

## Key Info

### Start & finish:

Off Quay Lane, Sudbury, Suffolk  
CO10 2AN

Limited free parking within 50m of  
launch point, slipway accessible for  
launch with wooden landing stage beside.



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

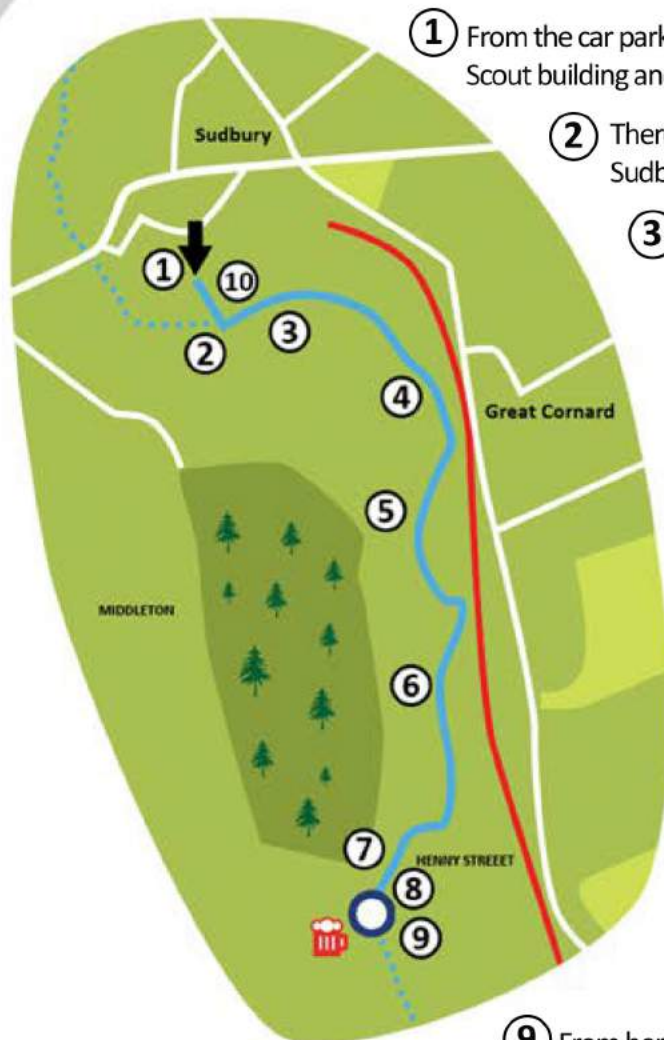
**Time:** 1.5-2 hours

**Distance:** 4.4 miles

**Locks/Portages:** 2

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

A peaceful, relaxing flat water meander through the Suffolk countryside, with the possibility of seeing swans, kingfisher and other wildlife, ending beside a country pub. With appropriate safety cover, it's possible to shoot a man made weir, subject to inspection of water levels.



- ① From the car park at the end of Quay Lane head to the slipway launch point between the Scout building and The Granary (brick building with green doors).
- ② There is only one exit from this point (the Cut); turn right and paddle past Sudbury Rowing Club (on your right), then under the footbridge.
- ③ 100m from the launch point emerge from the Cut onto the River Stour and turn left to paddle downstream to Henny Swan (and back).
- ④ After approx. 10 minutes you will reach Cornard weir and lock (see Discover More) which should be portaged unless safety cover is in place.
- ⑤ Below Cornard weir you will see the River Stour Trust boathouse on the left bank.
- ⑥ Next you will see some residential houses and flats on the left side followed by Baker's Mill sluice – DO NOT enter this area as it is private property.
- ⑦ After passing a small private boat shed (and a totem pole!) on the left bank you will paddle through open countryside for the rest of the trail until reaching Henny Swan.
- ⑧ This is your turning point but you can stop for refreshments. The pub is accessible from landing stage. DO NOT SHOOT THE WEIR ON LEFT SIDE OPPOSITE THE PUB unless safety cover is in place and you're a competent paddler. DO NOT PADDLE BEYOND THE WOODEN LANDING STAGE ON RIGHT BANK (private property).
- ⑨ From here you can return to your start point.
- ⑩ If you want to extend your trip by 20-60 mins you can turn right and paddle upstream under a footbridge followed by the road bridge at Ballingdon. Here you will see, on your right, the Riverside restaurant. Continue upstream under another footbridge until a fork in the river: the right fork will lead you to The Croft weir pool which offers the opportunity to play in moving water. From left fork you can continue approx. 5 minutes to a fallen tree that is blocking the river. This part of the river has some of the fastest flowing sections at high water levels and can offer useful practice of break-ins/outs for novice paddlers.

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





Much of this route is in peaceful relaxing open countryside where it is often possible to observe various wildlife both on and off the water. Between the cut and weir watch out for rowing sculls and the rowing club's motor launch that can create a little choppy water.

This area is also popular with anglers, so keep a watch for their lines especially on the sections between the Croft weir pool until just below Cornard weir. Along the route there is no place to stop on the river bank apart from the portage at Cornard weir. Several private properties enjoy river frontages – DO NOT LAND ON THESE.

The weir: Always portage Cornard weir unless you have safety cover in place and are a competent paddler. It's advisable NOT to shoot the weir when automatic sluice gate is open (i.e. when the counter-balance weight is close to horizontal).

Portage to the left of the weir when heading downstream following signs indicating the portage route designated for canoes / kayaks using the wooden landing stages at either end. Do not portage close to the lock, use footpath beside weir about 15m in length.

Other group members: If you have non-paddlers coming with you there are options for them to join you on your route. A disused railway is now a footpath that crosses the trail in 2 places and in the summer months, from The Granary, there are river boat trips at weekends and Bank Holidays to The Henny Swan and back.

Boat hire: Canoes and sit on top kayaks can be hired adjacent to The Riverside restaurant beside Ballingdon road bridge (note the operator is independent of the restaurant and operates from a launch point on the edge of the restaurant car park, no parking allowed onsite for paddlers, advisable to park elsewhere in town and walk to the hire point). [outdoorhirecentres.com/sudbury.html](http://outdoorhirecentres.com/sudbury.html)

Refreshments: The Riverside Restaurant is a recently refurbished, upmarket eatery. Dry clothing is appropriate. Riverside Restaurant, 43 Cross Street, Sudbury, CO10 2BL. The Henny Swan is an independently run pub, serving food and real ales. Henny Swan, Henny Road, Great Henny, Sudbury, CO10 7LS. There are a wide range of other pubs, shops, cafes and restaurants in Sudbury.



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



## Safety and Licences

*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!

**Licence Information:** The waterways in this trail are managed by the River Stour 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 licence.

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)

