

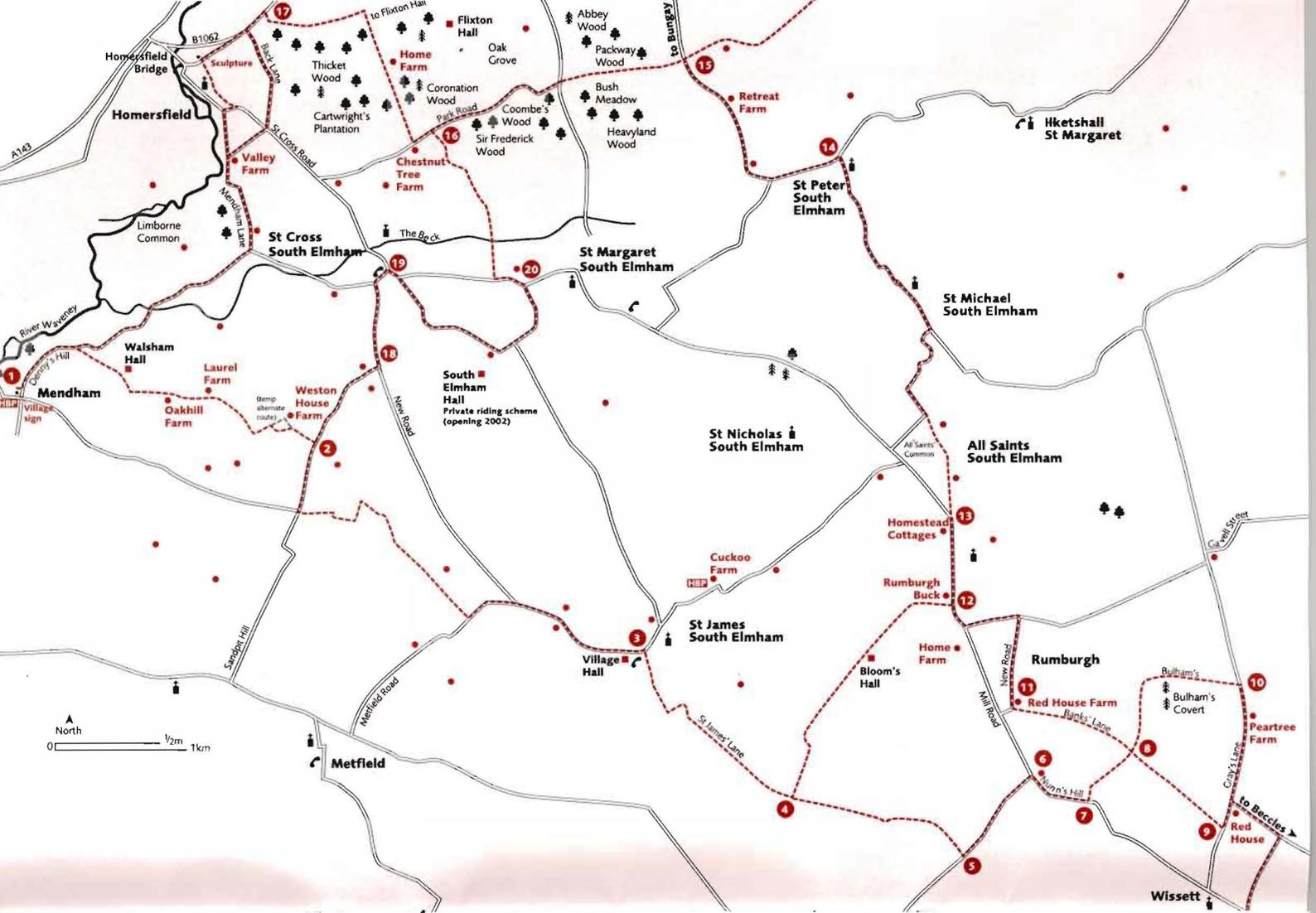
The Munnings Trail



The Munnings Trail is a circular route of 26 miles for horseriders.

It can be ridden as a whole or in shorter sections. The area covered by this guide lies between Bungay and Halesworth in a district known as The Saints.

Maps: OS Landranger 156 Saxmundham and Aldburgh. OS Explorer 231 Saxmundham and Bungay.



The Munnings Trail

Introduction

Sir Alfred Munnings, the famous artist, was born at the Mill in Mendham and spent his early years in this delightful corner of Suffolk. He painted in a number of places in the locality and he also travelled extensively around the whole area on horseback.

This fascinating part of Suffolk is situated just south of the Norfolk border. Many of the parishes carry the names of saints and they all possess a wealth of history. Set out on a journey of adventure and you will find that the villages, with their churches, green lanes and large greens, all contribute to what is a remarkable piece of England. There are some places, however, that can be seen only on foot. A good example of this is the remarkable ruined Minster of South Elmham. Hidden amongst woodland and barely visible from the road, it was at one time the mother church of the diocese and probably dates back to the 680s.

Another piece of history is to be found in the Ilketchalls, which were divided by a Roman road or which had common pasturing arrangements for grazing livestock based on St Andrew's. In the parish of St Lawrence, which is adjacent to the Roman road, one still finds the field shape based on parallelograms.

