



# Cambridge to Coast

*with*

Bainton Bikes





# About Us

## Bainton Bikes & Walton Street Cycles

Kevin set up Bainton Bikes back in 2009. Starting out in a garage (on Bainton Road), he started stripping bikes, getting them powder coated and rebuilding them, before turning them into a 'Bainton Bike', made available for hire.

Starting out with 1 bike, then 2, there is now a fleet of over 1,000 hire bikes across Southern England, all of which Kevin has at one point built, or repaired.

A cyclist himself, Kevin has cycled across much of the UK, and has spent many hours poring over a map to work out the best way to connect some of the beautiful sights across the UK.

Alongside Kevin, there is now a small, specialist team, providing cycle holidays across the Cotswolds, southern England and Wales. We have been welcoming guests from around the globe for over ten years, and it is our pleasure to show our visitors the very best of the UK, in the very best way – by bike!

Based in the heart of Oxford, Walton Street Cycles celebrated its 50<sup>th</sup> year in 2025. From humble beginnings, Walton Street Cycles was born from a love of cycling and a vision to bring quality bikes and expert repairs to a city where two wheels are more than just transport, they're a way of life. As the years rolled by, Walton Street Cycles became more than just a bike shop - it became part of the fabric of Oxford, a trusted partner for riders of all ages and abilities. Now, its workshop of 15 mechanics not only supports local cyclists, but also services and maintains bikes for our holiday guests.







This scenic six-day guided cycle holiday takes you from the historic spires of Cambridge to the seaside town of Southwold.

Along the way, you'll pedal through medieval towns and picturesque villages, enjoying some of East Anglia's most beautiful countryside.

With some incredible heritage sites along the way, this trip is the perfect blend of history, culture and coast.

Organised as a guided trip, you'll be led by an experienced guide. You'll discover lesser known places, learn more about the region's rich history and enjoy some of the best food and drink in the area.



# Day 1

## Cambridge to Bury St Edmunds



After leaving the historic city of Cambridge, you begin your journey east towards Bury St Edmunds. Along the way, stop to discover a beautiful Jacobean house and working lode mill.

Steeped in over a thousand years of history, Bury St Edmunds is the historic home of Saint Edmund, the original patron saint of England. In medieval times, the Abbey of St Edmund was one of the richest and most powerful Benedictine monasteries in the country, attracting pilgrims from across Europe to visit St Edmund's shrine. Although the Abbey was dissolved in 1539, the mystery of Edmund's final resting place remains - many believe he still lies hidden within the Abbey ruins.

Today, Bury St Edmunds is celebrated as Suffolk's Foodie Capital, offering everything from award-winning fine dining to hearty Suffolk pub classics.



Explore the historic city of Cambridge



Visit Bottisham Airfield museum



Discover Anglesey Abbey, Gardens & Lode Mill



Enjoy Bury St Edmunds town



Wander around Bury St Edmunds Cathedral and gardens



# Day 2

## Bury St Edmunds to Sudbury

Today you'll visit Lavenham, England's best-preserved medieval town, before continuing your journey through historic Suffolk. Once a thriving centre of the wool trade, Lavenham grew wealthy in the 15th and 16th centuries, with its prized blue broadcloth exported far and wide. By the late 1400s, it ranked among the richest towns in Britain. Lavenham is a beautiful town - walking along its streets lined with half-timbered houses, you'll feel like you have travelled back in time. Its peace and timelessness will stay with you long after you leave.



Wander around the beautiful medieval town of Lavenham



Visit Kentwell Hall



Explore Melford Hall



Discover Gainsborough House



# Day 3

## Sudbury to Dedham

Day 3 is the shortest day's cycling of your holiday, allowing for an afternoon walk across the fields to visit Flatford Mill. This picturesque watermill on the River Stour has been immortalised by John Constable in his painting *The Hay Wain*, and the Mill is still recognisable. Attached to the Mill, which was originally built in 1733, is a seventeenth-century miller's cottage - both buildings are Grade I listed.

Set amidst the quintessentially English countryside of the Dedham Vale, the area is part of the Dedham Vale Area of Outstanding Natural Beauty - take your time to savour the area.



Discover the history of  
Thorington Hall



Walk to Flatford Mill



Enjoy the quaint High Street,  
independent shops and  
quintessential tearooms of  
Dedham



# Day 4

## Dedham to Woodbridge



A morning visit to the bakeries in Dedham - takeaway pastries can be kept in your pannier bag for later!



Stop at Sutton Hoo to discover one of the greatest archaeological discoveries of all time. Climb the viewing tower.



Have a wander around Ipswich



Enjoy a riverside walk in Woodbridge

Before you leave Dedham, have a wander through the town to admire its Georgian architecture and timber framed buildings. Today takes you through the Dedham Vale AONB and into Ipswich, the largest county town of Suffolk and of the oldest towns in England. It has a rich heritage and culture to explore; from maritime trade and Viking invasions to royal connections and an array of shops, cafes and pubs to enjoy.

In the afternoon, you'll reach Sutton Hoo, an Anglo-Saxon burial site overlooking the River Deben. Home to one of the greatest archaeological discoveries of all time, it's well worth a visit.

Later, you'll reach your destination for the night: Woodbridge, a riverside town with a maritime history - it was here that Sir Francis Drake had his fighting ships built. The town has a working Tide Mill - one of only two in the UK, and the earliest.



# Day 5

## Woodbridge to Aldeburgh



Today you head to Aldeburgh - the town gets its name from 'Alde' and 'burgh' meaning 'old fort' and is a former Tudor port given borough status by Henry VIII . The town and its shipbuilders were responsible for the creation of several famous vessels; Sir Francis Drake's Golden Hind and the Virginia Company's Sea Venture.

