

The Suffolk Stour

The river is usually canoed from Sudbury, although local paddlers also use the short stretch up to Brundon.

0	<u>Sudbury Park</u> in the long stay by the Railway Station in Great Eastern Road. Access across Friars Meadow (a recreation area) GR 869 421 ACCESS
0.5	<u>Cornard Sluice</u> Portage on right. Can be shot whenever sufficient water flows over the sill GR 882399
1.8	<u>Henny Overspill</u> (Left) Pub on Right bank. Overspill can be shot on left. Do not enter Mill Pool, which is private.
2.5	<u>Henny Regulator</u> 45cm drop. Can be shot sideways or portage on right bank.
3.2	<u>Daws Weir</u> Difficult portage. Permission should be obtained from Major Iain Grahame, Daws Hall, Hammarsh, Bures, Colchester. Tel Twinstead 213
4.2	<u>Lamarsh Regulator</u> Shoot down concrete Chute or portage right only.
6.2	<u>Bures</u> Shop, pubs. Recreation ground on left after road bridge. ACCESS
6.5	<u>Bures Sluice</u> Difficult portage on right bank into Mill Pool.
8.0	<u>Wormingford Mill</u> Portage left immediately after first sluice (Weir can be shot in low water)
10.0	<u>Wissington Mill</u> Portage on right
11.0	<u>Nayland Village</u> A134 cross river here.. Take left fork through tunnel to top of a three tier weir. Shoot, or portage right. 150m left is a pub with a landing stage
13.5	<u>Boxted Mill</u> Portage left. Keep to marked path. Do not approach house.
13.7	<u>Langham Flume</u> Shoot left channel – watch out for rocks below or portage right
16.0	<u>Stratford St Mary</u> Small village with pubs & shop Portage weir on right
17.5	<u>Dedham Mill</u> Portage at top of weir on left. Small car park NO ACCESS! Instead us spit of land on left bank immediately after road bridge. Shop ACCESS
19.8	<u>Flatford Mill</u> Portage lock on right bank
20	<u>Brantham</u> A137 river bridge Good ACCESS