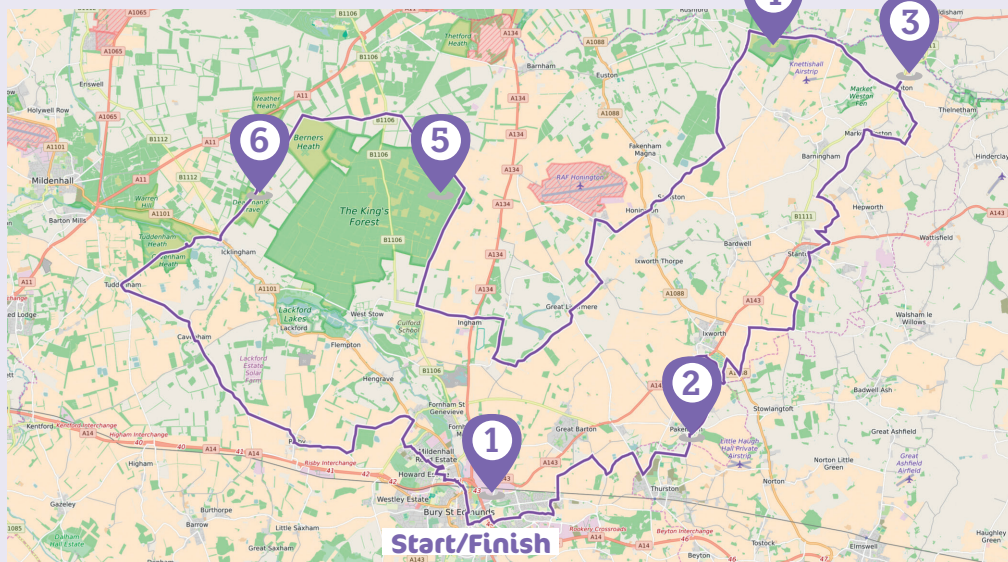


Weekend ride

THE WOLF CUB ROUTE

• **Route name:** Wolf Cub • **Start/finish:** Outside Bury St Edmunds Abbey, TL 85670 63935 • **Maps:** OS Landranger 155, 144 • **Ride length:** 101km (63 miles) • **Climbing:** 400m • **Bike type:** gravel bike, rugged tourer, hybrid, hardtail MTB • **Ride level:** regular • **GPX file:** cyclinguk.org/weekender-wolfcub



1 BURY ST EDMUNDS ABBEY
Start and finish your ride in Bury St Edmunds at the extensive remains of one of the richest and most powerful Benedictine monasteries in England. Admire the complete 14th-century Great Gate and Norman Tower, as well as the impressive ruins and altered west front of the church. The shrine with the relics of martyred Anglo-Saxon king St Edmund became a place of pilgrimage years ago.

2 Pakenham Water Mill
You can't miss the windmill even if you cycle past it. Or you could stop for refreshments in the tearoom at the water mill, the oldest surviving flour mill in Suffolk. Open to visitors during the summer, you can have a look at all the machinery. A friendly guide will show you around and explain how it all works.

3 The Well, Hopton
A very short detour off the route, this small, not-for-profit coffee shop in Hopton is an ideal lunch stop if you cycle the route in a day. You can either sit outside or indoors, and choose from a range of home-made, fresh and local produce and barista-style coffee and speciality teas, while chatting with the friendly volunteers.

4 KNETTISHALL HEATH NATURE RESERVE
Watching the ponies grazing on Knettishall Heath while I passed by via road and bridleway was one of my highlights. Having changed little since the Anglo-Saxon age, this ancient landscape of lowland heath, grassland and woodland offers a unique mosaic of habitats, home to some of the UK's rarest invertebrates and plants.



5 THE KING'S FOREST
The route takes you around the edge of this forest, which was named to commemorate the Silver Jubilee of King George V and Queen Mary in 1935. The chalky soil supports a prolific flower population, including wild thyme and bird's-foot trefoil. If you ride the route outside the drier months, expect mud.



6 Deadman's Grave
After Berners' Heath you'll pass a little hillock called Deadman's Grave. Be mindful of hundreds of rabbits crossing your path as you ride by. Deadman's Grave is traditionally believed to be the burial place of a man and his horse. As revenge for being denied a Christian burial, he is said to have haunted the mound ever since on his horse.