Many lanes have been here for centuries and a glance at Joseph Hodkinson's map of 1783 reveals many names which have been handed on from one generation to another. One finds too, in recurring farm names such as Starknaked, Starve Acre or Hungry, a telling reminder of what times past were like. Part of the Old Hundred Boundary can still be traced by lane, bridleway and footpath, although a fair amount has fallen to the plough.

Key

- Trail off road
- Trail on road
- Road
- Horse box parking
- Farm
- Telephone
- Trail numbering
- Church
- Track/unmade road

The Munnings Trail, 26 miles

(1) From **Mendham** proceed to crossroads and the village sign, then turn left up **Denny's Hill**. Turn right to **Walsham Hall** and continue straight on, passing **Oakhill Farm** and **Laurel Farm**. Some distance beyond the farm, turn left to **Weston House Farm**. Just before the buildings turn right and left and then continue down the drive to the road at GR294827.

(2) Turn right to the X ways and there turn left down the bridleway, at first keeping the hedge on your right.

At the end of the first field keep straight on through the narrow gap and go slightly right and then straight on. Turn left at the end of the field and right across the culvert and continue straight on, with the ditch on the left, to the **Metfield Road**. Turn left and keep straight on to the parish of **St James South Elmham**. Just after the phone box is passed, turn right down **St James' Lane**

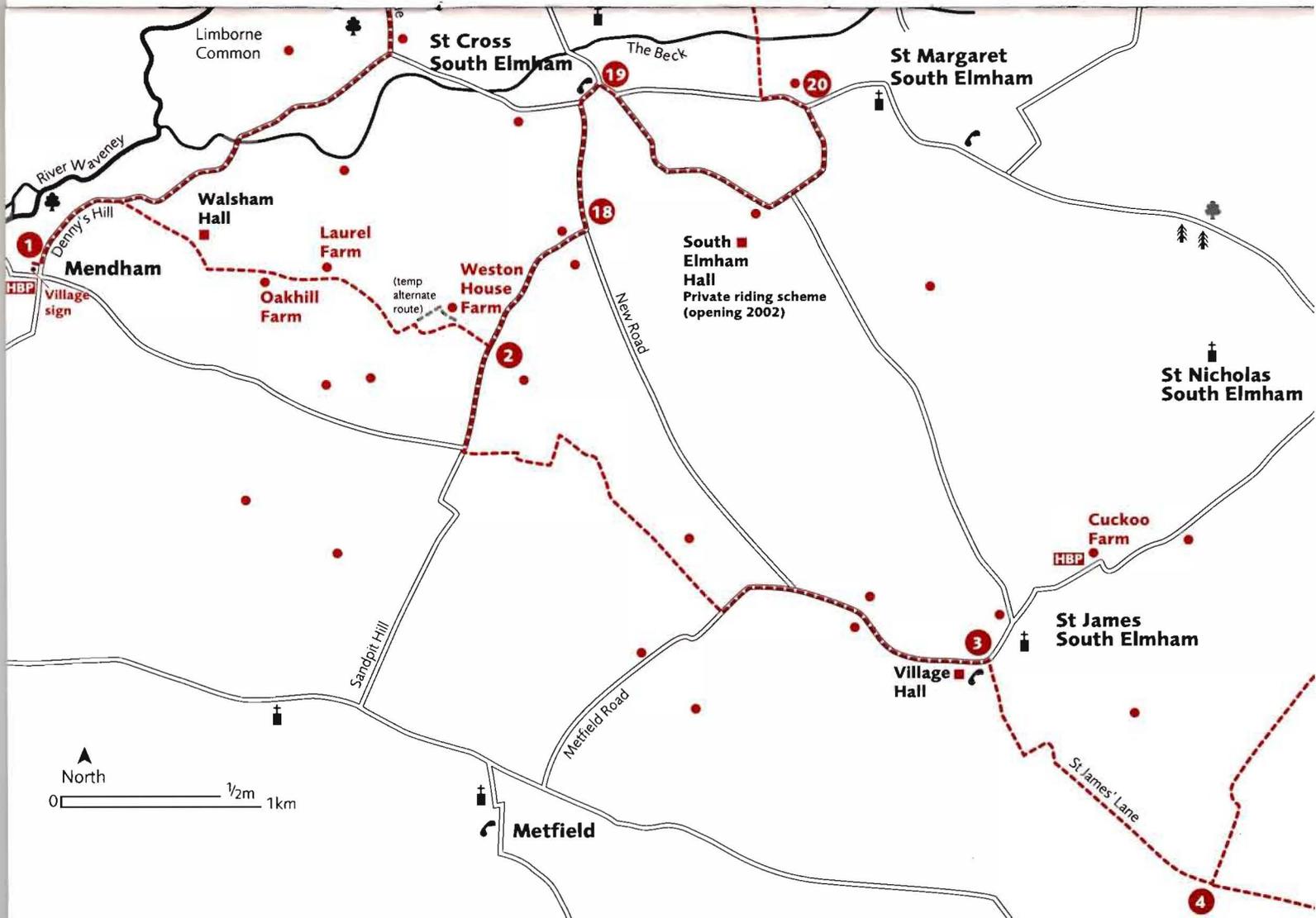
(3) Follow the track left and then right.

