

DAY 4 - Colchester to St. Albans (88m/142km)

MORNING - Colchester

Britain's oldest recorded town, with Europe's largest Norman castle keep. Pay a visit to the dungeons, where suspected witches were held by *Matthew Hopkins*. *Market - Fri, Sat*.
[Tourist Information Centre](#) - 1 Queen Street +44 (0)1206 282920.

Morning coffee: Colchester

→ Leave Colchester on the B1026 to Maldon.

Lunch: Maldon

Ancient hilltop town and sailing centre. Attractive lanes and 'chases', with many historic buildings. The Hythe Quay is home of the Thames Sailing Barges. *Market - Thurs, Sat*.
[Tourist Information Centre](#) - Coach Lane +44 (0)1621 856503.

AFTERNOON - Dick Turpin Country

→ Leave Maldon on the A414 to Chelmsford. Then take the A1060 to 'The Rodings'. Turn right in Leaden Roding onto the B184 (via Great Dunmow) to Thaxted.

Dick Turpin (1705-1739) is Britain's most famous highwayman. He was born at the village of *Hempstead*, nr. Saffron Walden - where his father was landlord of The Bell Inn. After a brief period at school, Turpin went to London to train as a butcher. Returning to Essex, he set up his own shop in *Thaxted* - where his cottage can be seen in Stoney Street. Later he moved to *Sewardstone*, nr. Waltham Abbey (Essex). It was here (with mounting debts) that he turned to a life of crime - firstly stealing deer, cattle and sheep in which to stock his shop. Turpin then fell in with the notorious Gregory Gang, taking part in over a dozen robberies. Later he worked alone as a highwayman on the coach routes that ran from London to Cambridge through Epping Forest. *The Roding* villages (to the south of Great Dunmow) provided a safe hiding place, when a warrant was issued for his arrest.



Dick Turpin

Afternoon tea: Thaxted

→ Take the B1051 to Bishop's Stortford. When you reach the A120, turn right, and follow this west for eight miles. Then at the roundabout with the A10, turn left to Hertford. Join the A414/A1057 to St. Albans.

Overnight - St. Albans

DAY 5 - St. Albans, and either Hatfield House (7m/11km) OR Shaw's Corner (8m/13km)

MORNING - St. Albans

An historic city shaped by 2,000 years of history. Named after St. Alban, Britain's first Christian martyr - it is built by the site of Verulamium, Britain's third largest Roman town. *Market - Wed, Sat*.
[Tourist Information Centre](#) - Town Hall, Market Place +44 (0)1727 864511.



Cathedral and Abbey Church of St. Alban

St. Alban was the first martyr of the Christian faith to die in Britain. He was a Roman citizen of Verulamium, and was executed outside the town walls in around the 3rd C. In 793, an abbey was founded on the site of his burial, attracting many pilgrims. This was replaced in 1077 by the present Cathedral and Abbey Church. Inside is the 13th C. shrine of St. Alban, and a special audio-visual show 'The Martyr's Cathedral'.

Morning coffee and lunch: St. Albans

AFTERNOON - Hatfield House OR Shaw's Corner (Ayot St. Lawrence)

→ To reach Hatfield House, take the A1057 to Hatfield.



Hatfield House

Hatfield House - magnificent Jacobean house, home of the 7th Marquess and Marchioness of Salisbury. It was built between 1607-1611 by Robert Cecil, 1st Earl of Salisbury and Chief Minister to King James I. Famous paintings, furniture, tapestries and armour.

Possessions of Elizabeth I (1533-1603), who spent her childhood at the adjacent 15th C. Old Palace. Seated under an oak tree in the park, Elizabeth was reading when she learnt of her accession to the throne in 1558. Her first council was held in the Great Hall of the Old Palace - but after this she spent little time here.

→ To reach Shaw's Corner, take the B651 north for six miles. Then turn right onto an unclassified road to Ayot St. Lawrence.

Shaw's Corner (Ayot St. Lawrence) - this was the home of Irish dramatist, critic and essayist *George Bernard Shaw* (1856-1950), from 1906 until his death. In 1925, he was awarded the Nobel prize for literature. His famous works include *Pygmalion* (1913), *Man and Superman* (1905) and *St. Joan* (1923). His house (now owned by The Nation Trust) remains unchanged, with many literary and personal effects - his desk with pens, the revolving summerhouse in the garden where he used to write, even his hats in the



George Bernard Shaw

Afternoon tea: Hatfield House OR Shaw's Corner

----- END OF TOUR -----

Famous Footsteps Discovery Tour J

For further information on this tour (including opening times of attractions listed), please contact the **East of England Tourist Board** on +44 (0)870 225 4800, or visit www.visiteastofengland.com



Follow in the footsteps of the East of England's famous sons and daughters. Explore the haunts and homes of heroes and highwaymen - from Lord Nelson and Edith Cavell, to Dick Turpin and John Constable. Discover their stories and dramatic events, which have shaped Britain's colourful history and heritage.

