Saturdays

Stowmarket: Thursdays and Saturdays

FARMERS' MARKETS

See page 11.

BOOK FAIRS

Long Melford: Regularly throughout the year. Tel: 01245 361609

ANTIQUES FAIRS

These take place regularly in **Lavenham** and **Long Melford**.



VISITOR ATTRACTIONS

3 BAYLHAM HOUSE RARE BREEDS FARM

Mill Lane, Baylham Nr Needham Market IP6 8LG
Tel: 01473 830264 www.baylham-house-farm.co.uk
Working farm with endangered breeds of pigs, cattle, sheep, pygmy goats and poultry. Riverside walks and picnic area. School groups welcome. Toilet for disabled. Open 13 Feb-end Oct, daily 11-5.



♿ ☕ 🍷 £B

4 BRIDGE COTTAGE (NATIONAL TRUST)

Flatford Lane, Flatford, East Bergholt CO7 6UL
Tel: 01206 298260 www.nationaltrust.org.uk
16th century cottage with Constable exhibition. Guided walks in summer to see the sites of some of Constable's most famous paintings (charge for guided walks). Open Jan/Feb, Sat & Sun 11-3.30; Mar, Wed-Sun 11-4; Apr, daily 11-5; May-Sept, daily 10.30-5.30; Oct, daily 11-4.30; Nov-Dec, Wed-Sun 11-3.30. Closed 24 Dec-1 Jan. May close early in winter in bad weather. Charge for car park. Electric buggy available.

♿ ☕ 🍷 FREE

5 BRIDGE FARM BARN

Monks Eleigh IP7 7AY Tel: 01449 740456
www.bridgefarmbarns.co.uk
A collection of converted farm buildings each offering a unique selection of unusual products and crafts. Licensed tea room. Open all year Mon-Sat 10-5, Sun 11-5.

♿ ☕ 🍷 FREE

6 THE CHILLI COMPANY

Chilli Farm, Norwich Road, Mendlesham IP14 5NQ
Tel: 01449 766677 www.chillicompany.com
From seeds to ceramics, fiery foods to fine clothing, gifts and gourmet delights - you'll find more than just chilli! Visit farm shop, coffee shop, nursery and visitor centre. Open all year, daily. Lunches available.

♿ ☕ 🍷 FREE

7 THE CROCKERY BARN

Ashleigh Farm, Main Road, Ashbocking IP6 9JS
Tel: 01473 890123 www.thecrockerybarn.co.uk/
www.yoursarong.com
Large retail barn full of china and ceramics from England, Italy and Portugal. Barnyard café. Open all year except two weeks at Christmas, Mon-Sat, 10-5, Closed Sundays.

♿ ☕ 🍷 FREE

8 EYE CASTLE

Castle Street, Eye Tel: 01449 724639
The remains of a Norman motte and bailey with medieval walls and a Victorian folly. Excellent panorama of Eye. Open week before Easter-Oct, daily 9-dusk.

FREE

9 FRAMSDEN WINDMILL

On B1077, Framsdan IP14 6HB Tel: 01473 890328
A tall post mill dating from 1760 with intact machinery restored in the 1960s. Country byones. Open April and Sept everyday including BH by appointment only.

£B

10 GAINSBOROUGH'S HOUSE

46 Gainsborough Street, Sudbury CO10 2EU
www.gainsborough.org Tel: 01787 372958
Birthplace of Thomas Gainsborough RA (1727-88). Historic house dating back to the 16th century with attractive walled garden. The outstanding collection displays more of Gainsborough's work than any other gallery. Varied programme of exhibitions of both historic British and contemporary art. Open all year Mon to Sat 10-5, (Closed Suns, Good Friday and from 24 Dec-New Year incl).

♿ (partial) ☕ 🍷 £B

11 HADLEIGH GUILDHALL

Market Place, Hadleigh IP7 5DN
Tel: 01473 822544/823884
Medieval timber-framed guildhall built when Hadleigh was one of the most important woollen cloth towns in England. Open by appointment only for group tours. Wheelchair access to garden.

♿ (partial) FREE



12 THE GUILDHALL OF CORPUS CHRISTI (NATIONAL TRUST)

Market Place, Lavenham CO10 9QZ
Tel: 01787 247646 www.nationaltrust.org.uk/lavenham
Splendid Tudor, timber-framed building owned by the National Trust. Contains local history museum, tranquil courtyard garden, shop and tearoom. Open March, Wed-Sun 11-4; Apr-Oct, Daily 11-5; Nov, Sat & Sun 11-4. Open BH Mon, Closed Gd Fri.

♿ (partial) ☕ 🍷 £B

13 THE GRANARY

Quay Lane, Sudbury CO10 2AN
Tel: 01787 313100/313199 www.riverstourtrust.org
Exhibition on the River Stour. Tea-room and boat trips (see page 12). Open Easter-Oct, Sun & BH Mon, 11-5.

♿ (ground floor only) ☕ FREE

14 HMS GANGES ASSOCIATION MUSEUM

Shotley Marina, Shotley IP9 1JQ Tel: 01787 228417
www.hmsgangesmuseum.org.uk
Museum dedicated to the boys' training establishment HMS Ganges and the Royal Navy. Open Easter-end Oct, Sat/Sun/ BH 11-4.30 or by appointment.

♿ 🍷 FREE

15 KENTWELL HALL

Long Melford CO10 9BA Tel: 01787 310207
www.kentwell.co.uk
Mellow red brick Tudor mansion with original kitchen, bakehouse and brewhouse from the 15th century. Rare breeds on farm. Award winning Re-Creations of Tudor life and World War II. Great Annual Tudor Re-Creation mid June-mid July with 250+ Tudors. Open Apr-Sept, please telephone for times. Disabled access to gardens and farm, partial access to house.



