


Welcome

Troston dates back to Anglo Saxon times with 10th century documents referring to it as Trostongtun meaning 'the settlement of the people of Trost': 'tun' being Anglo-Saxon for settlement; 'ing' meaning 'of the people'; and 'Trost' being the name of the headman.



The village lies on the route between the possible site of the martyrdom of St Edmund and the Saint's final resting place in Bury St Edmund's Abbey. Inside Troston's St Mary's Church are wall paintings depicting the martyrdom.

Central to the village's history is Troston Hall. The Hall was once owned by the Capel family, Plantagenets and descendants of Richard III and the Duke of Suffolk. Edward Capel (1713-1781) was a critic of Shakespeare and died a bachelor leaving the hall to his nephew Capel Lofft (1751-1824), a controversial figure. There is more about Capel Lofft in this guide.

Both walks start at the Village Hall  (IP31 1EW) where you can also park (just open the wooden gate to access the parking area). The yellow walk also links to circular walks around Great Livermere, (also in the Discover Suffolk series) and you can detour to visit their fascinating Church of St Peter.

The walks in this leaflet can also be linked to Great Livermere Walks and Ixworth Walks, 2 other leaflets in the Discover Suffolk series of walk guides.

Please follow the Countryside Code:

- ✓ Consider the local community and other people enjoying the outdoors.
- ✓ Leave gates and property as you would find them and follow paths.
- ✓ Leave no trace of your visit and take your litter home.
- ✓ Keep dogs under effective control.
- ✓ Plan ahead and be prepared.
- ✓ Follow advice and local signs.



Location



Directions

Troston is located 8 miles north east of Bury St Edmunds, 9 miles south of Thetford and just 3 miles west of Ixworth, midway between the A134 and the A143. Parking is available at the Village Hall (IP31 1EW), where both walks start.

Public Transport

Troston is served by bus service 332 between Bury St Edmunds and Thetford.

Visit www.suffolkonboard.com for timetables and www.travelineeastanglia.org.uk. (0871 200 2233) to plan your journey.

OS Explorer Map

Use O.S. Explorer Maps Nos 229 Thetford Forest and The Brecks and 230 Diss and Harleston, to enjoy this walk and the wider area.

Discover Suffolk

Discover many more walks and great days out in the countryside at www.discoversuffolk.org.uk.

Follow us on



Produced by Troston Parish Council and Suffolk County Council.



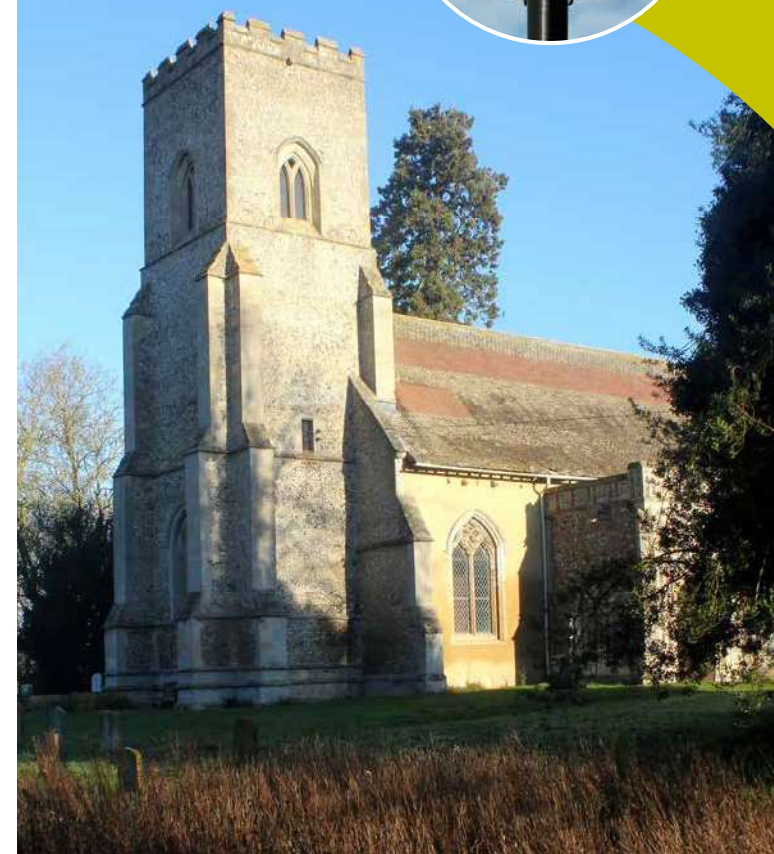
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Circular Walks

Troston Walks

Strolling through history



Around the Old Ways of Troston

DISTANCE: 4.5 miles (7km)

DURATION: 2½ hours approx.



From the Village Hall **A** turn left along The Street passing the red brick Old School House and Troston Lodge on your left.

In the 19th century, like many other Suffolk villages, Troston produced its own bricks from local clay pits. Unlike traditional “Suffolk Whites”, Troston Bricks were red, often indented with distinctive semi-spheres. During this walk you will see many buildings featuring these bricks including the Old School House and several labourers’ cottages.

The Village Hall and Old School House date back to 1871 when they originally formed the local school built by Troston landowner Robert Emlyn Lofft who was a benefactor, and grandson of Capel Lofft. The school closed in 1945.



Pass a pig farm on the left and dilapidated black building on your right, which was once the village slaughterhouse, until you reach a sharp right bend on the road **1**.

At the right bend keep ahead onto the byway (Heath Road) and pass Troston Wood on your right.

Until the turn of the last century Heath Road was just that: a road that traversed the sandy Brecks heathland that was so common in these parts. Land management has now turned it into a fertile area for wheat, sugar beet and pig farming.