(4) At GR333799 the Rumburgh loop or short cut.

(4) Keep straight on along the lane until the road SSW of **Rumburgh** is reached.



Bridleway to St Margaret



(5) Then turn left and continue to the T junction at **Nunn's Hill, Rumburgh**. (6) Turn right. (7) At GR356801 turn left onto the bridgeway and continue to the X ways (8). At **Banks' Lane** turn right and follow the track to the next road just S of **Red House**.

If you wish to visit the village of **Wissett** and the pub, turn left and take the first road on the right, then take the second track, a byway, on the right which leads down to the village.

(9) From the end of the bridgeway, turn left onto **Gray's Lane** and continue past **Peartree Farm**. (10) Turn left onto the next bridgeway to **Bulham's**. Continue to the end of the track and then turn left back to **Banks' Lane** (8) At the X ways, turn right to **Red House Farm** and the tarred road. (11) Turn right onto **New Road** and continue to the end. Turn left there to the next T junction, **Mill Road**, just S of the **Rumburgh Buck**. Turn right and continue towards **All Saints South Elmham**. (12) Just beyond **Homestead Cottages**, keep straight on up the lane at the back of **All Saints Common** (13). This track takes you round the back of this large common where there is plenty of space to picnic and graze your horse.

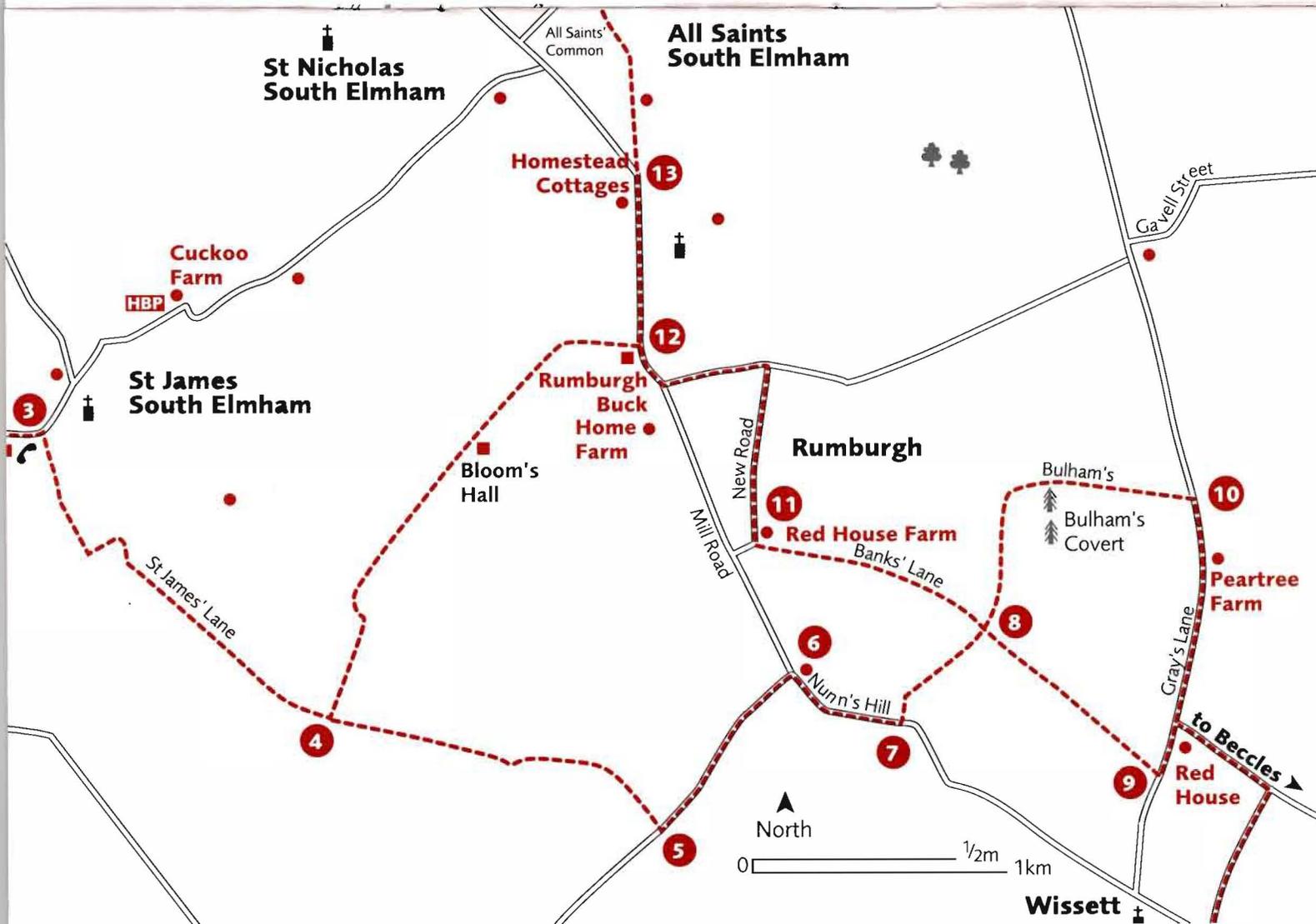
St James South Elmham & Rumburgh loop, 12 miles

From **St James church**, continue on the road westwards and just by the village hall turn left down **St James' Lane** (3). Follow the track left and then right.