♿ (partial) ☕ 🍷 £A

16 LAXFIELD AND DISTRICT MUSEUM

The Guildhall, High Street, Laxfield IP13 8DZ
Tel: 01986 798531
In 16th century guildhall. Geology, natural history, farm and domestic tools. Victorian kitchen, village shop displays and costume room. Open 30 Apr-2 Oct, Sat/Sun/BH Mon, 2-5. Groups at other times by arrangement.

🍷 FREE

17 LITTLE HALL MUSEUM

Market Place, Lavenham CO10 9QZ
Tel: 01787 247019/01787 247554 (groups)
www.littlehall.org.uk
Timber-framed wool merchant's house with 14th century origins. Hall House with crown post roof, Gayer-Anderson collection of furniture, pictures, sculptures and ceramics. Groups welcome by arrangement. Open Easter-end Oct, Wed/Thurs/Sat/Sun 2-5.30; BH Mons 11-5.30. Last admission 4.30.

£B

18 MECHANICAL MUSIC MUSEUM & BYGONES

Blacksmith Road, Cotton Tel: 01379 783350
A unique collection of music boxes, polyphons, street pianos, barrel organs, fair organs, Wurlitzer theatre organ and many other unusual items. All played regularly. Open end May-end Sept, Sun 2.30-5.30. Fair Organ Enthusiasts Day first Sunday in October every year. Weekday group tours by arrangement.

♿ ☕ 🍷 £B

19 MELFORD HALL (NATIONAL TRUST)

Long Melford CO10 9AA Tel: 01787 379228
www.nationaltrust.org.uk/melfordhall
Tudor mansion, home of Hyde Parker family. Great Hall, porcelain and Beatrix Potter memorabilia. Open 2-17 Apr; Sat/Sun; 23 Apr-2 Oct, Wed-Sun; 8-30 Oct, Sat/Sun. Also open BH Mons. 1.30-5 (last entry 4.30). Please book in advance for groups of 15 or more.

♿ (stair lift to upper floor) ☕ 🍷 £B

20 MID SUFFOLK LIGHT RAILWAY MUSEUM

Brockford Station, Wetheringsett IP14 5PW
Tel: 01449 766899 www.msrlr.org.uk

A re-created Mid Suffolk light railway station with exhibitions of artefacts, photographs and recollections of the railway. Steam train rides on event days. Railway footpath walk. Open Easter-end Sept, Sun & BH 11-5; Aug, Wed 11-5.

♿ ☕ 🚶 (on Steam Days) £B

21 THE MUNNINGS MUSEUM

Castle House, Dedham CO7 6AZ Tel: 01206 322127
www.siralfredmunnings.co.uk

The home, studios and grounds where Sir Alfred Munnings KCVO lived for 40 years, containing paintings, drawings and sketches representing his life's work. Open 1 Apr-31 Oct, Weds, Thurs, Sat, Sun and BH Mon, 2-5. Private group visits by arrangement.

♿ ☕ £B

22 MUSEUM OF EAST ANGLIAN LIFE

Iliffe Way, Stowmarket IP14 1DL Tel: 01449 612229
www.eastanglianlife.org.uk

Discover the old East Anglia on this 80 acre site. Fascinating displays including steam traction engines, reconstructed historic buildings and friendly animals. 3km of riverside and woodland walks. Programme of events. Open 21 Mar-31 Oct, Mon-Sat 10-5, Sun 11-5.



♿ (partial) ☕ 🚶 £B

23 RIVER STOUR TRUST CENTRE

Dove House Meadow, Baker's Mill,
Great Cornard CO10 0GF

Tel: 01787 313199 www.riverstourtrust.org

Exhibition, boat trips, refreshments and talks available for schools and organised groups. Please see page 12 for boat trips. Fully accessible.

♿ ☕ FREE

24 STONHAM BARN

Pettaugh Road, Stonham Aspal IP14 6AT
Tel: 01449 711755 www.stonhambarns.com

Specialist shops and sanctuary, golf course and range, Mid Suffolk showground, fishing lakes and restaurant. Open all year daily 10-5. Closed 25/26 Dec.

♿ ☕ 🚶 🍷 FREE

25 SUFFOLK OWL SANCTUARY

Stonham Barns, Pettaugh Road, Stonham Aspal IP14 6AT
Tel: 08456 807897 www.owl-help.org.uk

90 owls and other birds of prey. Flying demonstrations Easter-September. Information centre, activities for children, woodland walk with songbird hide, red squirrels and chipmunks. Open all year daily 10-5. Closed 25/26 Dec & 1 Jan.

♿ ☕ 🚶 £B (£A on flying days)

26 WATTISHAM FLYING STATION MUSEUM

Wattisham IP7 7RA Tel: 01449 678189

History of Wattisham Station with aircraft, photographs and memorabilia in cold war hardened aircraft shelter (HAS). Visits by pre-booking only. Active airbase so photo ID required.

FREE

27 WOOLPIT AND DISTRICT MUSEUM

The Woolpit Institute, The Street, Woolpit IP30 9TU
Tel: 01359 240822

A 17th century timber-framed building showing a permanent display of brick-making. Other changing displays depicting the life of a Suffolk village. Allegedly the smallest museum in Suffolk. Open Easter to Sept, Sat/Sun/BH Mon 2.30-5.

♿ (chairlift) ☕ (close by) 🚶 FREE

28 95TH BOMB GROUP HOSPITAL MUSEUM

Shingle Hill, Denham, Eye IP21 5EU
Tel: 01379 870514

Hospital being restored to its former condition as a museum and a memorial, dating from 1943-1945. Open May-Oct, last Sunday in each month, 10-4. Open weekdays by appointment.

♿ ☕ 🚶 FREE

29 95TH BOMB GROUP RED FEATHER CLUB

Denham, Eye IP21 5OG
Tel: 01728 860930/01379 384472
www.95thbg-horham.com

Red Feather Club social club for NCOs being restored. Museum contains artefacts from former airfield 1943-45. Grand Reunion Day 15 May 2011. Open May-Oct, last Sun of every month.

