

## SUFFOLK - SMALL GROUP CULINARY WALKS

8-days / 7-nights walking and fine English food (5-day options are also available on selected dates)

**Departs:** 30<sup>th</sup> June – 7<sup>th</sup> July, 15<sup>th</sup> – 22<sup>nd</sup> July 2012  
**Cost:** AU\$2795 per person twin share      Single room supplement \$690  
**Walking:** Easy to moderate (from 7 – 20km per day with vehicle support)



Really, food in England is coming up trumps. Not only have some of the major French chefs now moved their roots to England and not only has **Heston Blumenthal** won the Michelin Restaurant of the Year award in 2001 and since gained three Michelin stars, but there is so much going on in terms of seeking to be different and searching for the ultimate originality of flavours. Three master chefs **Regis Crepy**, **Chris Lee** and **Marco Pierre White** are in Suffolk, so you will be eating fabulously well. Many now believe that the best cooking in Europe is in England!

Staying at the medieval, half timbered Grade 1 listed Priory in Lavenham for the first few nights provides not only an excellent breakfast, but also access to some wonderful dining opportunities, including two nights at The Angel, recently been bought and revamped by the great British chef Marco Pierre White. It is a wonderful dark green open plan bar restaurant with David Bailey photographs and JAK cartoons. A truly fabulous place to eat.

We can also enjoy dinner at the beautifully laid up tables at The Great House, Lavenham. Chef Régis Crepy is French although he has decided to reside in England and give the English the best cooking possible and his restaurant is truly one of the best places to eat in the country:

*The Great House is known for its fine cuisine – a couple of thousand foodies eagerly await mailings from Regis about his regular gourmet evenings. I was nervous dinner wouldn't meet my expectations 15 years on, and I am truly surprised to report that it surpassed them. We started with smoked pigeon and asparagus salad with caramelised apples and a quail's egg, and fresh fish soup with conger eel, red gurnard and mussels. For the main course we had roasted rack of lamb served with a garlic sauce, and pan-fried fillet of halibut, wrapped in a coat of green olives, with a tomato and fresh herb sauce. The cheeseboard shouldn't be missed. Simply delicious. **Kate Simon The (UK) Independent.***

Chris Lee is the head chef of the Bildeston Crown. He is self-taught and a brilliant innovator always seeking new ideas. When our guides were there he produced a pea soup which when it came to the table arrived as a delicate tower of croutons and bacon and peas and other detail with a thin whisp of cream that serpented around it, the whole standing upright in the middle of our bowls. It made them wonder what the soup part was. However after a few seconds of wonder at contemporary cuisine a tureen of hot velouté pea soup arrived, which was then carefully ladled into each bowl until the artwork, had all but disappeared. It really was a magnificent piece of showmanship, very clever and original and incredibly delicious. Chris has now won the Good Food Guide's 'Top Up and Coming Chef of the Year' Award and we eat here two nights.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

Seven hundred years on from its construction, the Bildeston Crown is attracting more than its fair share of the county's gastronomic acclaim, thanks to its new custodians. Revealing its history at every twist and turn, the charming building now revels in opulence and warmth, no expense having been spared in complementing the original period features. Chef and patron Chris Lee is cooking at the top of his game, with masterpieces such as the indulgent Pork Head to Toe. Consisting of eight cuts of pork, from cheeks and ears to trotters, each cut is cooked separately and individually garnished, down to the perfectly crisp, salty crackling presented in an extraordinary 10-inch strip." **David Hancock, The (UK) Observer**



Our last night is then spent on the river Stour at the famous Maison Talbooth. This restaurant has deservedly won awards for service and food, including a Moët et Chandon award and various rosettes and stars. It is owned by the Milson family who have other exceptional ventures in and around the beautiful village of Dedham, famous for being in the heart of Constable country. When last there our guides ate rack of lamb under an herb crust, served with beautifully *al dente* mange-touts and redcurrant and rosemary *jus*.