Keep straight on along the lane until the road SSW of **Rumburgh** is reached (5). Then turn left and continue to the T junction at **Nunn's Hill, Rumburgh** (6). Turn right and at GR356801 turn left (7) onto the bridgeway and continue to the X ways which is **Banks' Lane**. Turn right (8) and follow the track to the next road just S of **Red House**

From the end of the bridgeway, turn left onto **Gray's Lane** and continue past **Peartree Farm** (10). Turn left onto the next bridgeway to **Bulham's**. Continue to the end of the track and then turn left to **Banks' Lane**. At (8), the X ways, turn right to **Red House Farm**. At (11), the tarred road, turn right onto **New Road** and continue to the end. Turn left there to the next T junction, **Mill Road**, just S of the **Rumburgh Buck** (12). Turn right and left just beyond the pub, down to **Bloom's Hall**. When the track at GR334803 turns right, go left and right to **St James' Lane** (4). There turn right back to the village (3).

• For main trail continue to next page.

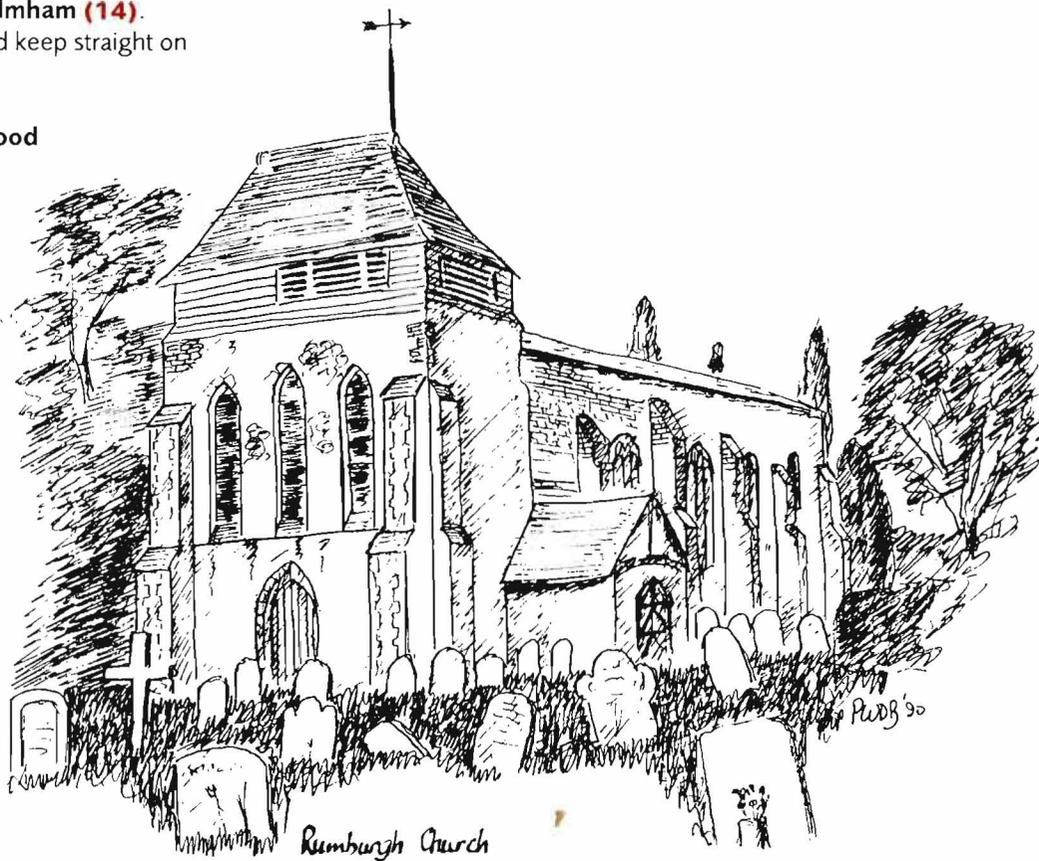


Keep straight on and follow the same road to **St Michael and St Peter, South Elmham (14)**. Turn left just beyond the church and keep straight on beyond **Retreat Farm (15)**.

