

WALK THIS WAY

Fram's Hidden Heritage

Start / finish: Market Hill 3. With church behind you, cross the square. Go left to find Queen's Alley. Follow it down to Fore Street. Go right, then left at T-junction (Station Road). Beyond the Railway Inn, cross with care to Tomb House 7. Head back towards town, past almshouses 6 and cross at zebra crossing by Ancient House to United Free Church, originally a steam-driven flour mill 9. Continue to Well Close Square, keeping right. Cross Bridge Street into New Road to view even older almshouses 5.

Retrace steps, going left into Bridge Street, uphill past Unitarian Meeting House 8 and Old Court House 12 to Market Hill 3. Turn left by phone box, up alley-way and steps to St Michael's Church 2. Continue through churchyard to Church Street. Cross over to fine Regency townhouse, going left to Castle and Lanman Museum 1. Leaving castle, go left along Castle Street to spot Jeaffreson's Well 11, before turning right (Victorian post-box) into Double Street - Fram's first street with houses on both sides! At end, turn left to Market Hill.

From Castle to College

Start / finish: Market Hill 3 With church on left, head left at top of hill into Church Street. Turn right opposite church gates into Double Street - Fram's first street with houses on both sides! At T-junction with Castle Street, spot Jeaffreson's Well 11 (right), turning left to find Castle Pond, the Castle and Lanman Museum 1. With castle behind you, go straight ahead (Church Street) to St Michael's Church 2 (right).

Continue to Market Hill 3, keeping right downhill into Bridge Street past Unitarian Meeting House 8 and Old Court House 12 (right) to spot New Road's old almshouses 5. At Well Close Square*, turn right uphill (College Road) to Framlingham College 10 and views down across the Mere to the Castle (right). Return down College Road, going left at Well Close Square into Bridge Street to Market Hill.

* To see *Alms Houses 6, Tomb House 7, United Free Church 9*, go left down Station Road, then retrace steps, keeping left at Well Close Square to go up College Road.



Don't forget to look out for Fram's famous Victorian post boxes!

Top Tip

Castle to College Crafty Countryside Cut-through
Follow wildlife trail footpaths (detailed overleaf) to New Road. Go left, then take footpath right up alongside allotments and the Community Garden to reach kissing gate onto College Road.

Did you know?

Queen's Head Alley archway is thought to be the original toll entrance to the town. Bears would sleep outside the Blue Boar Inn (later the Queen's Head), whilst their leaders slept in the nearby doss-house.



Key

- 1 Framlingham Castle & Lanman Museum
- 2 St Michael's Church/War Memorial
- 3 Market Hill
- 4 Mere
- 5 Sir Robert Hitcham's Alms Houses (1654)
- 6 Thomas Mills Alms Houses (1705)
- 7 Tomb House / Mills Mausoleum (1703)
- 8 Unitarian Meeting House (1717)
- 9 United Free Church (1853)
- 10 Framlingham College (1864)
- 11 Jeaffreson's Well (1898)
- 12 Library & info point / Old Court House (1872)

- P** Parking
- F** Petrol Station
- WC** Public Toilets
- BS** Bus Stop

Did you know?

Brandeston's vicar who was tortured by the Witchfinder General in 1646 until he confessed to employing two imps to sink ships at sea was allegedly 'swum' in the Ducking Pond by the castle at Framlingham.

FRAMLINGHAM



- ### MUST-SEES
- ✓ Framlingham Castle
 - ✓ Framlingham College viewed over Castle Mere
 - ✓ St Michael's Church
 - ✓ Market Hill

Fram Facts

- Market Town:** since c. 1285
- Fairtrade Town:** since 2008
- Market Days:** Tuesday & Saturday
- Traditional Closing Day:** Wednesday
- Listed Buildings:** 74 in the designated town centre Conservation Area alone
- Royal Resident:** Henry VIII's illegitimate son, Henry Fitzroy - tomb in church
- US Connections:** Danforth family (New England 1634), Harvard University founders 390th US Bomber Group based at nearby Parham Airfield (WWII)
- Famous Local Celebrity:** Ed Sheeran (singer)

History in technicolour

From the castle's red brick chimneys to the Suffolk pink, half-timbered, Regency or Georgian facades of its cottages and town houses, friendly Fram is a vibrant, colourful market town with lots of life about it.

Ed Sheeran's song about growing up in Fram - 'Castle on the Hill' - has been streamed around 120 million times!

As well as an interesting array of long-established independent shops, regular markets and artisan offerings, be sure to enjoy the great choice of cafés, pubs and eateries clustered around historic Market Hill and beyond, which now has nearly 20 times as many inhabitants as its UK near namesake!

St Michael's Church is a truly bright and beautiful place not to be missed, just 200m from the castle. Check out its late Arts & Crafts glass, 13th century wall-painting, rare Thamar organ, William Morris-style stencilling and lavishly coloured tomb of the 'Poet' Earl of Surrey, Henry Howard, renowned pre-cursor to Shakespeare. Other magnificent monuments include tombs of castle owners like the powerful third Duke of Norfolk who married his nieces, Anne Boleyn and Catherine Howard, to Henry VIII and his daughter to Henry Fitzroy, the king's son who is also buried here.