♿ ☕ 🍷 🚶 FREE

CREATIVE ARTS

The space, skies and landscape of the South and Heart of Suffolk gave inspiration to three great artists; John Constable, Thomas Gainsborough and Sir Alfred Munnings.

Step in Constable's footsteps in the Dedham Vale (see page 4 & 5) to see the very scenes made famous by his paintings. See changing exhibitions at Gainsborough's birthplace in Sudbury or visit the studios in the former home of Sir Alfred Munnings to see his sketches, drawings and paintings. See work by all three artists at Christchurch Mansion in Ipswich.

GALLERIES & STUDIOS

30 ANGEL GALLERY

Market Place, Lavenham CO10 9QZ

Tel: 01787 248417 www.lavenham.co.uk/angelgallery

The gallery houses exhibitions by local and national artists. Permanent collections are held of the work of Leslie Gibson ARCA (1910-1969) and costume drawings from the 1930s by Mary Wild ARCA. Pottery by John Leach. Open Mon-Sun inc. BH 10-5. Closed 25/26 Dec and 1 Jan.

♿ (partial) 🚶 FREE

31 BEYOND THE IMAGE PHOTOGRAPHERS' GALLERY

Unit 13, Red House Yard, Thornham Magna,
Eye IP23 7LD Tel: 01379 678230 / 01508 480477
www.beyondtheimage.co.uk

Regularly changing, imaginative photographic exhibitions, workshops and exhibition space for photographers, artists and students. Open March-Oct, Fri-Sun 11-4; Nov-Feb, Sat-Sun, 11-3. Closed 25 Dec.

♿ 🚶 FREE

32 CROOKED HOUSE GALLERY

7, High Street, Lavenham CO10 9PR

Tel: 01787 247865 www.crookedhousegallery.co.uk

Art gallery in famous medieval building: contemporary paintings, ceramics, jewellery, textiles, sculpture, stained glass and prints. Open Feb-Dec, daily except Weds, 10-5.

🚶 FREE

33 THE HUNTER GALLERY

Coconut House, Hall Street, Long Melford CO10 9JF
Tel: 01787 466117 www.thehuntergallery.com

Contemporary paintings, sculpture, furniture and decorative homeware. Five gallery rooms, sculpture garden and picture framing. Mon-Sat 10-5.

🚶 FREE

34 LAVENHAM CONTEMPORARY

High Street, Lavenham CO10 9PT Tel: 01787 249451
www.paulevans-artist.com

A friendly gallery in the heart of ancient Lavenham, showing a constantly changing selection of original works, mostly featuring the paintings of owner/artist Paul Evans. Open Wed-Sun & BH Mon 10.30-5. Closed 25/26 Dec and 1 Jan.

🚶 FREE



35 THE LION HOUSE GALLERY

12 High Street, Lavenham CO10 9PR
Tel: 01787 249616 www.lionhousegallery.co.uk

A new gallery in the heart of Lavenham, showcasing the work of owner-artist Lizzi Stevens and other selected artists and craftsmen. Open daily except Wed & Thu.

👉 FREE

36 PEPPERMINT SHED

6, Peppermint House, Lower Street,
Sproughton IP8 3AA Tel: 07757 5044871

Changing exhibitions of contemporary work. Open Mar-Oct on special weekends. Telephone for information.

👉 FREE

37 PIN MILL GALLERY

Pin Mill, IP9 1JN Tel: 01473 780130

www.wildraspberryonline.co.uk

www.photographyclass.co.uk

Paint your own ceramics cafe/studio, homemade cakes, art gallery, gifts and photography courses in a beautiful riverside location. Open all year, Tues-Sat 10-4, Sun 11-3, closed Mon.

👉 FREE

38 SHAKESPEARE HOUSE GALLERY

High Street, Dedham CO7 6DE Tel: 01206 322552

Exhibitions by local artists are held in the Garden Gallery. Open all year Mon-Sat 10-5, Sun and BH, 11-4. Closed Dec 25/26.

👉 FREE

39 SPIRAL GALLERY

46, High Street, Debenham IP14 6QW
Tel: 01728 861699

Gallery showing contemporary jewellery from selected makers, as well as other crafts. Regular and changing exhibitions. Open all year Mon-Sat, 10-5.

👉 (partial) FREE

40 WILDLIFE ART GALLERY

97, High Street, Lavenham CO10 9PZ
Tel: 01787 248562 www.wildlifeartgallery.com

The gallery specialises in 20th century and contemporary wildlife art. It exhibits work by many of the leading European wildlife artists, both painters and sculptors. Open Tues-Sat 10-4.30; Sun 2-4.30. Jan/feb open weekends only.

👉 FREE

PERFORMANCE

41 THE BARRANDOV OPERA

Kennels Farm, Barking Road, Needham Market
IP6 8HG Tel: 01449 720796 www.barrandov.co.uk

Possibly England's smallest and most intimate opera house. Opera, recitals and other musical events as advertised. Civil wedding license. Classic rural setting.

👉 & £A

42 THE QUAY THEATRE

Quay Lane, Sudbury CO10 2AN Tel: 01787 374745
www.quaytheatre.org.uk

Charming riverside theatre with a mix of amateur and professional productions. Drama, musicals, live music, comedy and film.

👉 (partial) £A/B

43 THE REGAL THEATRE AND CINEMA

Ipswich Street, Stowmarket IP14 1AY
Tel: 01449 612825 www.regalstowmarket.co.uk

Showing latest films, stage shows, concerts and comedy.

👉 & £B

44 SCREEN IN THE BARN

Field House, Mellis Road, Thrandeston IP21 4BU
Tel: 01379 783678 www.screeninthebarn.co.uk

Classic, world cinema on 16mm; last Friday of the month. Open Sept to May. Booking recommended.

👉 £B

45 WINGFIELD BARN

Church Road, Wingfield IP21 5RA
Tel: 01379 384505 www.wingfieldbarns.com

Art exhibitions, workshops, music, drama and cinema in a beautiful rural setting centred around a 16th century timber-framed barn. Open all year, please see website for events programme.