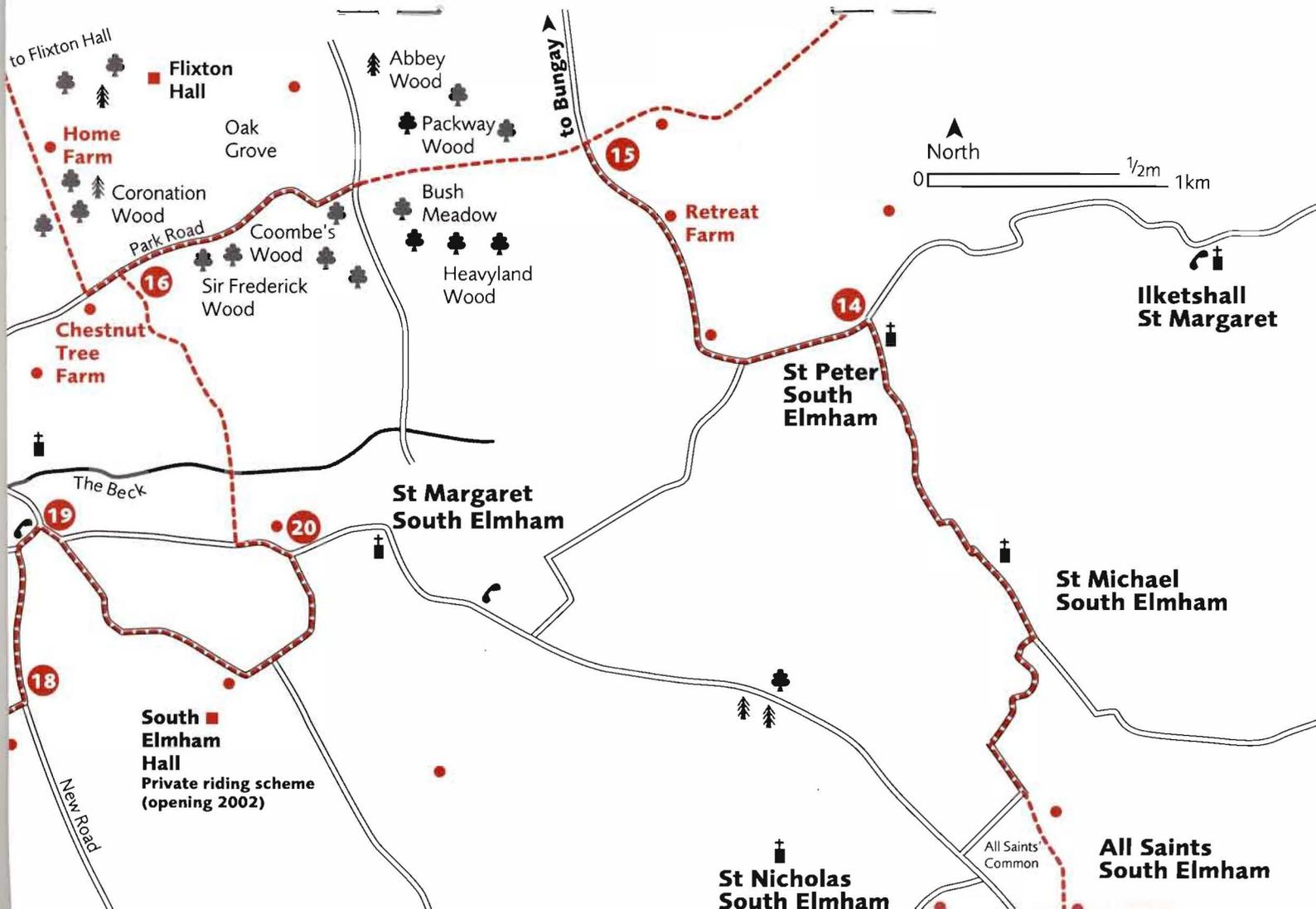
(15) Turn left, leaving **Packway Wood** on the right, to the next Xways. Go straight over onto **Park Road**.

At **(16)** GR304851, you can turn left to visit **St Margaret South Elmham**.

At **(15)** the bridleway to the right leads to **Bungay**.



Rumburgh Church



Otherwise keep straight on and opposite **Chestnut Tree Farm** turn right onto the bridlway to **St Mary South Elmham** or **Homersfield**. The bridlway skirts **Home Farm** and when you join the track to **Flixton Hall** turn left. Just before the **B1062** turn right to join that road at **(17)**.

Take great care here as this road is busy.

If you want to visit **Homersfield**, keep straight on and turn left, leaving the new sculpture on the right. Turn right to reach the pub and also additional parking.

Turn left and then first left down **Back Lane** and at the X roads with **Cross Road** go straight over. When the T junction close to **Valley Farm** is reached, turn left and follow **Mendham Lane** back to the start at **(1)**.

To visit **Homersfield** with the pub and ancient bridge, at **Valley Farm** turn right and at **St Cross Road** go right and left onto the bridlway to **Homersfield**.

