

**Out and back route with one portage through idyllic Constable country taking in Flatford Mill famous for the The 'Hay Wain' Painting by John Constable in 1821. Turn around point for this trail is Dedham Riverside Carpark.**



## Key Info



Scan or visit [bit.ly/River-Stour](http://bit.ly/River-Stour) to find the map in Mapometer and download the GPX file

**Start:** Cattawade Picnic Site off Bergholt Road, Brantham, Manningtree, Essex CO11 1QW

**Finish:** Route turns back at Dedham Mill. Paddlers could choose to be picked up here or return to the Cattawade start (see Discover More)

**Distance:** 7.8 miles

**Time:** 2-4 hours

**Locks/Portages:** 1

(with purpose made landing stages in place)

**OS Map:** Explorer 196 Sudbury, Hadleigh and Dedham Vale



- 1 From Cattawade turn right on launching and follow river towards Flatford.
- 2 After a few hundred meters pass through an old disused lock pool and continue following the river.
- 3 On arrival at the weir that marks the start of the tidal River Stour take care as it is slightly overgrown and the river narrows. Navigate round to the right following the river upstream under a wonderful canopy of trees.
- 4 On arrival at Flatford Mill Lock the purpose-built portage point is well sign posted, approximately 100m downstream.
- 5 Re-join the river via another portage point, above the Lock, in front of the Tea Rooms.
- 6 Pass under the wooden footbridge and continue upstream for about 1.5 miles until you pass the Boathouse Café and under the B1029 which marks the turning point of this particular trail.
- 7 Just after the road bridge you will see a landing point on the left adjacent the car park. This is your turning point. Retrace your journey back through the beautiful scenery of the River Stour.

Find more  
paddling trails at:  
[gopaddling.info](http://gopaddling.info)



This is a very flexible trail in that it is suitable for most paddle craft including stand up paddle boards with options on distance and pickups. It works very well as an out and back trail in either direction with Carparks at both ends or as a one way if collection can be arranged.

Worth noting is that between the Flatford and Dedham stretch there is an excellent riverside footpath with coffee shops either end for family members who may want to accompany you and not paddle.

Starting at the Cattawade Picnic Site paddlers pass through nature reserves and open farmland before turning right at the weir for Flatford Mill Lock. On the way look out for Herons, Kingfishers, Moorhens, Swans and a wonderful assortment of other wildlife. The water is quite clear so fish can be observed and often seen jumping.

For alternative finish at Dedham: Dedham Riverside Carpark, Dedham Rd, Dedham, Colchester CO7 6DH. Pay and display carparking, purpose made landing point, Boathouse Café and rowing boat hire.

Dedham Vale AONB and Stour Valley Project :

[www.dedhamvalestourvalley.org](http://www.dedhamvalestourvalley.org)

National Trust Flatford : [www.nationaltrust.org.uk/flatford](http://www.nationaltrust.org.uk/flatford)

River Stour Trust : [www.riverstourtrust.org](http://www.riverstourtrust.org)



## Safety and Licenses

*We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.*

### Paddle Safe:

Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & suncream!

### Paddle Responsibly:

Respect the natural environment and other users:

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

Licences: The waterways in this trail are managed by The Environment Agency (EA) Trust and require paddlers to hold a license. British Canoeing membership includes a full annual license for this waterway - please take your membership card with you as this acts as your license. Non-members can either purchase a British Canoeing membership from [www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk) or buy licenses direct from [www.riverstourtrust.org](http://www.riverstourtrust.org)

Visit our website  
[britishcanoeing.org.uk](http://britishcanoeing.org.uk)  
for more information