👉 & £A-D



COURSES

Have a go! Treat yourself to a creative day out or short break and learn something new.

46 ARTESCAPE

Acton, Sudbury CO10 0BP

Tel: 01787 376705 www.artescape.co.uk

Family, Wedding and Icon Art. Portrait commissions undertaken.

47 ASSINGTON MILL

Assington, Sudbury CO10 5LZ Tel: 01787 229955
www.assingtonmill.com

Short courses on over 45 different topics from beekeeping to strawbale building.

48 THE COOKING EXPERIENCE LTD

The Chapel House, 9 High Street, Hadleigh IP7 5AH
Tel: 01473 827568 www.cookingexperience.co.uk

Hands-on cookery experience for all levels. Day courses. Toilets with disabled access nearby but not on site.

49 DEBORAH BAYNES POTTERY STUDIO

Nether Hall, Shotley, Nr Ipswich IP9 1PW

Tel: 01473 788300 www.potterycourses.net

Residential and non residential pottery courses from throwing Raku to salt glaze firing. Open all year for sales (by appointment), Mar-Oct for courses.

50 DRAW EAST

Nettlestead, nr Ipswich www.draweast.com

One and three day drawing workshops for all standards.

51 FLATFORD MILL FIELD CENTRE

Field Studies Council, Flatford Mill, East Bergholt
CO7 6UL Tel: 0845 330 7368 (local rate calls)

www.field-studies-council.org/flatfordmill

Short courses in painting, natural history, digital photography and many more art and environment themes.

52 PRINT WORKSHOP AT GAINSBOROUGH'S HOUSE

Gainsborough Street, Sudbury CO10 2EU

Tel: 01787 372958 www.gainsborough.org/printmaking/

Print workshop running courses in printmaking including etching, collography etc. Day, evening and summer courses available for all abilities.

SPECIALITY SHOPPING

Take home something special from your visit. Choose from a range of handmade and unusual crafts, many locally made.

53 CARTERS TEAPOT POTTERY

Low Road, Debenham IP14 6QU Tel: 01728 860475
www.cartersteapots.com

World renowned pottery making wonderful teapots. Tea and coffee and light refreshments at Ceramic Café where you can paint your own pot. Open all year Mon-Fri 9-5.30; Sat/BH Mon 10.30-4.30; Closed Sun.

👉 (partial) 🍷 🍷 FREE

54 COURTYARD CRAFT CENTRE

Alder Carr Farm, Hawksmill Street,
Needham Market IP6 8LX Tel: 01449 720820
www.aldercarrfarm.co.uk

Craft centre with potter, painter, sugar craft, ecoshop, garden shop and farm shop. Open Tue-Sun. Times vary. Farmers' market, third Sat of month.

👉 🍷 🍷 FREE

55 HENRY WATSON'S POTTERIES

Pottery Hill (off A143), Wattisfield IP22 1NH
Tel: 01359 251239 www.henrywatson.com

Retail shop specialising in kitchen-ware, cookware and many exciting gifts. Founded over 200 years ago. Open all year Mon-Sat 9.30-5; Sun 10-4. Easter & Christmas closed some days, please telephone to check.

👉 🍷 🍷 FREE

56 KERSEY POTTERY

Kersey IP7 6DY Tel: 01473 822092

www.kerseypottery.com

Handmade stoneware and etchings in the centre of the ancient village of Kersey. Open all year Tues-Sat 10-5.30; occasional Suns.

👉 (partial) 🍷 🍷 FREE

57 VIKING STAINED GLASS

9 Coddanham Road, Needham Market IP6 8AU
Tel: 01449 720034

Sun catchers, dichroic pendants, glass gifts, bespoke leaded light door and window panels, fused glass. Open Mon-Sat, 10-5.

👉 FREE

LOCAL PRODUCE

While you're here in the lush rural countryside of the South and Heart of Suffolk, be sure to sample the local produce in this foodies' paradise. The warm and sunny climate provides perfect growing conditions for apple orchards and soft fruit and the locally made apple juice and cider is first class! Cows are part of the landscape and the dairy produce is a speciality, so seek out delicious Suffolk Gold cheese from Coddensham or the fruity ice cream made at Alder Carr Farm. Visit Jimmy's Farm for sausages made from the farm's own rare breed pigs.

Visit farm shops and farmers' markets to find the very best food and drink.

58 ALDER CARR FARM

Hawksmill Street, Needham Market IP6 8LX

Farm shop with own fruit, vegetables, beef and eggs plus craft centre with potter, painter, sugar craft, ecoshop and garden shop. Licensed cafe. Open Tue-Sun, 9-5.30; Sun 10-4. Farmers' market third Sat of month, 9-1.

♿ (partial) 🍷 🍷 🍷 FREE

59 HOLLOW TREES FARM SHOP

Semer, Ipswich IP7 6HX Tel: 01449 741247
www.hollowtrees.co.uk

Farm shop with home-grown and local produce, farm trail, animals and activities. Coffee shop. Open all year, Mon-Sat 8.30-5.45, Sun & Bank Hol 9-5

♿ 🍷 🍷 🍷 £C (farm trail) FREE (shop)

60 SUFFOLK FOOD HALL

Peppers Lane, Whersted IP9 2AB Tel: 01473 786610
www.suffolkfoodhall.co.uk

Large farm shop with extensive range of quality food and drink, children's play area and garden centre. Licensed restaurant and café.

Open all year, Mon-Sat 9-6, Sun 10.30-4.30.

♿ (shop & cafe but not restaurant) 🍷 🍷 🍷 FREE

61 HALL FARM

Stratford St Mary, Nr Colchester CO7 6LS

Tel: 01206 322572 www.hallfarmshop.co.uk

Farm shop set on a working farm overlooking the Dedham Vale. Café/restaurant. Open all year, Mon-Sat 9.30-5.30, Sun & Bank Hol 10-4.