Mendham, St James and St Margaret's Loop, 10 miles

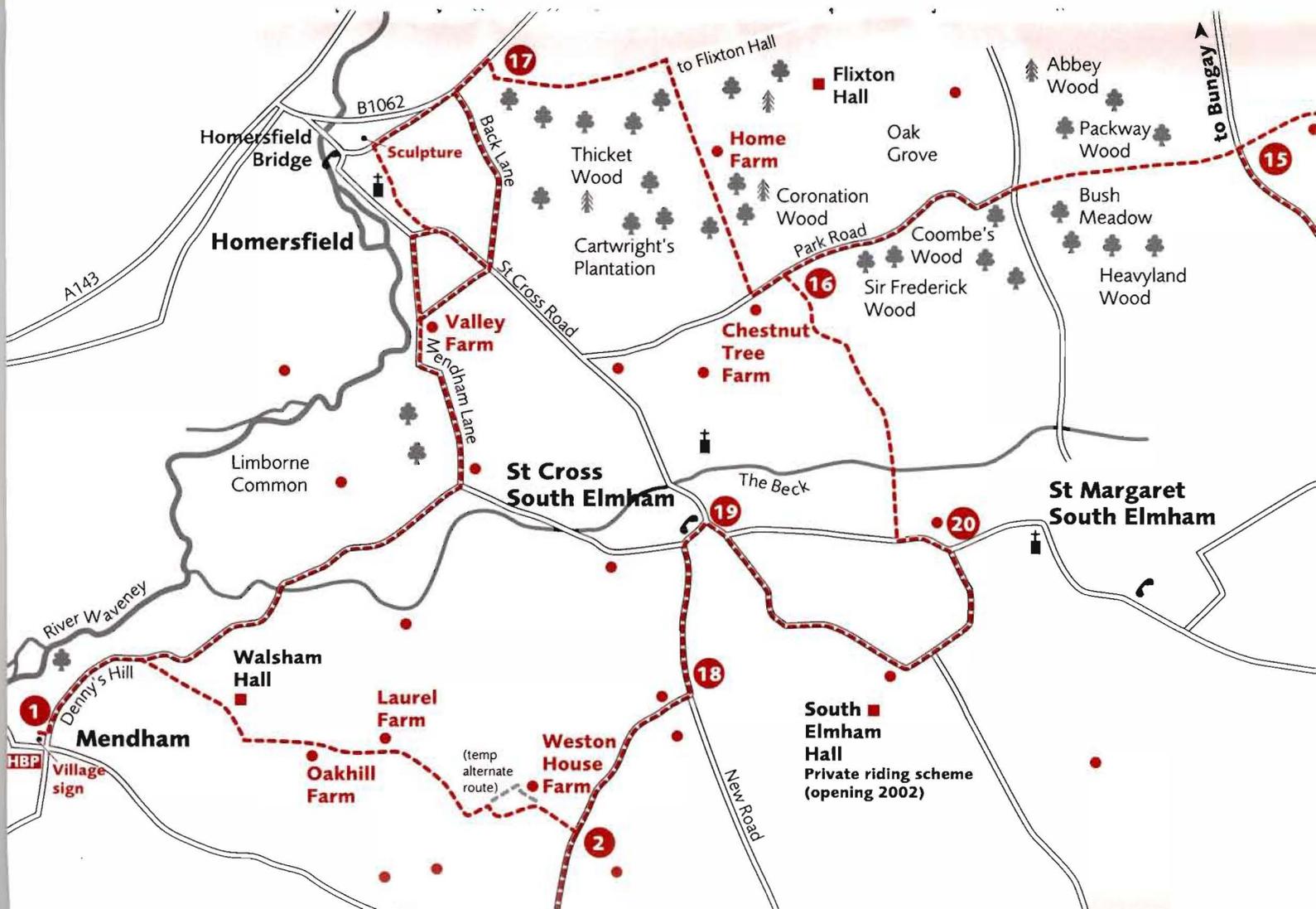
(1) From **Mendham** proceed to crossroads and the village sign, then turn left up **Denny's Hill**. Turn right to **Walsham Hall** and continue straight on, passing **Oakhill Farm** and **Laurel Farm**. Some distance beyond the farm, turn left to **Weston House Farm**. Just before the buildings turn right and left and then continue down the drive to the road at GR294827.

(2) Turn left to **New Road (18)** and turn left to **St Cross (19)**. Turn right and right again to **South Elmham Hall** (private riding scheme to be opened). Just beyond the farm keep straight on to **St Margaret, South Elmham (20)** turn left and right onto the bridlway. At **(16)** GR303851, turn left and take first bridlway on the right opposite **Chestnut Tree Farm** to **St Mary South Elmham** or **Homersfield**. The bridlway skirts **Home Farm** and when you join the track to **Flixton Hall** turn left. Just before the **B1062**, turn right to join that road at **(17)**.

Take great care here as this road is busy.

Turn left and then first left down **Back Lane** and at the X roads with **Cross Road** go straight over. When the T junction close to **Valley Farm** is reached, turn left and follow **Mendham Lane** back to the start at **(1)**.

