

Wrabness sits overlooking the **Stour Estuary** in the far north of Essex and became part of the National Landscape in 2020.

Easily accessible by train, walks take in woodland, farmland, quiet meadows and the **River Stour** where saltmarsh and mudflats provide habitats for wildlife.

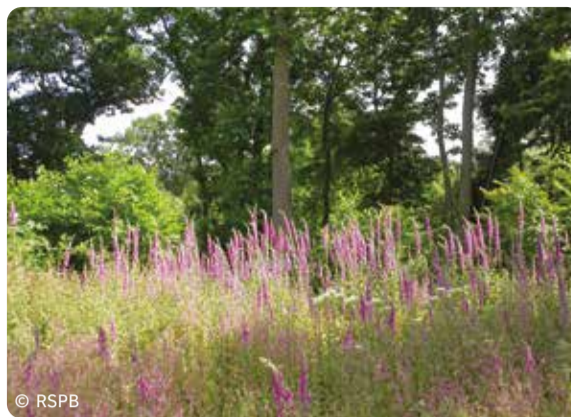


Highlights

1 Stour Wood is part of the RSPB's Stour Estuary Reserve and is an ancient woodland. The sweet chestnut trees in the wood have been 'coppiced' for many centuries. Coppicing is a way of managing woodland by cutting trees and shrubs almost to ground level to encourage many small stems. This practice is maintained to manage the woodland today. Other trees in the wood include oak, small-leaved lime and the rare wild service tree. On the woodland floor are many interesting plants, including wood spurge, yellow archangel and bluebells. In early April, the woodland is carpeted with the white flowers of the wood anemone. Stour Wood is home to around 40 species of breeding birds, including tree creeper and wren. In spring and early summer you may even hear the song of the nightingale. In the autumn, redwing and fieldfare visit to feed on berries. Insects thrive here, including butterflies like the white admiral and the speckled wood.



2 All Saints Church dates from the Norman period, but has been much altered since. In the late 17th century, the bell tower collapsed, so a 'temporary' bell cage was built in the churchyard. The bell and bell cage remain to this day!



3 The River Stour

abounds with wildlife, particularly birds. The salt marshes and mudflats are home to avocet, ringed plover and redshank. Migrating birds, including Brent geese, grey plover and greenshank can be seen in the Spring, late Summer and Autumn as they stop to rest and feed. Huge flocks of birds arrive for the winter and can be seen on the mudflats. The river was once an important trade route, carrying goods to and from the port of Mistley. Small ships and pleasure craft still ply the river today.

4 Copperas Bay is so named because it was once dredged for copperas, or iron sulphate. Iron sulphate was a vital ingredient in cloth production as it was used to fix dye. The copperas was dredged from the mud and used in the manufacture of dyes, inks and sulphuric acid. It was used to produce indigo ink.

5 A House for Essex is a building like no other, sitting strikingly in the landscape. Designed by FAT Architecture and famed artist, Sir Grayson Perry, it is both an artwork in itself and the setting for a number of works by Perry exploring the special character and unique qualities of Essex. The building was designed to evoke the tradition of wayside and pilgrimage chapels. It is not open to the public but can be viewed from adjacent footpaths and the river.

The Suffolk & Essex Coast & Heaths National Landscape

The Suffolk & Essex Coast & Heaths National Landscape stretches from Kessingland near Lowestoft, down to Parkeston near Harwich on the Stour Estuary in North Essex. It is one of Britain's finest landscapes, nationally important for wildlife and beloved by residents and visitors alike.

The National Landscape conserves and enhances the natural beauty of the area through nature enhancement, landscape restoration, creating habitats for wildlife, volunteering activities such as beach cleans and hedge planting, and providing funding for community projects.

Key to map

- National Landscape area (Estuaries are also included)
- Additional project area
- Town and villages
- Woodland
- Heathland
- Main roads
- Railways/stations
- Suffolk Coast Path
- Stour and Orwell Walk
- Sandlings Walk



Scan the QR code to find out more about the Suffolk & Essex Coast & Heaths National Landscape or you can visit coastandheaths-NL.org.uk. Get in touch on **01394 445225**.

