

There are many beautiful rivers and watercourses across the Anglian region. Below is an overview of the River Stour from which you can explore the countryside by water.

The River Stour forms the boundary between the counties of Suffolk and Essex, starting just beyond Haverhill and eventually flowing into the Stour estuary near Manningtree.

In 1705, an act of parliament established its lower reaches as a commercial waterway, or 'navigation', between the towns of Sudbury (halfway along its length) and Cattawade, near Manningtree. Since the decline of commercial activity early in the last century, most of the lock structures have disappeared, and the majority of the navigation has reverted to a more natural river. It now has greater physical and ecological diversity, and generally shallower water. Therefore, the river is now

best for small craft such as canoes, kayaks and paddleboards which have a shallow draft, and are small or light enough to be hauled out of the water and carried ('portaged') around occasional structures such as weirs and sluices. All craft must have a licence to use the River Stour in this location.

The eastern part of the River Stour flows through Dedham Vale which is recognised as an Area of Outstanding Natural Beauty (AONB). The area is also well known as Constable country due to the many paintings by the renowned landscape painter John Constable.



The River Stour Trust secured funding toward the total refurbishment of Flatford Lock from Veolia, Essex Environmental Trust and the Environment Agency. The lock was formally re-opened on Saturday 2 May 2014 by River Stour Trust vice-president, Griff Rhys Jones.

The River Stour Trust

The River Stour Trust (RST) is a charity dedicated to the restoration and conservation of the River Stour. They organise many river-based activities and fundraising events on or near the river, operate river trips for the public and hold regular working parties to maintain the locks and structures.

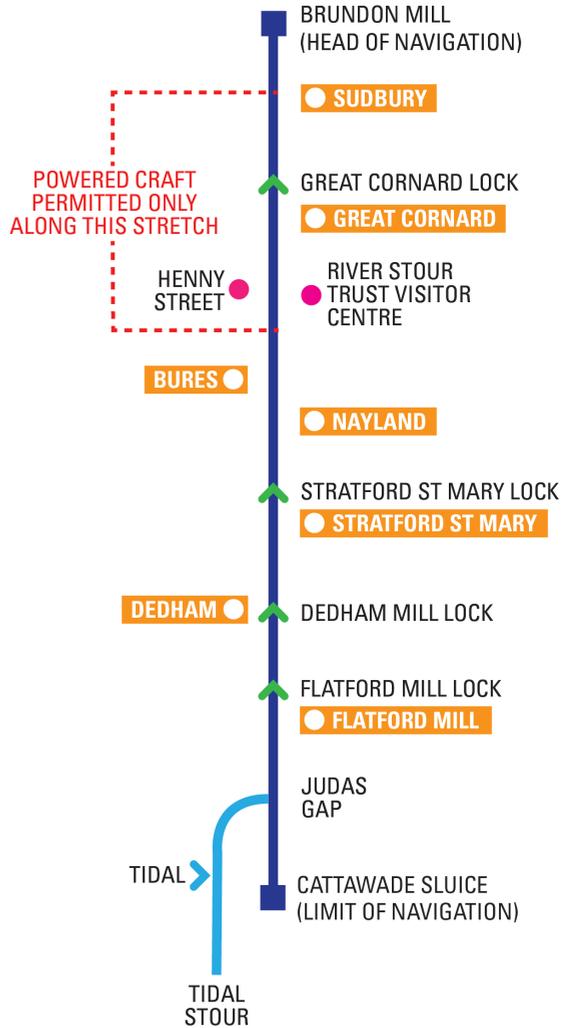
RST have undertaken several successful restoration projects – Flatford Lock, Dedham Lock, Great Cornard Lock, and The Granary building

at Quay Lane, Sudbury. In 2017, they finally completed restoration of the third Constable Lock at Stratford St Mary Lock to open a further three miles of the navigation.

Their Visitor Education Centre is next to Great Cornard Lock which enables visitors to learn about the history of the River Stour Navigation and its importance in Britain's industrial and cultural heritage.

All craft, including canoes, kayaks and paddleboards, must have a licence to use the River Stour in this location. Licences are available from the Environment Agency and the River Stour Trust.

The River Stour



Useful Contacts and Information

Environment Agency
03708 506 506

River Stour Trust
<https://www.riverstourtrust.org>



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