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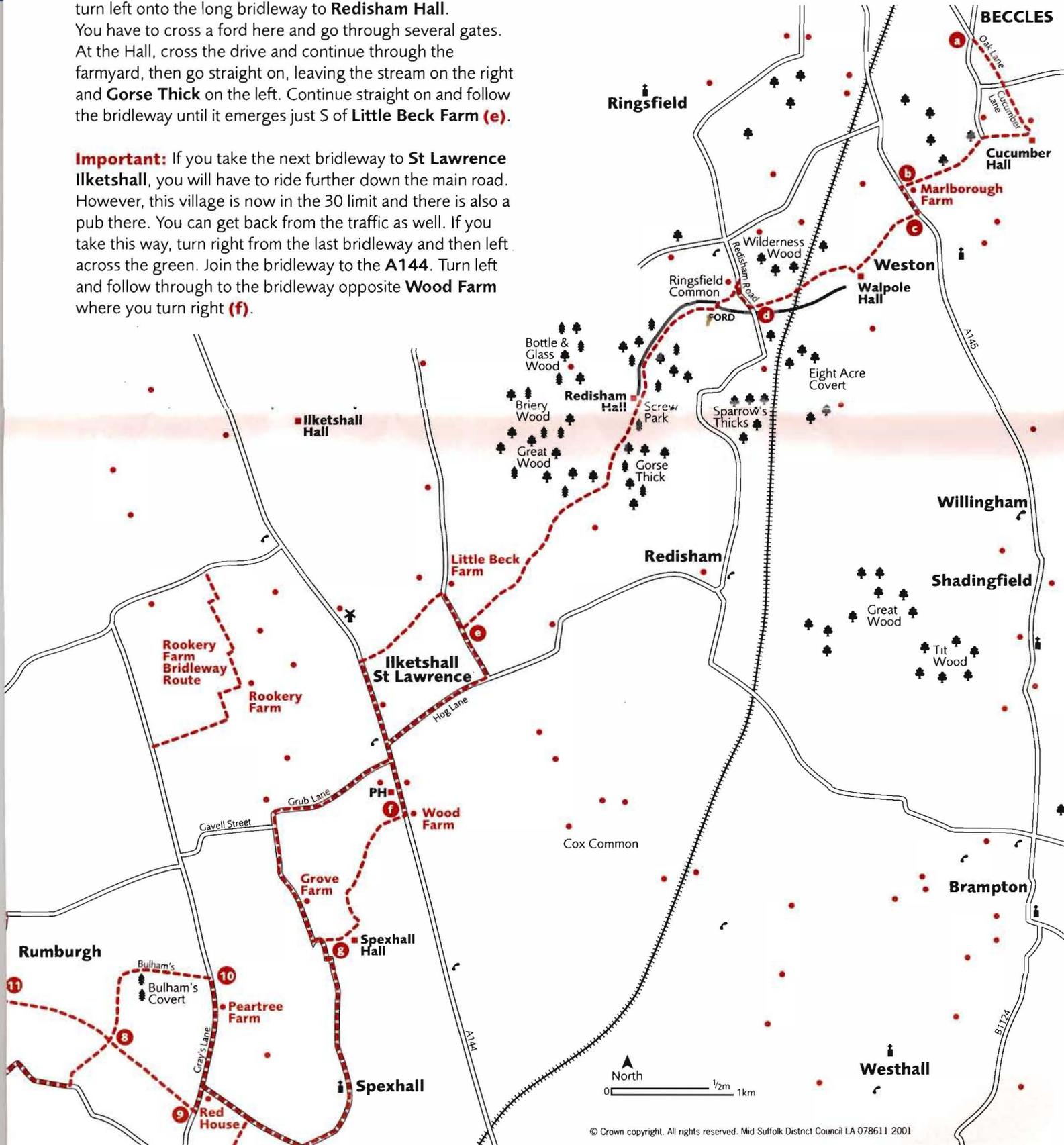
From the Beccles area, a linear route to and from The Saints, 11 miles

(a) From **Beccles** at GR430888 just S of **Beccles** to the E of the **A145**, continue in a SSE direction down **Oak Lane** until the X roads. Go straight on and continue down **Cucumber Lane**. When the road swings to the left, turn right towards **Cucumber Hall**. Follow this bridleway & byway to **Marlborough Farm**. **(b)** Turn left onto the **A145** but take care of the traffic. **(c)** Turn right onto the bridleway to **Walpole Hall**. Continue straight on across the railway line to the **Redisham Road** **(d)**. Turn right and half way up the hill turn left onto the long bridleway to **Redisham Hall**. You have to cross a ford here and go through several gates. At the Hall, cross the drive and continue through the farmyard, then go straight on, leaving the stream on the right and **Gorse Thick** on the left. Continue straight on and follow the bridleway until it emerges just S of **Little Beck Farm** **(e)**.

Important: If you take the next bridleway to **St Lawrence Ilketshall**, you will have to ride further down the main road. However, this village is now in the 30 limit and there is also a pub there. You can get back from the traffic as well. If you take this way, turn right from the last bridleway and then left across the green. Join the bridleway to the **A144**. Turn left and follow through to the bridleway opposite **Wood Farm** where you turn right **(f)**.

Alternative route Turn left and at Hog Lane turn right to the A144. Turn left and right opposite Wood Farm or, if you have a traffic problem, turn right before the bridleway along Grub Lane, following the road round left to Grove Farm and Spexhall Hall.

From the **A144**, follow the bridleway, which is well defined, through to **Spexhall Hall** **(g)**. Turn left to **Spexhall** and keep going right until you get to **Red House** which is just N of **Wissett**. You can then pick up the **Rumburgh** bridleway network at **(10)**.



