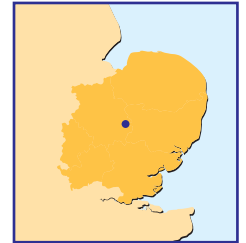


CYCLING DISCOVERY MAP



Starting point: *Newmarket, Suffolk*

Distance: *28 miles/45 km (also two shorter loops of 6 miles/10 km)*

Type of route: *Day ride - moderate, circular; on roads and cycle paths*

THE JOCKEY'S TRAIL From Lodes to Gallops

This cycle ride starts from the horseracing capital of the world, Newmarket. From here the route heads north west to the 'Fen edge' villages of Burwell, Reach and Swaffham Prior. These former inland ports date back to Roman times, with their ancient waterways or 'lodes'. In complete contrast, the return journey takes you into a rolling patchwork of chalk grasslands, paddocks and woodland, home to lavish stud farms. Here you can explore villages with thatched and colour-washed cottages. Along this route you can discover the 'tragic tale of the flaming heart', visit a 15th C. Packhorse Bridge and take a stroll along the Roman road - The Devil's Dyke.



Newmarket Stallion Bronze Statue (nr. entrance of The National Stud)

Essential information

Starting point:	Newmarket - Palace Street (outside Tourist Information Centre).
Alternative starting point:	Swaffham Prior - village car park (SP from the High Street). Join the route, by turning R out of the car park entrance onto the High Street. Start from 'E Swaffham Prior'.
Car parking:	Newmarket - All Saint's Road (charge made). Swaffham Prior - village car park (free).
Nearest railway station:	Newmarket (1/2 mile south of Palace Street). Dullingham - the station is on the route. Kennett (2 miles north of Moulton).
Type of route:	Day ride - moderate, circular; on roads and cycle paths.
Summary of route:	Newmarket - Exning - Burwell - Reach - Swaffham Prior - Swaffham Bulbeck - Dullingham - Stetchworth - Stetchworth to Cheveley Road - Cheveley - Moulton - Newmarket Heath - Newmarket.
Distance:	28 miles/45 km.
Short cut:	Two shorter loops (approx. 6 miles/10 km) are available, starting from the village of Moulton (located 3 miles east of Newmarket).
Terrain:	Gently rolling. Several easy to moderate climbs. Lowest point - 16 feet (5 metres) at Burwell. Highest point - 358 feet (109 metres) at Stetchworth.
Cycle repair:	Newmarket - Moon's Cycle Centre, 1 Old Station Road (01638) 664897.
Ordnance Survey map area:	Landranger 154 - Cambridge & Newmarket.
National Cycle Network links:	Route 51. This ride follows the NCN between Newmarket and Swaffham Bulbeck, then again later from Moulton back into Newmarket.

Key to Symbols & Abbreviations

	Cycle Parking
	Places of Interest
	Refreshments
	Children Welcome
	Picnic Site
	Shop
	Toilets
	Tourist Information
	Caution/Take care
	Left Turn
	Right Turn
	T-junction
	Straight Across/Ahead
	Cross roads
	Sign-posted
	Not Sign-posted

Anglesey Abbey (nr. Swaffham Bulbeck)



Points of Interest (listed as you would find them along the route)

Please note: within this map there is only room to list basic details regarding opening times. In this respect, if you are planning to visit any of the places of interest on this route, we advise you to telephone in advance to confirm exact opening days and times. Refreshment establishments listed on this map are just a small selection of those available. For further information, please contact the nearest Tourist Information Centre.