Last year three waiters served our guides from a trolley at the table. At the Talbooth you are asked how you would like your meat cooked. This pleases many, as some prefer my lamb pink like the French and in many places it is served 'as it comes' which shows a lack of willing to please. The lamb was spot on, tender, pink and melt in the mouth. The *jus* was the ideal accompaniment as it complemented the lamb's fresh flavour without being overpowering. All the vegetables were cooked perfectly; cooked but still with a crisp bite to them. For pudding perhaps chose winter berry clafoutis with honey and lavender. The idea of honey and lavender is too tempting to resist. It is a kind of cake come tart with the freshest berries, not too sweet and not too sharp.



## Suggested itinerary

**Day 1** You will be met at Ipswich railway station and driven to the beautiful medieval village of Lavenham in Suffolk. This is one of the most perfectly preserved medieval villages of England and built around the great wool trade of the fourteenth century. We stay at The Priory, a beautiful medieval Grade 1 listed half timbered house set in three acres of lovely garden in the heart of this wonderful village. It has elegant four poster bedded rooms and an excellent breakfast! Dinner is at The Angel.

*A truly magnificent place to stay in one of England's most famous medieval villages. The wool trade in the 14<sup>th</sup> Century made this part of England very rich indeed but as there has been no industry here since, its medieval character has been untainted by new developments. This means the countryside is dotted with the most beautiful villages of pastel coloured cottages with high thatch roofs.*

**Day 2** Breakfast in England of course is renowned. We do not let those interested down! A full fantastic English breakfast is available for those who feel it an important part of the days walking! Bacon, eggs, tomatoes, mushrooms, toast, marmalade and hot black coffee will certainly put you in the mood for a morning walk. We will

set off from Lavenham by foot for the pretty village of Long Melford. We lunch at the Black Lion pub. English pubs are making a comeback with their quality lunches. There was a period when a Ploughman's lunch would be a couple of slices of Slimcea bread, a hunk of cheese and a spoon of chutney. This is something of the past and pub cuisine is back to the fore.

*Long Melford has one of the longest and prettiest high streets in Suffolk (5km long!). Its church is outstanding with the most outstanding flushwork (patterning of black flint and stone that decorates the exterior wall of the church) and the most beautiful Lady Chapel. It is one of the richest of Suffolk churches.*

In the afternoon we walk to Sudbury the market town of Sudbury to visit the tiny Gainsborough Museum. Thomas Gainsborough was born here and lived here while he was married. There are just a few lovely examples of his early work on show, which have always appealed to me more than the later robust social portraits. It has the appeal of the naïve, being much influenced by his tutor Francis Hayman, portraying almost doll-like figures (see the Portrait of Mr and Mrs Andrews in the National Gallery, London). Return for dinner at The Angel. *Walk: 14.5km*

*Gainsborough is probably the most important of England's our portrait painters but his most beautiful work was done before he hit 'proper' society and moved to Bath. He was working at the apogee of old master British portrait painting. The church at Sudbury is that of Simon of Sudbury who was Archbishop of Canterbury during the Peasants Revolt in the fourteenth century and who lost his head at the Tower of London when the peasants managed to break in and decapitate him! Good story!*

**Day 3** After another delightful English breakfast we drive in the vehicles to the pretty village of Boxford where we will set off on foot for the medieval village of Kersey. We will pass through the tiny village of Groton, famous for once being the seat of John Winthrop before he sailed to settle in America. He was the founder of the city of Boston and was elected Governor of the State of Massachusetts in 1629. We cross the ford in Kersey and arrive for lunch at the Bell Inn. Kersey was an important weaving village and gave its name to the particular type of broad cloth it produced. After lunch we visit the curious 13<sup>th</sup>/15<sup>th</sup> century chapel of St James before returning to enjoy the beauty of Lavenham and the gentleness of the Priory. Dinner the Great House, run by Martine and Régy Crepy who come from the Dordogne region of France. Fabulous food with a huge reputation locally and internationally! Voted the best restaurant with rooms in the country! *Walk: 15km*