Visiting Wrabness

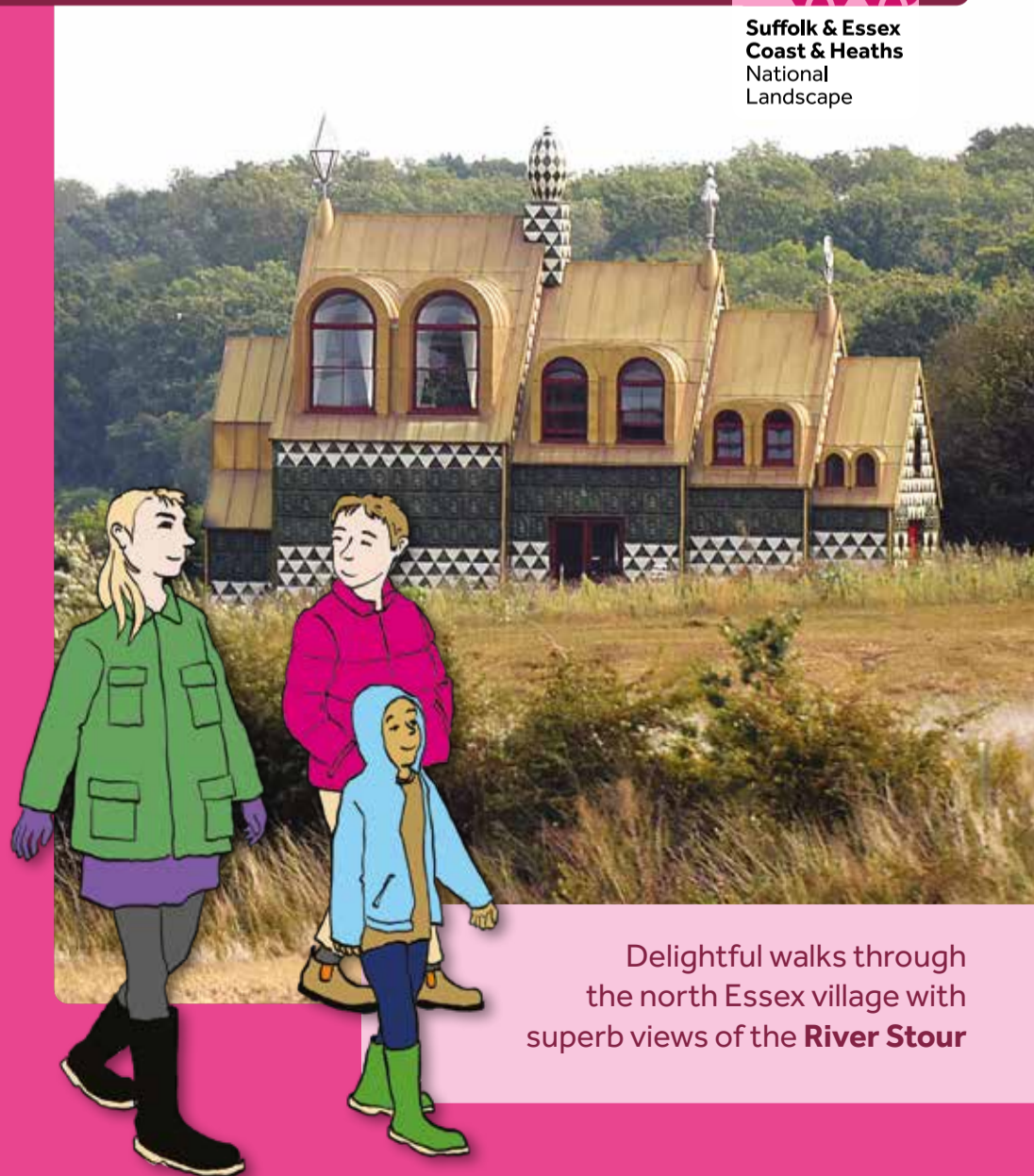
- Ordnance Survey Explorer Map No. 197 (Ipswich, Felixstowe and Harwich)
- Car:** Access via the B1352 from the A137. Parking can be limited on very busy days
- Bus information:** Visit traveline.info or suffolkonboard.com
- Train information:** Trains from Manningtree to Harwich stop at Wrabness. Train timetable at nationalrail.co.uk