- A Newmarket** - the headquarters of the British horseracing industry since the 17th C. Around 2,500 horses in training, some of the most important studs in Britain and two racecourses. Market - Tues, Sat. 📍
- 🏠 **The Jockey Club** (High Street) - founded in 1752, the club administers the rules of racing. Statue of racehorse 'Hyperion' (born 1930). *Not open to the public.*
- The National Horseracing Museum** (High Street) - story of racing's amazing history. Hands-on gallery with horse simulator. Open Apr-Oct. Admission charge. (01638) 667333. ✖
- The National Stud** (2 miles south west) - one of Britain's most prestigious stud farms. Guided tours. Open Mar-Sept. Admission charge. (01638) 666789. ✖ 📍
- Palace House** (Palace Street) - origins of King Charles II's 17th C. palace. Houses Tourist Information Centre. Open all year. Admission free. (01638) 667200.
- St. Mary's Church** (St. Mary's Square) - mainly 15th C. Rare vaulted piscina. Gravestones with skulls/crossbones.
- Tattersalls** (The Avenue) - horses have been brought and sold here since 1870. Sales from Feb to Dec.
- ✖ Wide selection throughout town.
- 📍 Memorial Gardens; The Rookery Shopping Centre.
- 📍 Palace House, Palace Street (01638) 667200. Open all year.
- B Exning** - ancient village, dating back to Anglo-Saxon times. In the 12th C. the parish was divided into four by the Count of Boulogne. 📍
- St. Etheldreda** - the founder of Ely was reputedly born here in AD630. Later she was baptised at the 'Seven Springs', which still exists today.
- 🏠 **St. Martin's Church** - 14th C. (although much restored) with slab showing carved cross. 18th C. pulpit.
- ✖ **The White Horse** (01638) 577323. 📍
- The White Swan** (01638) 577218. 📍
- C Burwell** - large village set on the Fen edge. In the 17th C. it was an inland port. Interesting buildings. 📍
- 🏠 **Burwell Castle** - earthworks of 12th C. castle, built by King Stephen.
- Burwell Museum of Fen Edge Village Life** - 18th C. barn with local history, forge and carts/wagons. Open Apr-Oct. Admission charge. (01638) 605544.
- St. Mary's Church** - 15th C. with roof carvings and medieval wall painting. The 'Flaming Heart' gravestone marks the burial site of 78 people, who died in a barn fire, whilst watching a Punch and Judy Show in September 1727.
- Stevens' Mill** - four storey tower, last worked in 1953. Now fully restored. Open Apr-Oct. Admission charge. (01638) 605544.
- ✖ **The Anchor** (01638) 741101. 📍
- The Crown** (01638) 741298. 📍
- The Fox** (01638) 741267. 📍
- D Reach** - peaceful village. It was once the medieval port for Cambridge. The lode (canal) dates from Roman times.
- 🏠 **Fair Green** - travelling fairs have visited this large green since the 13th C. Annual fair in May.
- The Devil's Dyke** - 6/7th C. defensive earthwork, running for 7 1/2 miles between Reach and Woodditton. It was built because of a conflict between two Anglo-Saxon kingdoms.
- ✖ **The Dykes End** (01638) 743816. 📍
- E Swaffham Prior** - hilltop village noted for its two churches in the same churchyard. Georgian houses.
- 🏠 **Foster's Windmill** - built 1857, and worked commercially until 1946. Now restored. Open all year, on 2nd Sun in month. Admission free. (01638) 741009.
- St. Cyriac's Church** - 15th C. tower. The nave was demolished in 1667, and rebuilt in Georgian style.
- St. Mary's Church** - oldest of the two churches, dating back to the 12th C. First World War memorial windows.
- ✖ **The Red Lion** (01638) 742303. 📍
- F Swaffham Bulbeck** - long, thin village, set around a cricket pitch, with fine old timber-framed houses. 📍
- 🏠 **Commercial End** - at the head of the artificial lode (canal), this was once an inland port. The 18th C. wharves and Dutch-style Merchant's House remain.
- Denny Moat** - ancient monument set in a 3 acre elm plantation. There were once three 'moated' manors in Swaffham.
- St. Mary's Church** - 14th C. with earlier tower. Decorated roof and Italian cedarwood chest.
- ✖ **The Black Horse** (01223) 811366. 📍
- G Just off the route** - Anglesey Abbey, Garden and Lode Mill (1 1/2 miles west of Swaffham Bulbeck). 13th C. abbey, with later Jacobean house. Paintings and furniture. Outstanding garden. The National Trust. House open end Mar-Oct. Garden/Mill open all year. Admission charge. (01223) 810080. ✖ 📍
- H Dullingham** - agricultural-based village. Overlooking the green is the former half-timbered/thatched hall of the Guild of St. John.
- 🏠 **St. Mary's Church** - tower with 18th C. lantern and green marble pulpit.
- ✖ **The King's Head** (01638) 507486. 📍
- I Stetchworth** - hilltop village with pretty thatched houses. 📍
- 🏠 **St. Peter's Church** - Early English chancel and flushwork tower. Medieval graffiti.
- Stetchworth Park** - stud farm founded in 1883. The great racehorse 'Hampton' (born 1872) is buried here. He sired two Derby winners. *Not open to the public.*
- ✖ **Marquis of Granby** (01638) 507628. 📍
- J Stetchworth to Cheveley Road** - woodland and paddocks, forming some of Newmarket's most beautiful upland stud farms.
- 🏠 **Cheveley Park Stud** - probably the oldest stud in England. Reputed to have been the home of Aethelstan, the first English Anglo-Saxon King. *Not open to the public.*
- K Cheveley** - once an Anglo-Saxon and Norman royal manor. Earthworks of former castle and 18th C. rectory. 📍
- 🏠 **St. Mary's Church** - 12th C. with central octagonal tower. 16th C. Italian chair. 19th C. stained glass by Kempe.
- ✖ **Red Lion Inn** (01638) 730233. 📍
- L Just off the route** - Ashley (3/4 mile east of Cheveley). Pretty village, set around its green and duck pond. 📍
- 🏠 **St. Mary's Church** - Neo-Norman, the nave dating from 1845. One mile south is the ruined tower of Silverley church, once a separate parish.
- ✖ **The Crown** (01638) 730737. 📍
- M Moulton** - attractive cottages/houses overlooking a large green. Several little bridges cross over the River Kennett, including the 15th C. Packhorse Bridge. 📍
- 🏠 **Animal Health Trust** (1 1/2 miles north of village, beside B1506) - visitor centre showing work in the diagnosis, cure and prevention of animal diseases. Open all year. Admission free. (08700) 502424. ✖
- St. Peter's Church** - late 13th C. tower, hammerbeam roof and 16th C. font.
- ✖ **The King's Head** (01638) 750156. 📍
- N Newmarket Heath** - area of chalk grassland overlooking the town. Popular for the display of horse-riding skills since medieval times. Today strings of horses can be seen exercising here.