♿ 🍷 🍷 🍷 FREE

62 JIMMY'S FARM

Pannington Hall Lane, Wherstead, nr Ipswich IP9 2AR

Tel: 08444 938088 www.jimmysfarm.com

Working farm as seen on TV, with rare breed pigs, nature trail, woodland walks, gardens, farm shop, adventure play area and beautiful new restaurant and Joules shop now open. Open all year, daily from 9.30-5.30. Open most Bank Hols.

♿ 🍷 🍷 £B (nature trail & paddocks) FREE (farm)

FARMERS' MARKETS

Harkstead: Village Hall.

Third Saturday in the month. 9-12

Hartest: Pear Tree Farm.

First Saturday in the month. 10-12.30

Lavenham: Village Hall.

Fourth Sunday in the month. 9-1.30

Long Melford: Old School.

Third Saturday in the month. 10-1

Needham Market: Alder Carr Farm.

Third Saturday in the month. 9-1

Rickinghall: Village Hall.

Second Saturday in the month. 9-12.30

Stowmarket: Market Place.

First Friday in the month. 9.30-1

Stradbroke: Business & Enterprise College.

First Saturday in the month. 9-12.30

Sudbury: St Peter's Church.

Last Friday in the month. 9.30-1

Wherstead: Jimmy's Farm.

First Saturday in the month. 10-2

Wickhambrook: Village Hall.

Second Sunday in the month. 10-1

LEISURE ACTIVITIES



ON YOUR BIKE!

East Anglia is known as "England's Cycling Country" for good reason – the terrain is not flat exactly, but gently undulating, which makes it a pleasure for cyclists of all ages and abilities. There are plenty of quiet country lanes, which means you can cycle in peace and admire the scenery and wildlife. There are two signposted cycle routes in this area with accompanying leaflets available from tourist information centres. If you are really keen, you can opt for a cycling holiday where routes and accommodation will be planned for you (see Suffolk Cycle Breaks 64).

- Cycle South Suffolk: 100 mile route which can be split into six smaller, circular routes. Leaflet £1.25 incl p&p from tourist information centres.
- Heart of Suffolk Route: 125 km circular route. Shorter options. Leaflet £2.50 incl p&p from tourist information centres.

OFF-ROAD CYCLING

63 Alton Water, Shotley Peninsula Cycle Hire
Tel: 01473 328873 www.altoncyclehire.co.uk

CYCLING HOLIDAYS

64 Suffolk Cycle Breaks, Bradfield Hall Barn, Alder Carr Farm, PO Box 82, Needham Market, Suffolk, IP6 8BW www.cyclebreaks.com
www.walkingbreaks.com

Gentle cycling and walking holidays in Suffolk and Norfolk. Luggage transfer and accommodation pre-arranged.

FLOAT YOUR CARES AWAY

Suffolk owes much of its character to its rivers. The Orwell and Stour estuaries form the boundaries of the Shotley Peninsula, which, with its undulating landscape and small scattered communities, retains its unspoilt charm. Alton Water, just south of Ipswich, is popular for watersports and birdwatching.

BOAT TRIPS AND BOATS TO HIRE

- Alton Water: Tel: 01473 328408 Boat hire.
- Flatford Mill: Tel: 01787 313199
Boat trips on an electric launch (River Stour Trust). Easter-Oct Suns/BH 11-5. Charters available.
- Flatford Mill: Tel: 01206 298111
Rowing boats for hire.
- Sudbury: Tel: 01787 313199
Boat trips on electric launch or pontoon boat with disabled access (River Stour Trust). Easter-Oct Suns/BH 11-5. Charters available.

HOT AIR BALLOONS

If you would prefer to float upwards and see our part of Suffolk from the air, contact the following for a hot air balloon ride:

Wizard Balloons: Tel: 01284 700557
www.wizardballoons.co.uk
Virgin Balloon Flights: Tel: 0871 663 0016
www.virginballoonflights.co.uk

WALKING

There is a wonderful network of footpaths across some of the prettiest landscapes in Suffolk. Maps are available from tourist information centres and leaflets are available on some of the more popular walks such as The Railway Walk from Sudbury to Lavenham and The Stour Valley Path a long distance walk, 60 miles from Newmarket to the estuary at Cattawade. The Gipping Way follows the towpath from Stowmarket to Ipswich. At Thornham Walks, 12 miles of footpaths meander through woods and meadowland and a surfaced path is suitable for pushchairs and wheelchairs. O.S. maps covering The South and Heart of Suffolk are: Landranger No. 155 Bury St. Edmunds, Sudbury and Stowmarket 1:50000

Explorer No. 211 Bury St. Edmunds, Sudbury and Stowmarket 1:25000

Explorer No. 196 Sudbury, Hadleigh and Dedham Vale 1:25000.

HORSERIDING

Within easy driving distance of Newmarket, 'home of horseracing', this area is ideal for the horse enthusiast. There are numerous riding schools and stables which offer many options from short lessons, to hacking in the countryside and riding holidays that cater for all abilities. A free leaflet is available from tourist information centres listing useful contact numbers and details.

LEISURE CENTRES

Leisure centres with swimming pools and other facilities can be found at Hadleigh (Tel: 01473 823470), Stowmarket (Tel: 01449 674980), Stradbroke (Tel: 01379 384376), Debenham (no pool) (Tel: 01728 861101) and Sudbury (Tel: 01787 375656)

65 PLAYWORLD & SUMMER PLAYWORLD

Mid Suffolk Leisure Centre, Stowmarket IP14 1LH
Tel: 01449 674980

Playworld is a huge three-tier play structure with slides, ball pools, under 4's play area and lots more. Open all year except 25/26 Dec & 1 Jan, Mon-Fri 9.30-6.30, Weekends 9.30-6. Summer Playworld offers fun inflatables, go-karts, big top tent and much more, open Apr-Sep only.

£ (child) FREE (adults)

66 THE GIGGLE FACTORY

1 Addison Road, Chilton Industrial Estate,
Sudbury CO10 2YW Tel: 01787 311143

Children's indoor adventure playground. Toddler area. Nursery facilities. Open Mon-Fri 9-6. Sat-Sun 10-6.