Framlingham College is a striking red brick building overlooking the castle mere. Officially named the Prince Albert Memorial College, it was founded in 1864 and is a fee-paying, fully co-educational boarding and day school for students aged 13 - 18 years.

Fram's Public Transport

- Buses:** To nearby towns/villages/the coast
- Main bus stop:** Bridge Street
- Timetables:** The library / suffolkboard.com
- Trains:** Regular service to Woodbridge/Ipswich & Lowestoft
- Nearest station:** Wickham Market at Campsea Ashe
- Timetables:** nationalrail.co.uk

Did you know?

Jeaffreson's Well (1898) was gifted by the daughter of William Jeaffreson, a pioneering surgeon and doctor. The pump supplied Fram until 1945 when the town went on mains water.



This Pocket Guide to Framlingham is produced in association with Framlingham Business Association and with thanks to funding partners:



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Fab Framlingham Events 2018

- 6 - 11 Aug: 125th Annual Lawn Tennis Tournament & Suffolk Championships
 - 8 Sept: Heritage Open Day - even more to see!
 - 14 Oct: The 8th Great Framlingham Sausage Festival
 - 3 Nov: Framlingham Fireworks
 - 30 Nov: Browse & Buy - Late night Christmas shopping
 - 1-2 Dec: Christmas Tree Festival begins. Christmas Charity & Makers' Markets
- 2019 - Fram also regularly hosts popular country show, gravity-fed go-karting & Gala events.



The Pocket Guide to FRAMLINGHAM

History • Walks • Wildlife
Shops • Markets • Artisans • Events
Family Fun • Sports & Activities

So much more than just the Castle on the Hill



A LAND OF COLLEGES & KINGS

Framlingham probably had a castle even in the 6th century.

Over the years it grew in stature; hid a king; was home to a brand new queen; showcased and safeguarded powerful Dukes and Earls. It witnessed punishment, poverty and charity, but above all it shaped a town. Just recently, 'The Castle on the Hill' also shaped a local lad's global pop song!

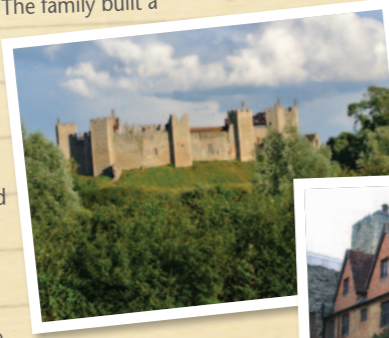
But who's the king of the castle? At times, there was no easy answer.

The Saxons (c. 700+)

King Edmund reputedly sought sanctuary at this Saxon stronghold, but was driven out and murdered by the Danes.

The Bigods (after 1066 via William the Conqueror/Henry I)

This powerful family became the Earls of Norfolk. Roger Bigod I and son, Hugh, enjoyed 117 out of 629 Suffolk manors. The family built a motte and bailey castle with a palisade and a mere on the fourth. Henry II demolished it. Roger Bigod II built the curtain-wall castle with towers (c.1190).



Royal Friends (after 1312)

The Bigods lost their castle to the king. Edward II gave it to his half-brother, Thomas de Brotherton, then estates passed to Thomas Mowbray, made first Duke of Norfolk by Richard II. Howard Dukes took charge after 1476, however the first backed the losing side at the Battle of Bosworth; the next restored their name against the Scots at Flodden, but the third lost Henry VIII's favour and his Framlingham estates.

Queen Mary (after 1553)

Edward VI held his first court here, then gave the castle to his sister Mary who was proclaimed Queen while rallying forces against Lady Jane Grey's armies. During Elizabeth I's reign, the castle imprisoned rebellious priests before being returned to the Howards in 1613.

Sir Robert Hitcham & Pembroke College, Cambridge (after 1613)

The Howards finally sold the castle to tenant and lawyer, Sir Robert Hitcham MP, for £14,000. Hitcham died, willing everything to his old college, with local legacies for almshouses, education and a castle poorhouse.

The State (English Heritage) (after 1913)

The castle was given to the State, but Pembroke College remain Lords of the Manor. Today the curtain wall is accessible for all to enjoy fantastic views and there is a personal audio commentary. The Lanman local history museum is also located inside.



Did you know?

After 1839 the castle's great hall was used as a courtroom, meeting room, a dance hall, drill hall for the local volunteers and the parish fire station!

Find the Famous People Wordsearch. A duke, queen, founder of USA's Harvard University and global popstar – Framlingham has been a home to them all!