ROUTE DIRECTIONS

STARTING POINT: Newmarket (Palace Street, outside Tourist Information Centre).

A Newmarket - H.Q. of the British horseracing industry. 🏠 ✖ 📶 📺 📶

1 With the Tourist Information Centre behind you, turn R along Palace Street. Then at the T-j with All Saint's Road, turn R into Sun Lane (NS).

2 When you reach the High Street, dismount from your cycle, and use the pedestrian crossing. On the other side, walk SA into Wellington Street, where after a short distance you can remount your cycle.

3 The route passes the Market Square on your R. Then at the T-j with the main road (B1103), turn R, then immediately L to follow the horse walk to Exeter Road (NS). ⚠

4 Cross Exeter Road to join the combined pedestrian/cycleway running beside the river.

5 Follow the route beside the river through housing estates, and over Noel Murless Drive, SP 'Studlands Park'.

6 Continue through the playing fields, then cross over Willie Snaith Road using the pedestrian crossing. Remain on the pedestrian/ cycleway, SP 'Studlands Park'. After a short distance you cross straight over Studlands Park Avenue through the Industrial Estate. ⚠

7 When you reach the shops/community centre, turn L (NS). Then at the T-j with Brickfields Avenue, turn L again (NS). Go SA at the mini roundabout. ⚠

8 Turn R onto Exning Road (the B1103) (NS). ⚠

B Exning - ancient village. 🏠 ✖ 📶

9 Turn L onto Ducks Lane (NS).

10 Turn L onto Laceys Lane (NS).

C Burwell - large 'Fen edge' village. 🏠 ✖ 📶

11 Turn R onto Swaffham Road (NS), then immediately L, SP 'Industrial Estate, Highway Depot, Reach'. ⚠

D Reach - former medieval port for Cambridge. 🏠 ✖

12 At the village green, turn L (NS), then L again, SP 'Swaffham Prior'.

E Swaffham Prior - two churches in the same churchyard. 🏠 ✖

13 Turn R onto the B1102, SP 'Cambridge, Swaffham Bulbeck'.
Please note: if you do not want to cycle on this busy stretch of road, then you can walk with your cycle along the pavement. ⚠