Wrabness Explorer Guide



Suffolk & Essex Coast & Heaths National Landscape



Delightful walks through the north Essex village with superb views of the **River Stour**

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Wrabness Explorer Guide

These two walks take you through Wrabness, enjoying wonderful views of the River Stour and woodland.



Woodland and River Ramble

Terrain:

Paths and tracks, which can be muddy after rain. Some sections on minor roads. Take care crossing railway. The path along the river wall is exposed. No cycling permitted on RSPB land.

Leave Stour Wood car park via the path to left of wooden shelter.

Follow a wide path through wood and bear right when path divides.

At the T junction, turn left. At cross paths, go straight and then follow track to right. Pass cottage and turn left.

Follow path through woodland and between fields.



Distance:

4.2 miles (6.7 km)



Time:

2 hours 30 mins



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© Essex Wildlife Trust

Follow lane down hill to river, passing caravan park on left. At bottom of hill, turn right just before wooden buildings. At this point you can continue along the path or walk down to the beach.

Follow path parallel with river, along river wall, through woodland and beside fields. Ignore all right turns. Go through tall kissing gate and along edge of garden. Continue along edge of fields, keeping river to left. After some distance, follow path into woodland and take the left hand fork, following signs for Essex Way.

Keep on path until railway bridge. Cross bridge and turn sharp right along permissive path. Follow path parallel with railway back into woodland. Ignore first left, but take second left, indicated by white arrow. Follow white arrows back to car park.



© Gregg Brown

Stour Wood Stroll

Terrain:

Paths and tracks can be muddy after rain. Because of grazing animals and ground nesting birds, please keep dogs on leads. The route follows Public Rights of Way and permissive routes.

Leave Stour Wood car park via the path to left of wooden shelter. Follow a wide path through wood and bear right when path divides. At the T-junction, turn left. At cross paths, go straight and then follow track to right. Pass cottage and turn left. Follow path through woodland and between fields. At T-junction with track, turn right and cross bridge over railway. Turn right and follow the path along edge of a field to river. When you reach a path running parallel to the river, turn right. Go through tall kissing gate and along edge of garden.

Continue along edge of fields, keeping river to left. After some distance, follow path into woodland and take the left hand fork, following signs for Essex Way. Keep on path until railway bridge. Cross bridge and turn sharp right along permissive path. Follow path parallel with railway back into woodland. Ignore first left, but take second left, indicated by white arrow. Follow white arrows back to car park.



Distance:

2.2 miles (3.5 km)



Time:

1 hour



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At T junction with track, turn right and cross bridge over railway. Turn left on the far side of bridge and follow path parallel with railway.

At T junction with lane, turn left. Follow lane back over railway and then to right. Walk straight ahead along Station Road. At junction with Church Road, turn right, crossing the railway again. Follow lane past entrance to Shore Farm and around a gentle bend to the left. Take the next footpath on your right down Stone Lane. You may wish to take a detour at this point to visit Wrabness Church.



Countryside Code

The Suffolk & Essex Coast & Heaths National Landscape has a network of footpaths and bridleways.

To protect you, other people, wildlife, and the landscape, please make sure you:

- Stick to marked footpaths
- Leave things as you find them
- Do not light fires or BBQs
- Take all litter home with you
- Please keep dogs under close control at all times and on lead as advised

Scan the QR code to find more advice and visitor guides, or visit

coastandheaths-nl.org.uk/exploring.

