



Challenge yourself to go that bit farther - 200km Grand Tour de Stour & 100km Tour De Stour AUDAX Rides

Saturday, 23 April 2022

Starting and finishing at
Long Melford Village
Memorial Hall,
Long Melford,
CO10 9JQ

200km starts 08:00
100km starts 09:00

Entry £6.50 online at:

200km GTds

[https://audax.uk/event-
details?eventId=9544](https://audax.uk/event-details?eventId=9544)

100km Tds

[https://audax.uk/event-
details?eventId=9543](https://audax.uk/event-
details?eventId=9543)

Enjoy the beauty and tranquillity of the Stour Valley countryside and explore its rich historical associations with one of the AUDAX rides starting from Long Melford.

The **200km Grand Tour de Stour (GTds)** rides through the Dedham Vale Area of Outstanding Natural Beauty (ANOB), to Manningtree where the river joins the estuary. If you have not visited Grayson Perry's "house for Essex" at Wrabness take a minor detour on your way to Harwich to experience the building which is a cross between Hansel and Gretel and a Russian Orthodox Church. At the control in Harwich absorb the peninsula's history as you gaze across the Stour to HMS Ganges. You then follow Nation Cycle Network

NCN51 to Gt Bromley and onto Dedham where Constable's "The Ascension" is displayed in the Church. Onward then along the valley back to Long Melford before enjoying further remote Suffolk lanes to Wratting Common straddling the Suffolk Cambridgeshire border and more history as you pass the site of RAF Wratting used by Bomber Command from 1942. Here you pause, gather your strength and head back to Long Melford to complete, what we hope has been, an enjoyable days riding.

The **100km Tour de Stour (Tds)** is as equally scenic as the route takes in some of the most attractive views of the Stour as you head down the Dedham Vale AONB. From Long Melford you will follow the course of the river

closely, skirting around the busy town of Sudbury heading down quiet lanes to Bures. From here you continue along the course of the river to the beautiful village of Dedham where you may choose to rest a while for a tea and some cake. You then return along the northern side of the valley back to Long Melford before heading on peacefully lanes further into Suffolk to Boxted before chancing upon on the charming market town of Clare on the Stour's northern banks. It's then onward to the finish.

Both rides will be welcomed back by Cycle Club Sudbury with tea, coffee and a selection of snack so as to share your ride experiences and recover before you return home.