14 After just over 1/2 mile, turn R onto Abbey Lane, SP 'Commerical End 1/2'. ⚠

F Swaffham Bulbeck - long, thin village, set around a cricket pitch. 🏠 ✖ 📶

15 Turn L (NS).

G Just off the route - Anglesey Abbey, Garden and Lode Mill (continue SA for 3/4 mile. Then at the T-j, turn R onto the B1102 for 1 1/4 miles).
13th C. abbey, with later Jacobean house. 🏠

16 At the X-roads with the B1102, go SA into Heath Road, SP 'Dullingham 6, Stetchworth 7'. ⚠

17 Turn L, SP 'Newmarket 5 1/2'.

18 At the X-roads with the A1303, go SA, SP 'Dullingham 3'. ⚠

19 Turn R onto the A1304, SP 'London, Stansted A1304 (A11) (M11)'. Then almost immediately, turn L, SP 'Dullingham 2 1/2'. ⚠

H Dullingham - agricultural-based village. 🏠 ✖

20 At the X-roads with the B1061, go SA onto Stetchworth Road, SP 'Stetchworth 1, Woodditton 2 1/2'. ⚠



Packhorse Bridge, Moulton

21 Bear L around the corner, SP 'Stetchworth 1/2, Woodditton 2'.

I Stetchworth - pretty thatched houses. 🏠 ✖ 📶

22 Turn L, SP 'Newmarket 3 1/2'.

23 Turn R (NS).

J Stetchworth to Cheveley Road - stud farms, woodland and paddocks.

24 At the staggered X-roads, turn R, SP 'Woodditton 1 1/2', then immediately L, SP 'Cheveley, Ashley'.

25 At the next X-roads, go SA, SP 'Cheveley'.

K Cheveley - once an Anglo-Saxon and Norman royal manor. 🏠 ✖ 📶

26 Turn L, SP 'Newmarket'.

27 At the X-roads with the B1063, go SA, SP 'Moulton 2, Kentford 3 3/4'. The road goes uphill. ⚠

L Just off the route - Ashley (at the X-roads, turn R onto the B1063 for 3/4 mile). Pretty village. 🏠 ✖ 📶