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> ED SHEERAN | <input type="checkbox"/> NICHOLAS DANFORTH |
| <input type="checkbox"/> HOWARD | <input type="checkbox"/> ROGER BIGOD |
| <input type="checkbox"/> JOHN MOWBRAY | <input type="checkbox"/> SIR ROBERT HITCHAM |
| <input type="checkbox"/> MARY TUDOR | <input type="checkbox"/> THOMAS MILLS |

S I R R O B E R T H I T C H A M E
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Look out for the children's trail in St Michael's Church too

Wildlife Watch

Owned by Framlingham College and the Church, managed by Suffolk Wildlife Trust, home to warblers, tits, woodpeckers, ducks, dragonflies and damselflies.

- What will you spot today?
- Kingfisher
 - Heron
 - Southern marsh orchid
 - Egret
 - Barn owl
 - Water vole
 - Otter
 - Grass snake

Did you know?

Fram's lake is fed by the River Ore and probably a natural feature, unaffected by human activity for the first 7,000 years of its life!



MERE WALK

Circular route 3/4 mile

Stand by the Castle on the Hill and the view across to Hogwarts-style Framlingham College is mere magic. But follow footpaths around the water and on reflection, by some medieval wizardry Framlingham Castle looks twice as mighty and impressive.

Just before the castle entrance, take the footpath (left) down over the bridge, past the prison tower onto the Lower Court. Head diagonally towards the left-hand corner to find steps down to the Mere where footpaths lead full circle. The anti-clockwise path to the further side is quite firm; the clockwise path, boggy at times. There are two gates on to New Road and one to the car park near Well Close Square.

Stout shoes a must!



Walk for Health Find out more about Stepping Out in Suffolk health walks onelifesuffolk.co.uk

A PLACE WITH ITS EYE ON THE BALL

Home of the Framlingham Lawn Tennis Tournament

This prestigious tournament has been played annually since 1883 - with the ball firmly in Framlingham's court for over a century. Held on Framlingham College's 33 tennis courts in the first week of August, the Grade 3 Lawn Tennis Association Official Tournament incorporates the Junior Grand Prix and caters for players of all ages. Over the years, it has served up several Wimbledon finalists including current Club President, Christine James MBE, and its referee, Peter Grimdale, managed the Referees' Office at the London 2012 Olympic Games. framlinghamentennis.org.uk

A jolly good sport, all round

Framlingham's excellent Sports Club is also long-established and prides itself on organising and supporting sport including tennis, football, running, archery, croquet, badminton and ladies hockey.

It aims to enable everyone to participate in the sport of their choice locally with most sections offering coaching /match practice for different ages and abilities. Focus is on raising standards, encouraging excellence, discipline and ensuring the future of the Club. The Sports Club organise the annual Fram Gala / GalaFest – a firm fixture in the town's calendar for over 300 years! framlinghamsportsclub.co.uk



WALKING COUNTRY

Perfect for Sunday strolls or right old rambles, there's every reason under the Suffolk sun to explore more of Framlingham's beautifully gentle, historic countryside. Help is at hand too – why not check out the following leafleted / downloadable walks to, from and around Fram?

Something to write home about

Fram's walk postcards introduce the town from all angles. Directions and Ordnance Survey mapping extracts guide 5-6 mile circular walks along public footpaths and rights of way. The two free postcard packs cover 20 walks.

For the biggest panorama, the Brownsord Way is an 11 mile circular waymarked route which can be swallowed whole or dissected into bite-size chunks. More details: framlingham.com Both available from the library / Framlingham Town Council Offices.

Right on track

Walk in or out of Framlingham, following parts of the former railway line through the picturesque village of Parham and Marlesford on a linear 7.5 mile waymarked walk to/ from Wickham Market railway station at Campsea Ashe. Full details: eastssuffolkline.com/walks

Heavenly discoveries

The angel roof at Badingham may take your breath away after the 4.75 mile Angels & Pinnacles church heritage trail from Fram, but there's an Agincourt hero, a mermaid, tortoise and strange sciapod waiting 2.5 miles further on at Dennington. Full details: angelsandpinnacles.org.uk



The Angels & Pinnacles church heritage trail, 'Framlingham Cluster' leaflet also includes a pleasant 13 mile cycle route from Fram north-west to Worlingworth.

SIMPLY SUPERB CYCLING

From windmills and wildflower meadows to quirky tales and crinkle-crinkle walls, whether you're out for a quick spin or leisurely pedal push and pub lunch, Fram's country lanes, gentle landscapes and neighbouring villages are hard to beat.



Suffolk Coastal Cycle Route

Waymarkers lead south from Fram towards the picturesque estate village of Easton and on to Woodbridge and Felixstowe, or north towards the coast and Dunwich. The full circular 88 miles (142 km) route is ideal for weekend tours, with lots of possible detours and short-cuts to make day rides, including off-road tracks in three forests. sustrans.org.uk



Heart of Suffolk Cycle Route

Waymarked west towards Debenham and north to Halesworth before reaching for the Waveney Valley. 80 miles (125 kms) circular route of quiet country lanes and gentle Suffolk valleys to dip in and out of. Download at discoversuffolk.org.uk

Proud to be associated with



Fancy a spin with Fram Cycle Club?

Weekly rides & events for leisure cyclists and more experienced riders. British Cycling affiliated. framlinghamsportsclub.co.uk/cycling