

# POLSTEAD



Polstead is a picturesque village across the river Box from Stoke by Nayland at the point where the south Suffolk plateau breaks up into a number of small valleys.

The village, which featured in the Domesday Book, derives its name from the ponds which lie at the bottom of a steep hill leading up to the village green on one side with St Mary's church and Polstead Hall on the other side.

The village, which is one of the largest parishes in Suffolk, with a total population of about 820, consists mainly of five separate hamlets grouped around first, Mill Street (leading from Stoke by Nayland), Polstead Hill and the Green; secondly, Polstead Heath, the site of a 19<sup>th</sup> century orchard and famous for its cherries; thirdly, Hadleigh Heath, at the northern end of the parish; fourthly, Bower House Tye, beside the



*Polstead Village Hall & Community Shop*

There is an excellent network of footpaths. All the paths are well signed and maintained and provide walkers with a pleasant way to explore the parish. A guidebook is available in the church and at the community shop, which also sells a booklet about the Red Barn murder case for which Polstead was well known in the 19<sup>th</sup> century.

More details are available on the Polstead website

[www.polstead.onesuffolk.net](http://www.polstead.onesuffolk.net)



*St. Mary's Church, Polstead*

The church, on a beautiful site overlooking the Box valley, is an exceptionally interesting Grade 1 listed medieval building with unique Romanesque brick arches, wall paintings and many other features. It is open to visitors every day from 9am until dusk. There is a toilet available in a separate shed beside the south entrance.

On the Green there is a modern village hall, with excellent facilities, a community shop, open every morning and on Monday and Friday afternoons, a Post Office, open every morning, and the Cock Inn, which caters for walkers and others. At Bower House Tye there is the Brewers Arms public house, which also does meals; also a farm shop, which is open daily, and a caravan touring park (adults only).