Troston Wood is worth a short detour. Within are 2 picnic tables and 5 wooden sculptures to find: woodlice, stag beetle, owl, squirrel and a hare!



Follow Heath Road, keeping right at the track junction **2**. Soon after the junction you’ll see a pair of red brick cottages on your right. The right hand cottage was lived in by Robert Lofft.

Along with his brother, Robert Lofft hoped to turn Troston into a “model community”. Sadly, he ran into financial difficulties and had to rent out his home, Troston Hall, ending his days in this cottage.

The field on your left is where battered aircraft often landed during WW2 to avoid damaging nearby Honington Airfield. Fields south of here were used for testing Churchill tanks used in the D-Day landings.

Continue on Heath Road to reach Honington Camp Post Office **3**.

It is thought a gibbet once stood near the Honington end of Heath Road and in 1794 the body of a murderer hanged in Bury St Edmunds was hung in an iron cage here. That cage is now on display in Moyses Hall Museum in Bury St Edmunds.

Café Detour: At the post office, cross the road and continue straight ahead into the MOD residential area. Just before the barriers and security gate take the left opposite the playing fields, to find the delightful, but tucked away, RAF Honington Community Centre café (IP31 1EE) **4**. The café makes a good stop for a light lunch or refreshment and has toilet facilities. Open Mon-Fri 9am-2pm (tel: 01359 268610).

RAF Honington was constructed in 1935 and served as a base for Wellington bombers in WW2. These bombers became a mainstay of the British air fleet and could be constructed within 24 hours! In June 1942 the base transferred to the United States Air Force who flew Flying Fortress bombers and squadrons of Mustang fighters. The Luftwaffe made several attacks on the airfield and until relatively recently there were still bomb craters in nearby fields.

Today, there is little flying although the runway is still operational.

The base is home to the RAF Force Protection, a number of regiments and units responsible for protecting the RAF at home and abroad.



Continued overleaf...

Troston Walks

Strolling through history



KEY TO MAP

- Around the Old Ways of Troston
- Remembering Capel Loft
- - - Public Footpath
- - - Bridleway
- +++++ Byway

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Continued from overleaf

With your back to the Post Office, turn right following the pavement. At the metal gate enter a quiet cul-de-sac. Pass RAF houses, over a mini roundabout, and straight ahead to exit onto New Road **5**.

Cross this road with care, and pass through the garage forecourt opposite. After the houses on your right, turn right and keep straight ahead on to a wide grassy path.

At Ixworth Thorpe, exit onto the old Thetford Road. After the telephone box, which contains a defibrillator, turn immediately right onto a footpath **6**.

Follow the footpath, turning right at the waymarker post to follow the footpath between fields, then left to follow the tree line to enter an ancient grove called Kiln Grove. The wooded path leads to Common Lane. Turn left.

After the houses, just before the open fields on the left, are the sites of clay pits originally used for Troston bricks.

You'll soon arrive at St Mary's Church **7**.

Medieval St Mary's Church remains unaltered since the tower was added in 1300. The tower is unique in Suffolk, retaining wooden shutters which the clerk would open to ring the sanctus bell. In the nave there are fine medieval wall paintings depicting St Christopher, St. George dispatching the Dragon, and the martyrdom of St. Edmund. The church also has an unusually high number of pre- and post-Reformation devotional graffiti and inscriptions from the time of the Great Plague. These are located on the tower, chancel arches and interior porch. The most striking piece of graffiti is a carved head known as the Troston Demon, found on the south side of the east face of the chancel arch!

After the church turn right at the junction with Ixworth Road and right again at The Street **8** to return to the Village Hall **A**.

Remembering Capel Lofft

DISTANCE: 3 miles (4.5km)

DURATION: 1.5 hours



From the Village Hall **A** turn right along The Street, bearing left then right into Ixworth Road. Follow the pavement to Garden Fields and then continue along the road past Troston Hall on your left.

Troston Hall was home to Capel Lofft (1751-1824). Lofft pursued many causes and was a controversial character.

He was a classical scholar, skilled astronomer, botanist, author of many books and in Troston established a "Poors Estate" to help locals. He worked as a barrister in London, campaigning against slavery and wanting to see greater democracy in Britain. As a staunch republican he supported both the American and French revolutions. He sympathised with Napoleon until the very end: attempting to secure Napoleon a trial before exile. This left Lofft with few friends and he left Troston to travel extensively across Europe. Lofft died in 1824 in Italy where he is buried.

There is a plaque to Capel Lofft in St Mary's Church.



A short distance after Troston Hall is a track to the right which leads to a large field called the Poors Estate. This land was set aside in 1807 and rented at £38 a year to provide coal for the poor in the village. The annual rent is now £1,800 and the money is distributed to the elderly of the parish.

As the road bends left, turn right on to the bridleway **1**. After the wooden footbridge turn right **2** and follow the waymarked Restricted Byway towards a small group of lime trees.

At a small wooden bridge spanning a ditch **3**, turn right and follow the path towards Callowhill Covert **4**. Bear slightly left then immediately right to keep the wood on your left and follow the path downhill to reach Great Livermere Village Hall **5**.

Turn right onto Livermere Road and, being careful of the traffic, walk back to Troston keeping left at the bend to reach the village hall car park **A**.

Church Detour:

St Peter's Church in Great Livermere is worth a detour. At Callowhill Covert **4 keep the covert on your right and follow the Restricted Byway past a flint wall to The Street **a**.**

Turn right into Great Livermere and at the Memorial, follow the left fork into Church Road. St Peter's Church **b is at the end of this road.**

To return: retrace your steps to the memorial and at the phone box turn left onto Troston Road following the pavement to the Village Hall **5, following the walk back to Troston **A**.**