££

GOLF

With its wide skies, gently undulating countryside and excellent facilities for golfers, both amateur and professional, this part of Suffolk is the perfect place for a game of golf.

Many of the golf clubs have restaurants, swimming pools and other leisure facilities. Some are attached to hotels, so why not play and stay and make a weekend of it? Please contact tourist information centres for more details.

FISHING

Contact tourist information centres for information on where to fish and Sudbury Angling, North Street, Sudbury (Tel: 01787 312118), Bosmere Tackle, High Street, Needham Market (Tel: 01449 721808) or Alton Water, Shotley Peninsula (Tel: 01473 589105) for permits etc. (see also Stonham Barns).

67 LAKESIDE

Onehouse, Nr Stowmarket IP14 3BX
Tel: 01449 613770

Fishing lake set in eight acres including caravan park, café and toilets.

£ FREE

68 WEYBREAD FISHERY

Weybread, nr Harleston IP21 5TP
Tel: 01379 588141 www.weybreadfishery.co.uk

Coarse fishery in beautiful surroundings offers some of the best fishing in Suffolk.

£A

COUNTRYSIDE SITES AND NATURE RESERVES

69 ALTON WATER

Stutton, Nr Ipswich IP9 2RY
Tel: 01780 686800 www.anglianwater.co.uk

Alton Water is the largest area of inland water in Suffolk and it hosts a variety of interesting wildfowl. There is an eight-mile rambling route and a ten-mile cross country cycle track. Fishing, sailing and windsurfing are available. Grid ref TM156353. Car park charge.

FREE

70 ARGER FEN & SPOUSE'S VALE

Assington CO10 5LZ www.suffolkwildlifetrust.org

This local nature reserve is a small fragment of woodland that covered Suffolk over a thousand years ago. It is also a Site of Special Scientific Interest. There are picnic tables, walks and bluebells in the woods in May. Grid ref TL933357.

FREE

71 BRADFIELD WOODS (SUFFOLK WILDLIFE TRUST)

Felsham Road, Bradfield St George IP30 0AQ
www.suffolkwildlifetrust.org

This National Nature Reserve is one of the UK's best woodland wildlife sites. The revival of traditional crafts like charcoal production and hurdle making has ensured it remains a tremendous magnet for wildlife. Car park at reserve entrance and visitor centre. Grid ref TL935581.

FREE

72 CHURCH MEADOW

Combs, Nr Stowmarket IP14 2AZ
Tel: 01449 724639 www.midsuffolk.gov.uk

Local nature reserve with grazed meadows, small ponds and easy access. Grass paths around site. Nearby church. Grid ref TM054568. Open all year.

FREE

73 NEEDHAM LAKE AND NATURE RESERVE

Off B1078, Needham Market. Tel: 01449 724639
Fishing permits, Bosmere Tackle, High St, Needham Market Tel: 01449 721808; Model boating day permits, Mid Suffolk District Council, High St, Needham Market www.midsuffolk.gov.uk

Attractive lake with surfaced paths, toilets, picnic areas, information and summer events. Local nature reserve with abundant wildlife. Grid ref TM0954. Open all year.

£ (partial) FREE

74 THE PENNING'S NATURE RESERVE

Eye Tel: 01449 724639 www.midsuffolk.gov.uk
Waterside meadows alongside the River Dove with wildflowers and wildlife. Picnic area, car park, grass paths. Grid ref TM150736. Open all year.

FREE

75 REDGRAVE AND LOPHAM FEN

South Lopham, Diss IP22 2HX Tel: 01379 688333
www.suffolkwildlifetrust.org

Waymarked walks, educational visits, visitor centre, adult courses, regular events and activities. Dogs on a lead please. Grid ref TM052801. Open all year, cafe open weekends and bank holidays.

£ (partial) £ FREE

76 THORNHAM WALKS

Thornham Magna IP23 8HH
Tel: 01379 788345 www.thornham.org.uk

12 miles of walks through parkland, woods, meadow and farmland of the Thornham Estate. Surfaced path suitable for pushchairs and wheelchairs. Grid ref TM102716. Open all year daily Apr-Oct, 9-6; Nov-Mar, 9-4. Car park charge.

£ £ FREE

77 WOLVES WOOD (RSPB)

Hadleigh Tel: 01473 328006 www.rspb.org.uk

One of the few remaining areas of the ancient woodland that used to cover East Anglia. Wide variety of birds, plants and mammals. Grid ref TM054437. Open all year. Car park locked 6pm (or dusk if earlier) to 9am.

FREE



GARDENS & PARKS

Enjoy ancient woodlands in spring, carpeted with a haze of bluebells, fields ablaze with poppies, or glorious gardens and flower displays bringing vibrant colours to Suffolk towns and villages in the summer months. Enjoy Sudbury's beautiful floral displays which have won the town the coveted Anglia in Bloom award, stroll around a historic country garden, or see the delights behind the garden fence on a village gardens open day. **Contact tourist information centres for a list of garden events.**

- **CHELSWORTH OPEN GARDENS: JUNE**
- **LAVENHAM OPEN GARDENS: JUNE**
Tickets from Lavenham Tourist Information Centre
Tel: 01787 248207
- **SUDBURY AND CORNARD OPEN GARDENS: JUNE**
Information from Sudbury Tourist Information Centre
Tel: 01787 881320
- **WALSHAM LE WILLOWS OPEN GARDENS: AUGUST**
www.walshamopengardens.com

78 BLAKENHAM WOODLAND GARDEN

Cottage Farm, Little Blakenham IP8 4LZ
Tel: 07760 342131

Six acre woodland garden. Fine collection of trees and shrubs including rarities collected on Kew overseas expeditions. Bluebells, magnolias and roses flourish amongst Chinese rock and unusual earth forms. Sorry, no dogs.

Open 1 Mar-30 June, Mon-Sun, 10-5.