Aldeburgh has a rich cultural identity with plenty of pubs, cafes, restaurants and independent shops.

The town is famous for its outstanding fish and chips...it would be rude not to!



Enjoy the shade of  
Rendlesham and Tunstall  
Forest



Stop at The Red House,  
home of the composer  
Benjamin Britten



Enjoy fresh seafood along the  
beach front in Aldeburgh



# Day 6

## Aldeburgh to Southwold

Last but by no means least - today's route takes you along the coast to Thorpeness. One of the most unique villages in the country, Scottish barrister Glencairn Stuart Ogilvie saw Thorpeness as the perfect place to create an adult playground for his family and friends. It's full of quirks - don't miss the iconic landmark: House in the Clouds.

Today combines coast and forest, so allow some time for a walk along the beach, hire a boat and sail on the Peter Pan Lake, and even take ferry from Walberswick across the estuary to Southwold.



Ride along the coast to  
Thorpeness



Ride off-road to Sizewell



Explore Leiston Abbey



Take the ferry from  
Walberswick across the  
estuary to Southwold

# Route Overview

7 nights, 6 days cycling, guided

Overall, this route follows mostly flat, open ground - weaving along cycle paths, byways, bridleways, quiet country lanes and coastal paths, always steering clear of main roads and heavy traffic.

Rural Suffolk feels wonderfully secluded and peaceful. You'll often feel as though you have the countryside entirely to yourself, free to be fully immersed in your surroundings.

The route is designed to be enjoyed the same way as the Suffolk residents enjoy life, at a slower and relaxed pace, with time to stop and enjoy the beautiful points of interest along the way.

Electric bikes or touring bikes are available for this cycling holiday.

## Day 1

Distance: 38 miles/61km  
Elevation: 1319ft / 402m  
Difficulty: Easy

## Day 2

Distance: 25 miles/40km  
Elevation: 1030 ft/313m  
Difficulty: Easy

## Day 3

Distance: 22 miles/35km  
Elevation: 850ft/259m  
Difficulty: Very easy

## Day 4

Distance: 30 miles/48km  
Elevation: 840ft/256m  
Difficulty:

## Day 5

Distance: 28 miles/45km  
Elevation: 820ft/256m  
Difficulty: Easy

## Day 6

Distance: 20 miles/32km  
Elevation: 420ft/128m  
Difficulty: Very easy



# Key Information

Your safety and comfort is our priority. Our fleet of high quality bikes, and our dedicated workshop ensure all bikes are fully serviced.

We take time and care to fit your bikes to you personally, and are always on-hand to help with any queries or adjustments.

Touring bikes are available as standard for this trip. Electric bikes are also available\*.

\*supplement price for electric bike.

## BIKES & EQUIPMENT:

Our standard bikes are lightweight aluminium touring bikes fitted with hydraulic disc brakes, short travel suspension, phone holders, water bottle cages, mudguards, rear rack and lights.

We also provide the following equipment as standard: Ortlieb pannier bags, Altura rack pack (containing basic tool kit with pump, inner tubes etc), and power banks.

## ROUTE, ACCOMMODATION & PLANNING:

- Fully serviced bikes
- High standard hotel accommodation - always ensuite and including breakfast
- Safe, secure luggage transfers
- Route and travel guide within dedicated GPS App
- Welcome pack delivered to your hotel with detailed travel information for your route including points of interest, restaurants, cafes etc
- Meet & greet - in-person welcome meeting to fit you to your bikes and ensure you are all set to start your holiday



# Key Information

**As this is a guided trip, the following are also included:**

- Experienced tour guide for duration of trip
- Mechanic and support vehicle for the duration of trip
- Bicycle equipment – pannier bags, rack pack, phone holder, water bottle holder, power bank, basic tool kits
- Bike fitting – we meet you in person to set up the bikes for you, ensuring your comfort and safety
- Route guide – never get lost with our detailed route, available to follow in an easy-to-use app
- Lunches every day
- First night and last night dinner
- Entrance to Anglesey Abbey, Garden and Lode Mill
- Entrance to Melford Hall
- Entrance to Sutton Hoo
- Ferry from Walberswick to Southwold
- Southwold brewery tour





# Booking Information

We would be delighted to welcome you on this cycling trip.

For further information or to book your trip, please email us at [holidays@baintonbikes.com](mailto:holidays@baintonbikes.com). Please include the following information:

- Preferred dates for your trip
- The number of guests, and how you will be allocated across rooms (single, double, twin)
- Your heights - so we can reserve the best bike for you
- Your choice of touring or electric bike

As an independent company, we provide a bespoke service and do our very best to accommodate any preferences our guests have - so please don't hesitate to let us know of any requirements before you book.

## BEST TIMES TO VISIT:

All of our holiday routes and self-guided tours have built, tried and tested by our team. While the area is beautiful all year round, the following information might help you decide when is best for your trip:

### MARCH - MAY

During spring, the days are getting longer (it is light until around 8pm when British Summer Time begins at the end of March). Spring flowers will be in bloom and temperatures range from an average high of around 12°C (March and April) to around 20°C in May. Weather can be changeable - bring layers and waterproofs.

### JUNE - AUGUST

British summer time brings long, warm days (average highs around mid-20s°C). The countryside will be green and summer flowers will be in bloom. Expect blue skies and sunshine - but also be prepared for showers and cooler spells or cooler mornings/evenings.

### SEPTEMBER - OCTOBER

While September can still be summery, mornings and evenings are cooler and the light fades sooner (7pm by the end of the month). Autumn in the Cotswolds is beautiful with leaves changing from green to golden shades of yellows and reds. Bring waterproofs and layers.

