



## Green and pleasant land

### Discover the world in the English countryside

The picturesque Suffolk village of Walsham-le-Willows can trace its history back over 1000 years. The gentle rural landscape of farm fields, ancient hedges and country cottage gardens, fits many peoples' image of England as a green and pleasant land.

Yet beside their obvious charms, many of the rural villages that seem quaintly English are full of international stories. Walsham-le-Willows is a good example. A ramble through the village and some of its surroundings reveals interesting and often surprising links with over 50 Olympic and Paralympic nations due to take part in London 2012.



Riding Farm house  
Rita Gardner © RGS-IBG Discovering Britain

On this walk you can enjoy spectacular scenery and discover how an English village landscape can be brimming with international connections - from the trees by the roads to the crops in the fields, the goods in the shops to even the ground beneath your feet!

<b>Location</b>	Walsham-le-Willows, Suffolk	<b>Suitable for</b>	Families – Family friendly
<b>Start point</b>	Village Hall car park		Wheelchairs –A completely step-free route
<b>Postcode</b>	IP31 3AZ		Dogs – Must be kept on leads
<b>Finish point</b>	Village Hall car park	<b>Refreshments</b>	Pubs and shops in the village
<b>Distance</b>	3.5 miles	<b>Facilities</b>	Public toilets in the two pubs
<b>Level</b>	Gentle – A rural village walk		

Walk the World is part of Discovering Places, the London 2012 Cultural Olympiad campaign to inspire the UK to discover their local environment. Walk the World is delivered in partnership by the Royal Geographical Society (with IBG) with Discovering Places (The Heritage Alliance) and is principally funded by the National Lottery through the Olympic Lottery Distributor.