£ B

79 HAUGHLEY PARK

Near Wetherden IP14 3JY Tel: 01359 240701
www.haughleyparkbarn.co.uk

A Jacobean manor house set in gardens and park with way-marked woodland walks. Open with teas and plant sales on "Bluebell Sundays" last in April and first in May, 2-5.30. House open by appointment only.

Open May to Sept, Tues 2-5.30.

£ (partial) B

80 HELMINGHAM HALL GARDENS

Helmingham IP14 6EF Tel: 01473 890363/890799
www.helmingham.com

Lovely moated and walled gardens, surrounding Tudor Hall with many rare roses, a kitchen garden and herb and knot garden. Deer and Highland cattle in park. (House not open to the public)
Open 3 May-18 Sept, Tues, Wed, Thurs, Sun & Bank Hol Mon, 12-5.

£ B

81 THE PLACE FOR PLANTS

East Bergholt Place, East Bergholt CO7 6UP
Tel: 01206 299224 www.placeforplants.co.uk

20 acre garden and arboretum. Unusual plants. Particularly spectacular in spring – camellias, magnolias and rhododendrons. Specialist plant centre. Plant centre open all year. Garden open 1 Mar-30 Sept, daily 10-5. Closed Easter Sunday.

£ (partial) B

82 THORNHAM WALLED GARDEN

Thornham Magna IP23 8HH
Tel: 01379 788700 www.thornham.org.uk

Restored Victorian glasshouses in the idyllic setting of a two-acre walled garden with fruit trees, perennial borders and collection of East Anglian geraniums. Plants for sale. Open Summer 9.30-5; Winter 9.30-4. Closed 25 Dec. Car Park charge, donation welcome.

FREE

MELFORD HALL



Melford Hall, Long Melford, CO10 9AA
T: 01787 379228
E: melford@nationaltrust.org.uk
www.nationaltrust.org.uk/melfordhall

Explore the family home of the Hyde Parkers, lovingly restored after being partially destroyed in 1942. Discover the Regency Library, naval paintings, Beatrix Potter memorabilia and fine collections of furniture and porcelain. The relaxing garden includes specimen trees and a 17th century Banqueting House.

Please see page 6 for opening details.

Map ref: 19

MECHANICAL MUSIC MUSEUM & BYGONES



Contact: Jonathan Ling
Mechanical Music Museum,
Blacksmith Road, Cotton,
Nr. Stowmarket, IP14 4QN
T: 01379 783350
E: musicmuseum54@yahoo.co.uk
www.mechanicalmusicmuseum.co.uk

Unique collection music boxes, gramophones, polyphons, street pianos, barrel organs, fair organs, wurlitzer theatre pipe organ, many unusual items - all played. Large collection of memorabilia. Charity Trust 801863

Please see page 7 for opening details.

Map ref: 18

THE TEAPOT POTTERY



Low Road, Debenham IP14 6QU
T: 01728 860475
E: info@cartersteapots.com
www.cartersteapots.com

Designers and makers of unusual teapots sold throughout the world. Visitors can see teapots being made (weekdays) and have a pot of tea in our small tearoom. We also have a small 'paint your own pot' studio.

Please see page 11 for opening details.

Map ref: 53

BRIDGE FARM BARN



Bridge Farm Barns,
Monks Eleigh,
IP7 7AY
T: 01449 740456
E: comcraft@btconnect.com
www.bridgefarmbarns.co.uk

A collection of unique, independent retail businesses and a licensed Tea Room serving homemade lunches, cream teas etc. Unusual cards & gifts; inspirational articles for home & garden; traditional children's toy shop. Corn Dollies and silk flowers.

Please see page 5 for opening details.

Map ref: 5

THE MUNNINGS MUSEUM



Castle House, Dedham CO7 6AZ
T: 01206 322127
www.siralfredmunnings.co.uk

The home, studios and grounds where Sir Alfred Munnings KCVO lived for 40 years, containing paintings, drawings and sketches representing his life's work. Open 1 Apr-31 Oct, Weds, Thurs, Sat, Sun and BH Mon, 2-5. Private group visits by arrangement.

Please see page 8 for opening details.

Map ref: 21

FIELD STUDIES COUNCIL



Flatford Mill Field Centre,
East Bergholt CO7 6UL
T: 0845 330 7368 (calls at local rate)
E: enquiries.fm@field-studies-council.org
www.field-studies-council.org/flatfordmill

Located at the heart of Constable Country, we offer short courses in painting, drawing, digital photography, birds, flowers and many other environment and art themes. Open from January to December, we have accommodation for 40 adults.

Please see page 11

Map ref: 51

Please see over for special discounts at most of these places.

SPECIAL OFFER

10% DISCOUNT
off purchases in the Corn Craft
Tea Room & Gift Shop only on
presentation of this voucher.

Valid throughout 2011.

SPECIAL OFFER

**Admission: Two for the price of one at
Melford Hall, Long Melford**

Valid throughout 2011. One person goes free
with one full paying adult. Not valid for groups.
Not valid with any other offer.

HADLEIGH GUILDHALL



Contact: Judith Townsend
The Guildhall, Hadleigh,
IP7 5DN
T: 01473 822544
E: info@hadleightownhall.co.uk
www.hadleightownhall.co.uk

Extensive medieval timber-framed building in constant use for
550 years as guildhall, town hall, schools, assembly room,
workhouse and corset factory. Small garden incorporating
medieval features. Function rooms available for hire. Tours
by appointment.

Please see page 6 for opening details.

Map ref: 11

BEARDS OF EYE



Contact: Maggie and
Michael Beard
39 Church Street,
Eye IP23 7BD
T: 01379 870383

In the historic market town of Eye, Beard's delicatessen is the
place to find local produce as well as conserves, cold meats,
desserts and fine wines. The shop and tea shop are in a Grade II
listed medieval hall house. Accommodation also available.

Open daily except Tuesday and Sunday.