28 Turn L onto the B1085, SP 'Chippenham 4 1/2, Isleham 7 1/2'.

M Moulton - pretty village set beside the River Kennett. 🏠 ✖ 📶

29 Turn R onto Church Road (NS).

30 Pass through the ford, or use the bridge, then turn immediately L onto Brookside (NS).

31 Turn L onto Bridge Street (NS), passing the Packhorse Bridge.

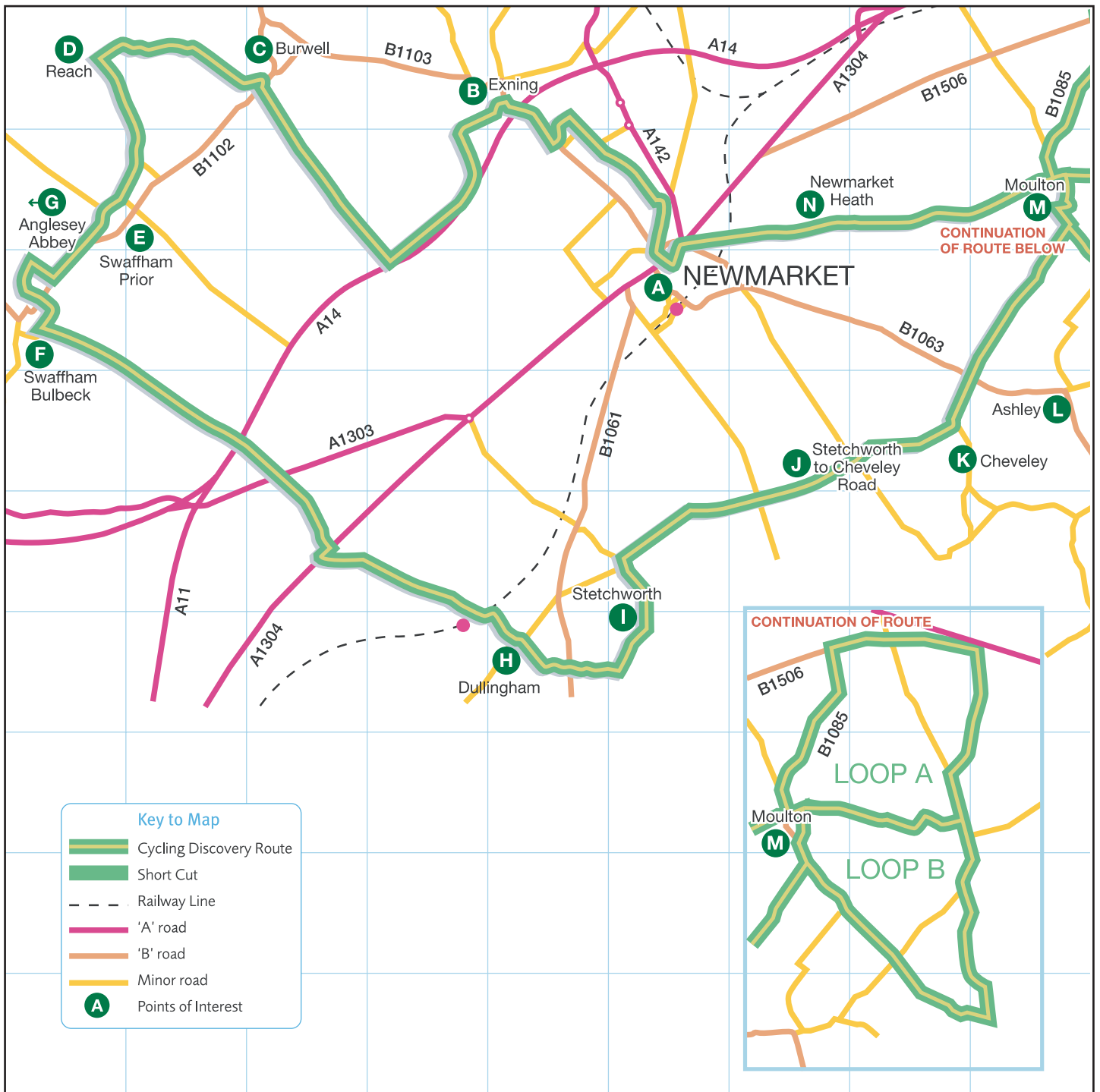
32 At the staggered X-roads (with the B1085), turn L onto The Street, SP 'Dalham 3, Clare 15'. Then immediately R, SP 'Newmarket 3 1/2'. The road climbs uphill onto Newmarket Heath. ⚠

N Newmarket Heath - chalk grassland used for exercising racehorses. Panoramic views.

33 Turn R onto Old Station Road (NS). ⚠

34 Bear L at the roundabout (SP 'Haverhill B1061'), passing the Clock Tower to your R. Then take the second L into Palace Street (SP 'Palace House'), passing the Rutland Arms Hotel on your R. Shortly you arrive back at the Tourist Information Centre. ⚠

For those wishing a shorter ride or to extend their mileage, two picturesque loops are available, both starting from the village of Moulton. Each loop is approx. 6 miles/10 km. Several public houses along the loops offer refreshments.
Loop A - take the Moulton Road (NS) to Gazeley, passing the water tower on your L into Gazeley village. At the T-j, turn L, SP 'Kentford 2, Needham 1'. After about 1/2 mile (where the road forks), bear R, SP 'Needham Street 1/2, Lackford 6'. Then at the T-j with the B1506, turn L, SP 'Newmarket B1506, Kentford'. ⚠ Go through Kentford, past the church, and turn L at the X-roads, SP 'Moulton B1085 1 1/2'.
Loop B - take the B1085 south to Dalham. At the Affleck Arms, cross the river and turn sharp L, SP 'Gazeley 1 1/2, Mildenhall 9'. At the next T-j, turn R, SP 'Gazeley 1/4'. Go straight on through the village, past the church, then take the next L onto Moulton Road, SP 'Moulton 1 1/2, Newmarket 4'.



The Map shown in this route provides just a general outline - In this respect, we recommend that you purchase the Ordnance Survey Landranger Map which covers the area. Ordnance Survey map area: Landranger 154 - Cambridge & Newmarket. 'Reproduced by permission of Ordnance Survey on behalf of HMSO ©Crown copyright (2006). All rights reserved. Ordnance Survey Licence number 100017282'.

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