**Day 4** The last great Priory breakfast before we set off on foot for the village of Bildeston. We will visit the lovely flintstone church at Lavenham and will continue walking through flower filled fields for the pretty village of Bildeston passing through the lovely villages of Monks Eleigh and Chelsworth. Lunch is at The Peacock in Chelsworth. We continue after lunch to Bildeston. Here we will stay at The Crown, recently restored by its present owner James Buckle and a delightful English pub with an excellent chef, Chris Lee. The truffle risotto is quite delicious. You will spend the next two nights here. *Walk: 18km*

**Day 5** Today we drive for a private tour of the great country house of the Earl of Bristol: Ickworth. This is a fabulous house stuffed full of a fantastic collection of English pictures especially Reynolds, Gainsborough and Angelica Kauffmann and an important Velázquez also. There is a great collection of fine silver and furniture and a fabulously saucy family history between all sexes! We then drive on to Bury St Edmunds where, at the abbey in 1214, the barons swore to force King John to sign the Magna Carta. Here we visit the Nutshell pub first for a quick drink in the **smallest pub in Britain** before a visit to one of the most important English breweries: Greene King. We are very much in a beer region here and this brewery is a good example of why the British bitter is so good and how it is made. We then drive to the wonderful Wyken vineyard for lunch. This is the home of Sir Kenneth and Lady Carlisle. They have a seven-acre vineyard and a delicious award winning rosé wine. We will then walk to the charming village of Walsham le Willows before returning to The Crown for dinner passing the celebrated Wattisham airfield (base to the USA Air force in 1944) on the way. *Walk: 7km*

*Ickworth is definitely the house to visit. It stands in magnificent parkland and is a fine example of the eighteenth century Palladian style that was prevalent in the country at this time. Chatsworth, Blenheim are famous houses from this period. A magnificent collection of works of art and we have a private tour. The family history is particularly feisty as the daughter had an affair with the Duchess of Devonshire (now a major film with Keira Knightly), the Earl was a raving homosexual himself (Lady Wortley Montagu said "When God created the human race he created men, women and Herveys") etc. etc.*

**Day 6** After breakfast a drive to the village of Boxford again but this time we set off on foot southwards towards the famous village of Dedham in the heart of the Stour Valley. We arrive at Stoke by Nayland for lunch. In the afternoon we continue to Dedham. You stay at **The Sun Inn in Dedham**, which has a lovely cosy armchair, folded newspaper feel to it, and you spend your last two nights here. *Walk: 20km*

*Dedham features in many of John Constable's pictures and is an incredibly picturesque village.*



Nayland



Dedham

**Day 7** We set off in the vehicles to be dropped off for a walk through Dedham Vale. Dedham Vale is pure Constable country. *“I associate all my careless boyhood with what lies on the banks of the Stour; those scenes made me a painter”*. We walk along the river to pick up the rowing boats at Dedham Lock before rowing down river for half an hour (lightly!) and messing about in boats ‘til we meet the picnic on the river’s bank. After lunch we then continue the short distance to Flatford Mill where we will see Will Lott’s house (famous for its position in **Constable’s ‘Haywain’** painting). We then return to Dedham by car to visit the lovely house of the great horse painter Alfred Munnings. A deliciously wicked clotted cream tea follows this with Tiptree jams and homemade scones in Dedham’s famous sixteenth century tearooms.

Our farewell dinner is at the highly reputed restaurant Le Talbooth on the banks of the Stour. *Walk: 10km*

*The Stour valley is not only an English beauty spot but famous also in the history of British painting again as this is where John Constable worked. His painting of the Haywain is hugely important and one of the most reproduced pictures in the world! His influence on the Impressionists was immensely significant and the landscape’s beauty has changed little since the early nineteenth century when he was painting there.*

**Day 8** We leave Dedham after breakfast for Ipswich railway station.



**Our Small Group Guided Walking Holidays include:**

- Twin share in comfortable, quality hotels, inns and private homes - single rooms are on request.
- All meals and wine with most meals (pre and post meal drinks except if staying at inns/ hotels)
- Fully guided walking, support staff and vehicle, luggage transfers
- All local transport for the walks with knowledgeable English speaking guides.
- Maximum group size of 16.