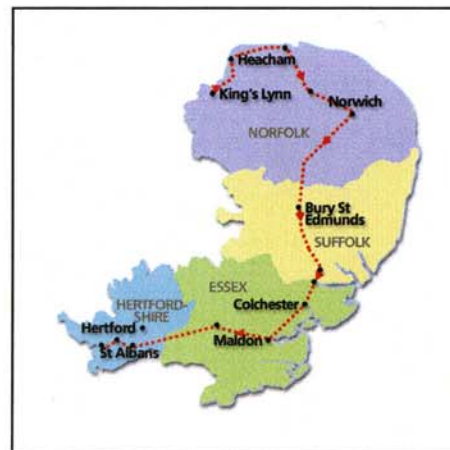


Starting point: King's Lynn (Norfolk)

Duration: Five days **Mileage:** 251 miles/404 kilometres

Route of tour:

- Day 1: King's Lynn - Heacham - The Burnhams (overnight)
Day 2: The Burnhams - Hingham - Norwich - Bury St. Edmunds (overnight)
Day 3: Bury St. Edmunds - Sudbury - Constable Country - Manningtree and Mistley - Colchester (overnight)
Day 4: Colchester - Maldon - Dick Turpin Country (The Rodings - Thaxted) - St. Albans (overnight)
Day 5: St. Albans - Hatfield House OR Shaw's Corner (Ayot St. Lawrence)

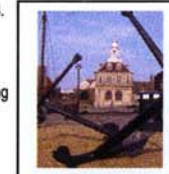


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DAY 1 - King's Lynn to The Burnhams (37m/60km)

MORNING - King's Lynn

Historic port and market town - dating back to the 12th C. Narrow streets, former merchant's houses and hidden courtyards. Two medieval guildhalls and the 17th C. Custom House. *Market - Tues, Fri, Sat*.
[Tourist Information Centre:](#) The Custom House, Purfleet Quay +44 (0)1553 763044.



King's Lynn

★ *King John* (1199-1216) - visited the town in October 1216. He then departed for Newark, going inland to avoid crossing the treacherous Wash. But his baggage train took the more direct route over the estuary - only possible at low tide. Unfortunately they were beaten by the incoming tide and the King's treasures were literally washed away.

★ *The Hanseatic League* - an association of medieval merchant traders from around 200 towns in Germany, Poland, Sweden and the Baltic States. From the 13-16th C. they joined forces for mutual protection, and to protect their commercial interests aboard. This made them extremely powerful - dominating European trade. Mainly a seaborne empire, the league's ships ruled the North Sea for over 500 years. They came to England in search of wool, and later some of Europe's finest cloth. At King's Lynn, a trading post was opened in 1474. Along St. Margaret's Lane you will find the Hanseatic Warehouse, the only remnant of the league left in Britain.

★ *Captain George Vancouver* (1757-1798) - born in New Conduit Street (plaque marks site of demolished house). In 1771, he joined the first of several voyages with Captain Cook. Later he charted South West Australia, and negotiated the acquisition of British Columbia in Canada. The city of 'Vancouver' is named after him. A statue of the seafarer stands near the Custom House.

Morning coffee and lunch: King's Lynn



AFTERNOON - Heacham and The Burnhams

→ Take the A149 north to Heacham.



Pocahontas

Heacham - birthplace of *John Rolfe* (1585-1622). The son of the local squire, John travelled to America in 1609, arriving in Jamestown (Virginia) the following year. He became the first successful planter of tobacco. In 1614, he married the Red Indian princess *Pocahontas*. She had learnt English

and helped the delicate negotiations between her people and the New Settlers. A year later, she gave birth to their son Thomas. In 1616, the family travelled to England, but whilst here Pocahontas was taken ill and later died. John went back to Virginia, whilst his son remained here, brought up at Heacham. There is a monument to Pocahontas in the church, and she is also shown on the village sign.

→ Remain on the A149 for 12 miles. Then turn right onto the B1355 to Burnham Market. From here an unclassified road can be taken to Burnham Thorpe.

Burnham Thorpe - Lord Nelson (1758-1805) is Britain's most famous seafaring hero. He was born in this village on the 29 September - the son of Reverend Edmund Nelson and his wife Catherine. Unfortunately the birthplace (Parsonage House) was demolished in 1803, although the site is marked with a plaque. His education took him firstly to *Downham Market*, then the *Norwich School*, and finally *Paston Grammar School at North Walsham*.



