

# Spend half a day in Bungay...



Bungay sits in the heart of the Waveney Valley, with roots that can be traced back to Roman times. A fine lead-domed Butter Cross marks the centre of town. Bungay also boasts a Roman well, a Saxon church and the remains of a Norman castle and Benedictine priory.



No trip to Bungay would be complete without visits to both the Earsham Street Café, known for its fantastic food using local & free range ingredients and The Earsham Street Deli which boasts the title 'Suffolk's Finest Deli'. Therefore, we suggest you start your visit in Earsham Street!

Once you've stocked up on delicious treats; perhaps some award-winning Baron Bigod Brie, made at Fen Farm Dairy in Bungay or a bottle of English Wine, produced at Flint Vineyard just up the road at Earsham, it will probably be time for a little fresh air.

Wander up to Castle Street and Bungay Castle. Not much more than ruins today, the castle was erected by Hugh Bigod, the powerful Earl of Suffolk, in the late 12th-

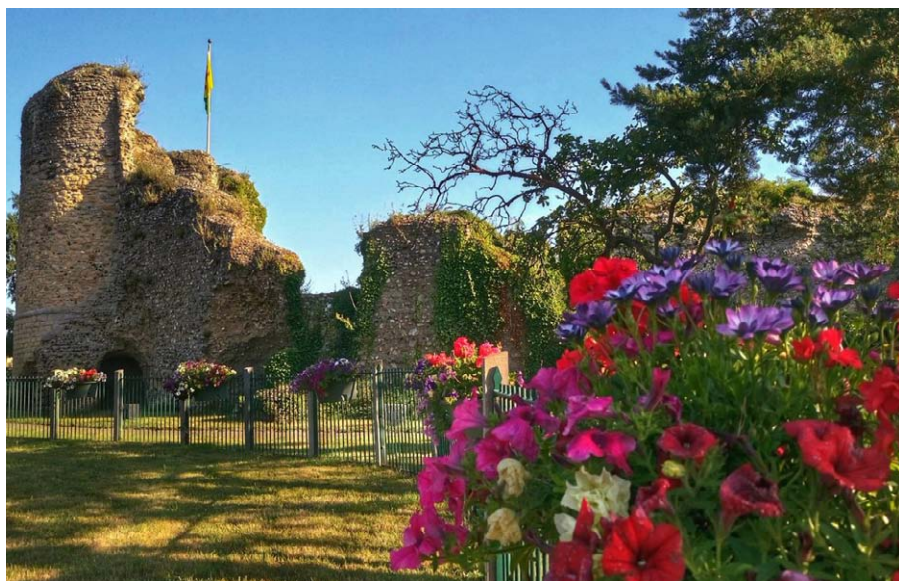


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century and was presented to the town in 1987 by the Duke of Norfolk. It is now operated by a civic trust, with a cafe and visitor centre at the entrance.

Tracing your steps back to the town centre you will notice the townscape is dominated by the majestic tower of St. Mary's Church. From here you can pick up the **Bungay Town Trail**. The Town Trail includes virtually all of Bungay's historic buildings, churches, the River Waveney and shops of special interest. The routes are ideal for visitors to the town and offer a chance to explore the 'old world charm' that is unique to Bungay and can be completed at a moderate walking pace in approximately 2 hours.



*Enjoy!*

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[www.visitwaveneyvalley.co.uk](http://www.visitwaveneyvalley.co.uk)

If you would like to be included in a Trail or Itinerary,  
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