Other discerning walking or walking with wine or cooking with easy walking are available in the southwest of France; including the Lot or Dordogne Valleys or the Basque Pyrenees, in the Catalunya region of northeast Spain and France and in Umbria in Italy – prices & dates are attached - ask for information and an itinerary:

**Contact OUTDOOR TRAVEL for more details, brochures and reservations**

- Call Toll free on 1800 331 582 or (03) 57551743 or
- Fax (03) 57501020
- Email [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia
- Travel agent licence number 31102

# QUALITY GUIDED WALKING HOLIDAYS IN EUROPE 2012

As at 12/09/2011

All costs are in Australian Dollars - subject to exchange rate fluctuations and booking conditions

	<b>Number of Days/Nights</b>	<b>Tour Cost (twin share)</b>	<b>Single Room Supplement</b>	
--	----------------------------------	-----------------------------------	-----------------------------------	--

## Quality Small Group Guided Hotel to Hotel Walking Holidays

## Escorted Departure Dates 2012

	<b>Number of Days/Nights</b>	<b>Tour Cost (twin share)</b>	<b>Single Room Supplement</b>	
<b>France</b>				
A Taste of Truffles	5 days/4 nights	<b>\$1,645</b>	\$325	14 - 18 Jan, 21 - 25 Jan, 28 Jan - 1 Feb, 4 - 8 Feb, 11 - 15 Feb
The Dordogne Quercy	8 days/7 nights	<b>\$2,960</b>	\$610	14 - 21 Apr, 5 - 12 May, 19 - 26 May, 26 May - 2 Jun
The Dordogne Quercy: Flowers	8 days/7 nights	<b>\$2,960</b>	\$610	12 - 19 May
The Lot Valley: Haut Quercy	8 days/7 nights	<b>\$2,665</b>	\$440	6 - 13 Sep, 13 - 20 Sep
A Taste of The Lot Valley: Haut Quercy	5 days/4 nights	<b>\$1,380</b>	\$325	1 - 5 Sep
French Cooking & Walking	8 days/7 nights	<b>\$2,960</b>	\$610	6 - 13 Oct, 13 - 20 Oct, 20 - 27 Oct
<b>France &amp; Spain</b>				
The Basque Pyrenees	8 days/7 nights	<b>\$3,055</b>	\$610	24 Apr - 1 May, 27 Sep - 4 Oct
The Basque Pyrenees & Guggenheim	9 days/8 nights	<b>\$3,445</b>	\$610	25 Apr - 2 May, 27 Sep - 5 Oct
A Taste of The Basque Pyrenees	5 days/4 nights	<b>\$1,695</b>	\$325	22 - 26 Sep
<b>Spain</b>				
Catalunya	8 days/7 nights	<b>\$2,960</b>	\$610	4 - 11 Mar, 11 - 18 Mar, 18 - 25 Mar
A Taste of Catalunya	5 days/4 nights	<b>\$1,490</b>	\$325	25 - 29 Mar
<b>Italy</b>				
Tuscany	8 days/7 nights	<b>\$3,055</b>	\$610	9 - 16 Jun
Umbria: Flowers	8 days/7 nights	<b>\$3,055</b>	\$610	2 - 9 Jun
Umbria Walking & Food	8 days/7 nights	<b>\$3,055</b>	\$610	16 - 23 Jun
A Taste of Umbria	5 days/4 nights	<b>\$1,490</b>	\$325	23 - 27 Jun
<b>England</b>				
Suffolk Walks & Fine Food	8 days/7 nights	<b>\$2,795</b>	\$690	30 Jun - 7 Jul, 15 - 22 Jul
Suffolk Coast	8 days/7 nights	<b>\$2,795</b>	\$690	8 - 15 Jul
A Taste of Suffolk	5 days/4 nights	<b>\$1,525</b>	\$425	21 - 26 Jul

**FOR RESERVATIONS CALL OUTDOOR TRAVEL Pty Ltd on 1800 331 582 or (03) 57501441 or EMAIL [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)**