Lord Nelson

In 1771 (aged 13) - Nelson joined the crew of the 'Raisonnable', a vessel captained by his mother's brother. As a lowly midshipman, this would be the start of his great naval career. Over the next 16 years, Nelson was almost constantly at sea. During this time (in 1787) he was married to Frances Herbert Nesbit. A year later they returned to Norfolk to live at the Parsonage House in *Burnham Thorpe*. During the next five years, Nelson farmed in the area, but was always looking to find a way to return to his great passion - the sea.

This came in 1793, when he was recalled at the outbreak of war with revolutionary France - being made captain of the vessel 'Agamemnon'. Then began his twelve years of fame, when more than any other man, he halted the march of the French dictator Napoleon Bonaparte with his command of the seas. His great victories were at the Battle of the Nile (1798), Copenhagen (1801) and Trafalgar, where he was mortally wounded aboard HMS Victory (by a musket ball) at the hour of victory on the 21 October 1805. He is buried at St. Paul's Cathedral in London.

★ Enjoy a pint in the Lord Nelson pub (originally called 'The Plough'), where the great seafarer once entertained his neighbours. Inside is Nelson-related memorabilia.
★ Visit the 13th C. All Saints Church, where his father was rector from 1755-1802. Nelson was christened here, and his parents are buried beside the altar. Maritime exhibits, a bust of Nelson, and the lectern is made from the timbers of HMS Victory.



Lord Nelson pub

There are also connections in *Burnham Market*. Nelson's father lived at Church House - when his son and daughter-in-law resided at the Parsonage House in Burnham Thorpe. Bolton House was the home of Nelson's sister and her family. After Nelson's death, his daughter Horatia (from his mistress Emma Hamilton) went to live here.

Afternoon tea: The Burnhams

→ Take the B1355 to Fakenham.

Overnight - Fakenham area

DAY 2 - The Burnhams to Bury St. Edmunds (76m/122km)

→ Take the B1146/B1110 to Dereham. Head south from here along the B1135 to Thuxton, where you turn right, along an unclassified road to Hingham.

MORNING - Hingham

Pretty market town, with two splendid greens bordered by Georgian period houses and linked by narrow streets. The village sign shows a group of parishioners about to set sail for the New World. Samuel Lincoln was born at Hingham in 1622, and emigrated to the US in 1637. His great, great, great, great grandson is 16th US President Abraham Lincoln (1861-1865). There is a bust of the President in Hingham's church.

Morning coffee: Hingham

→ Take the B1108 to Norwich.

Lunch: Norwich

Abraham Lincoln



AFTERNOON - Norwich

One of Britain's best-preserved medieval centres. Surrounded by its old walls are historic buildings, parks, churches and an intricate pattern of streets and lanes, such as cobbled Elm Hill. Norwich is dominated by its magnificent Norman cathedral and castle. *Market - Mon to Sat.*
Tourist Information Centre - The Forum, Millennium Plain +44 (0)1603 727927.

Four miles to the south is the village of Swardeston. This was the birthplace of the famous English nurse *Edith Cavell* (1865-1915). In 1907, she was appointed matron of the Berkendael Institute in Brussels, Belgium. During the First World War, she helped hundreds of allied soldiers to escape. Caught by the Germans, she was executed by a firing squad on October 12 1915. Her body was later returned and buried in the grounds of Norwich Cathedral (Norfolk). There is a memorial in Tombland.



Edith Cavell Memorial

Afternoon tea: Norwich

→ Take the A11 south to **Thetford**.

This is the birthplace of Thomas Paine (1737-1809), the most remarkable political writer and radical thinker of the late 18th C. He wrote a series of influential books and pamphlets advocating social and political change, which championed the rights of the common man. Paine also played a prominent role in both the American and French Revolutions. A statue of him stands in the town. *From Thetford, take the A134 to Bury St. Edmunds.*

Overnight - Bury St. Edmunds

DAY 3 - Bury St. Edmunds to Colchester (42m/68km)

MORNING - Bury St. Edmunds

Named after St. Edmund (Saxon King of the East Angles), this Georgian market town is noted for its 12th C. abbey remains, cathedral (with new central lantern tower), the smallest pub in Britain (The Nutshell) and award-winning gardens. *Market - Wed, Sat.*
Tourist Information Centre - 6 Angel Hill +44 (0)1284 764667.

Saint Edmund (840-869) succeeded to the throne in 855, whilst still a boy. His coronation on Christmas Day 856 took place at *Bures St.*

Mary, nr. Sudbury (Suffolk), which then functioned as the royal capital. East Anglia was soon embroiled in battles with the invading Danes - but Edmund proved a good leader and they were repelled for many years. It was not until 869, that he found himself on the run from his enemies. Whilst hiding under Goldbrook Bridge at *Hoxne, nr. Diss* (Suffolk), a newly married couple crossing saw the glint of his golden spurs and betrayed him to the Danes. Tied to a tree he was asked to renounce his Christian faith - which he refused. Edmund was then shot through with arrows and beheaded - the spot marked today by a memorial. His army recovered his body, but the head remained lost. Later it was reputedly found (perfectly preserved) resting between the paws of a grey wolf. It was then placed back with the body, which in 903 was interred at the town of Beadoriceworth (now *Bury St. Edmunds, Suffolk*). The martyred monarch was soon regarded as a saint, and the shrine became one of the most famous pilgrimage places in England. Later a magnificent stone abbey was built on the site. Visit today's cathedral to see a carving of the wolf guarding Edmund's head, whilst just outside is a statue of the saint.