Map ref: 83



SPECIAL OFFER

**Admission: Two for the price of one at
the Mechanical Music Museum
& Bygones, Cotton.**

Valid throughout 2011 except on
Fair Organ Enthusiasts' Day. One person goes
free with one full paying adult. Not valid for groups.
Not valid with any other offer.

BAYLHAM HOUSE RARE BREEDS FARM



Contact: Richard Storer
Baylham House, Mill Lane,
Baylham IP6 8LG
T: 01473 830264
E: richard@baylham-house-farm.co.uk
www.baylham-house-farm.co.uk

Farm breeding endangered cattle, sheep, goats, poultry and pigs. Farm
is mainly wheelchair and pushchair friendly. Paddock, river and lakeside
walks. Picnic areas. Disabled toilet. Baby changing.
Shop and café with home made refreshments.
Under 4's free.



Please see page 6 for opening details.

Map ref: 3

GAINSBOROUGH'S HOUSE



Gainsborough's House
46 Gainsborough Street, Sudbury,
CO10 2EU
T: 01787 372958
F: 01787 376991
E: mail@gainsborough.org
www.gainsborough.org

Birthplace of Thomas Gainsborough RA (1727-88). Historic house
dating back to the 16th Century with attractive walled garden. The
outstanding collection is shown together with eighteenth century
furniture and displays a large collection of Gainsborough's work.
Varied programme of exhibitions of both historic British and
contemporary art. Gift and coffee shop.

Please see page 6 for opening details.

Map ref: 10

FIELD STUDIES COUNCIL

Short courses with art and environment
themes. Group discounts for 10 or more
adults at Flatford Mill Field Centre.

Valid throughout 2011.



GUILDHALL OF CORPUS CHRISTI



Market Place, Lavenham,
CO10 9QZ
T: 01787 247646
E: lavenhamguildhall@
nationaltrust.org.uk
[www.nationaltrust.org.uk/
lavenham](http://www.nationaltrust.org.uk/lavenham)

This stunning timber-framed building dates from c1530 and was
built by the religious Guild of Corpus Christi. Now owned by the
National Trust, it houses a fascinating collection of items relating
to the history of Lavenham, one of the wealthiest towns in Tudor
England. Shop and Tearoom.

Please see page 7 for opening details.

Map ref: 12

THE CROOKED HOUSE GALLERY



Contact: Alison Englefield
7 High Street, Lavenham,
CO10 9PR
T: 01787 247865
E: dare@crookedhousegallery.co.uk
www.crookedhousegallery.co.uk
www.artwaves.co.uk


A treasure trove of beautiful paintings,
prints, ceramics, cards, sculpture
and textiles by Suffolk artists. Colour
and originality abound in this famous
medieval building. Vibrant paintings and
textile jewellery by resident artist Alison
Englefield. Shows change monthly –
please see websites.

Please see page 9 for opening details

Map ref: 32

Terms & Conditions: Vouchers are for single usage and must be surrendered at the attraction. No cash will be given in lieu of tickets. Vouchers cannot be used in conjunction with any other offer. Groups at the discretion of the attraction. Attractions reserve the right not to fulfil vouchers which are defective, tampered with, photocopied, forged or defaced. Valid until 31 December 2011.

Did you know that in the Tourist Information Centres in Lavenham, Sudbury and Stowmarket you can:

- » Pick up some ideas for a **fantastic day out** or a **weekend away**
- » Book accommodation **anywhere** in England
- » Pick up **theatre programmes** and **events lists**
- » Buy **books, maps, walks** and **cycle routes**
- » Get some great ideas for **keeping the children amused** during the holidays
- » Book **coach trips**
- » Book up to go on a **local guided walk**
- » Buy **gifts and crafts** – many of them **beautifully handmade in the UK** 
- » Buy **local produce** – honey, jams, chutneys, fudge and juices



Stowmarket

Museum of East Anglian Life,
IP14 1DL

T: 01449 676800

E: tic@midsuffolk.gov.uk

Open: *Mon-Sat (all year)*
and *Sun Easter – end October.*



Flatford

Tourist Information Point
Visitor Information Centre
Flatford Lane, Flatford,
East Bergholt CO7 6UL

Limited information provision
Open: *April–end October daily,*
November–March weekends only.

Sudbury

Town Hall, Market Hill,
Sudbury CO10 1TL

T: 01787 881320

E: sudburytic@sudburytowncouncil.co.uk

Open: *Mon-Sat (all year)*

Lavenham

Lady Street,
Lavenham CO10 9RA

T: 01787 248207

E: lavenhamtic@babergh.gov.uk

Open: *Every day Easter –*
Christmas and most weekends
during the winter.



www.southandheartofsuffolk.org.uk

For further information on other areas in Suffolk, contact one of the tourist information centres below or go to www.visitsuffolk.com

Aldborough
152 High St IP15 5AQ
01728 453637
atic@suffolkcoastal.gov.uk

Beccles
The Quay, Fen Lane NR34 9BH
01502 713196
becclesinfo@broadsauthority.gov.uk

Brandon
Brandon Country Park
Visitors Centre
01842 814955

Bury St Edmunds
6 Angel Hill IP33 1UZ
01284 764667
tic@stedscb.gov.uk

Felixstowe
91 Undercliff Road West IP11 2AF
01394 276770
ftic@suffolkcoastal.gov.uk

Ipswich
St. Stephen's Lane IP1 1DP
01473 258070
tourist@ipswich.gov.uk

Lowestoft
East Point Pavillion
Royal Plain NR33 0AP
01502 533600
touristinfo@waveney.gov.uk

Mildenhall
Bus Station, King St IP28 7EX
01638 581091

Newmarket
Palace House
Palace St CB8 8EP
01638 667200
tic.newmarket@foresthooth.gov.uk

Southwold
69 High St IP18 6DS
01502 724729
southwold.tic.waveney.gov.uk

Woodbridge
Station Buildings IP12 4AJ
01394 382240
wbtic@suffolkcoastal.gov.uk