Information

Maps

Landranger 156 Saxmundham & Aldeburgh
Explorer 231 Southwold & Bungay

Riding Schools

Barnby Training Centre, Barnby, Tel: 01502 476790
Grove House Riding School, Spexhall, Tel: 01986 781502
Uggeshall Equestrian Centre, Uggeshall, Tel: 01502 578546

Livery Stables

Earlsway Farm, Bramfield, Tel: 01986 784225
Uggeshall Equestrian Centre, Uggeshall, Tel: 01502 578546
J & J Shorrocks, Weston Hall, London Rd, Weston, Beccles,
Tel: 01502 713472
Shirleyann Graham, Cuckoo Farm, St James, South Elmham,
Tel: 01986 782261
Tarleton Farm, Wissett, Halesworth IP19 ONF
Tel: 01986 785501 (4 in summer)
Sharon Baldwin, Grove Farm, Metfield
Tel: 01986 785271

Road safety - care needed

B1062 at Homersfield
A144 at Ilketshall St Lawrence
A145 at Weston

Parking

Mendham Public Car Park
Close to Homersfield Bridge, from A134 take the B 1062 and
just beyond the Norfolk Hire Co park at GR282858
The Black Swan, Homersfield, Tel: 01986 788204
please use the pub
The Buck, Rumburgh, Tel: 01986 785544 please use the pub

Greens and open spaces

All Saints Common
Becks Green
Green Common, Ilketshall St Andrew
Shipmeadow Common
St Michael's, S Elmham

Pubs

The Black Swan, Homersfield, Tel: 01986 788204
The Buck, Rumburgh, Tel: 01986 785544
The Plough, Wissett, Tel: 01986 872201
Huntsman & Hounds, Stone Street, Spexhall,
Tel: 01986 781341
Sir Alfred Munnings, Mendham Tel: 01379 852358

B&B

Shoo-Devil Farmhouse, Ilketshall St Margaret,
Tel: 01986 781303
Rumburgh Farm, Rumburgh, Tel: 01986 781351
South Elmham Hall, St Cross, South Elmham,
Tel: 01986 782203
Mahn House, Spexhall, Tel: 01986 874396
Huntsman & Hounds, Stone Street, Spexhall,
Tel: 01986 781341
Camping; Manor Farm, Wissett, GR361796, Neil & Ian
Timmings, B&B leaflet, Tel: 01986 873117 or 01986 872485
Heath Farmhouse, Homersfield, (Julia Hunt)
Tel: 01986 788417

Carriage Driving & Riding

John Parker, Swingletree, Wingfield, Tel: 01379 384496
Tony Harvey, Tannington Hall, Tannington,
Tel: 01728 628226

Vets

Oakwood Vet Group, Harleston, Tel: 01379 852146
Three Rivers Vet Group, Beccles, Tel: 01502 712169

Tack & Feed

Horse Shoes Animal Supplies, Wrentham, Tel: 01502 675679
House & Garden Supplies, Halesworth, Tel: 01986 873484
Merlin Saddlery Service, Tel: 01502 717133

Farriers

Rex T Card, Homely, The Street, Northcove, Beccles,
Tel: 01502 476763
Nicholas P Frere-Smith, 16 Webster St, Bungay,
Tel: 01986 893853
Gary Cook, Swallows Corner, Chapel Road, Blythburgh,
Tel: 01502 478304 mobile 040 345 4312
Sion Davies, Manor Farm, Uggeshall, Tel: 01502 575332
Paul Harvey, Brook Farm, Cookley, Tel: 01986 785230
David Pearce, 7 Larks Rise, Holton Road, Halesworth
Tel: 01986 874300

Bridleway group

Waveney Valley Bridleway Group, Mrs Barbara Hamilton,
The Old Barn, Ilketshall St Andrew,
Beccles, NR34 7JH Tel: 01986 781581

Linking Routes & Schemes

Norfolk County Council, Tel: 01603 222769. The Southern
Trail, Morningthorpe to Denton 22 miles
Sotterley Horse Trail, 10 miles, please apply to Sotterley
Horse Trail, Estate Office, Lower Green Farm,
Sotterley, Beccles, NR34 7TY. Scheme open February to
March £47.00 (parking area available)
John Sanderson, S Elmham Hall Tel: 01986 782526
Private riding scheme opening 2002

Road Safety

Ride carefully and considerately at all times and pass walkers slowly

Cyclists - give way to horseriders and either ring your bell or call out a friendly warning - remember that otherwise your approach is silent

Horseriders - always wear an approved hard hat and, when riding on roads, a tabard, even in summer - a dark horse and a rider in dark clothes cannot be seen by drivers even on a bright summer's day - don't become a "Riding Statistic"!

Take care on roads - plan your ride according to your horse's experience and your riding ability. Try to avoid riding on the roads at peak times when people are tending to hurry to and from work and school, especially as many country roads are used as rat runs. Also, Suffolk is primarily an agricultural county and large tractors can be met at any time

Be courteous to drivers - a smile, a wave or a hand gesture goes a long way



Routes devised by **East Anglian Trails**

Elizabeth Barrett, Pip's Peace, Kenton, Stowmarket, Suffolk, IP14 6JS



East of England Development Agency



European Regional Development Fund

The Recreation Project is a partnership between the Environment Agency, Mid Suffolk District Council, Suffolk County Council, Waveney District Council, Upper Waveney Valley Countryside Project and local fishing, canoeing and horse-riding groups.

Ride two abreast normally so that you can be seen easily - but go into single file around blind corners and on narrow roads

Do not stray onto adjacent fields - remember that a grass field is a crop and may be standing hay

When crossing a busy road, stay mounted as you will have more control over your horse

If at all possible, **avoid riding on heavy clay** after wet weather

Avoid riding after dark, but if there is any possibility of being caught out do make sure that you have a stirrup light with you

Last but not least, **re-read the latest version of the Highway Code**