St. Edmund's Statue

Morning coffee: Bury St. Edmunds

→ Take the A134 to Sudbury.

Lunch: Sudbury

Set on the River Stour, this ancient market town is surrounded by water meadows. Birthplace of the famous artist Thomas Gainsborough (1727-1788). *Market - Thurs, Sat.*
Tourist Information Centre - Town Hall, Market Hill +44 (0)1787 881320.



Thomas Gainsborough

Gainsborough is famous for his portrait paintings, although he always maintained his first love was landscapes - as seen in many of his backdrops which show the Stour Valley. Today his birthplace displays more of the artist's work than any other gallery outside of London. A statue of Gainsborough stands on the Market Hill nearby. He also lived for a period in *Ipswich* (Suffolk), where his work really flourished - including his first true masterpiece 'Mr and Mrs Andrews' (1750). Later a move to the fashionable town of Bath enabled Gainsborough to paint its rich and famous residents, alongside the celebrities of the day. Elected a founder member of the Royal Academy in 1768, he became a favorite of the royal court. Gainsborough is buried at Kew in London.

AFTERNOON - Constable Country and Manningtree

→ Leave Sudbury on the A134 towards Colchester. After about six miles, turn left onto the B1068. When you reach the A12, turn left towards Ipswich. Almost immediately, take the next turning off the A12 (the B1070 to East Bergholt).

John Constable (1776-1837) was born in the village of *East Bergholt*. Only the railings, entrance gate and stables of his birthplace remain today - marked with a plaque. His father Golding was a prosperous

millier, owning mills at *Dedham* and *Flatford*. During his education, John attended the grammar school at nearby *Dedham*, which he walked to from his parent's home at *East Bergholt*. This took him across the landscapes that would inspire him to paint. After school, he entered the family business, becoming an expert in milling. But his interest in art was increasing, and in 1799, he was admitted as a student of the Royal Academy. John's real ambition was to paint the countryside in which he had been brought up - but this type of work was not fashionable, and to gain acceptance he made a living by painting portraits - which was more popular at the time. John had no love for that type of painting, and during the summer holidays he would return to Suffolk to sketch. It was during this time that he met his future wife, Maria Bicknell, at The Old Rectory in *East Bergholt*. Initially her family were opposed to the relationship (due to John's financial status), so they met in secret at nearby *Langham* - but later in 1816 (after he had been left money) they were married in London. John's first truly great landscape was 'Boat-building near Flatford Mill' (1815). Then came his most well-known work 'The Hay Wain' (1821) - but when this was shown at the Royal Academy, it was poorly received. In 1824, John exhibited his paintings in France, where he became extremely popular. But it was not until 1829, that recognition was finally made by the Royal Academy. During his lifetime he gained little acclaim in his home country for painting unfashionable landscapes - yet he is now considered as probably the greatest of all British landscape artists. John Constable is buried at Hampstead in London.



John Constable

★ Visit St. Mary's Church in *East Bergholt*, where there is a window to Constable, together with his sketch of the chancel and sanctuary. His parents are buried in the graveyard. Nearby Moss Cottage (marked by a plaque) was used as a studio.
★ One mile south of the village is *Flatford Mill* (built 1753), and once owned by Constable's father. Several major works of Constable are set here, such as *The Hay Wain*. Today Flatford is owned by The National Trust, with an exhibition and guided tours. Take a walk over the meadows to *Dedham* (1¼ miles), where Constable sketched.

→ Remain on the B1070 to Brantham, then turn right onto the A137 to Manningtree and Mistley.

Manningtree and Mistley - at the head of the river Stour, these two attractive small towns are joined by a waterfront area, noted for its swans. But there is a more sinister secret, as this was the home of Matthew Hopkins, an unsuccessful lawyer who during the English Civil War found fame as the notorious Witchfinder General. *Market - Wed, Sat.*

Throughout his reign of terror from 1645-1646, he was paid by local towns and villages to hunt out and put to trial their witches. Hopkins was probably responsible for the deaths of at least 200 people during his lifetime. Some of the guilty were then hung on the green at Manningtree. Hopkins died in 1647 and is buried at nearby Mistley Heath.

Afternoon tea: Manningtree

→ Remain on the A137 to Colchester.

Overnight - Colchester

Matthew Hopkins

