SPECTATOR INFORMATION: STOWMARKET

ABOUT STOWMARKET

Surrounded by gorgeous countryside, Stowmarket is in the geographical heart of rural Suffolk. The Town is located on the River Gipping and is 12 miles North West of Ipswich and 14 miles South East of Bury St Edmunds on the A14 trunk road. The town is also served by the main Norwich to London rail link. Originally an agricultural market town, industry developed following the canalization of the River Gipping in 1793, bringing new prosperity to Stowmarket.

ACCESSIBILITY

BIKE

Bike parking is available at The Mix (50m from the finish line) as well as limited places at Market Square, Stowmarket Town Council offices and Stowmarket Community Centre.

The Mix is a designated bicycle parking area for the race's visit to Stowmarket, but storage across all sites remains the responsibility of the owner. Riders are requested to bring suitable locks.

RAIL

Stowmarket Train Station is a short 10-minute walk from the finish line and has regular links to London, Ipswich, Norwich and Cambridge.

CAR

The public are requested to travel by public transport however, if travelling by car, are advised to park out of town and walk to the finish. There is public parking (including disabled spaces) at Iliffe Way, Union Street and Stowmarket station. However, Ipswich Road car park is closed for the event and the Milton Road car park has limited availability.

WHAT'S ON?

SCHOOL ARTWORK

Keep an eye out for the bunting along the High Street as the artwork found on the bunting has all been created by children from our local primary schools! The Mayor will be choosing

the three best pieces of artwork from the displays and will be presenting each of the children with a prize on the main stage between 11:00 and 13:00.

THE MIX

The Mix are a charity that exists to empower & enable young people to change their world and ours. They work hard to do it every day by **providing**, **equipping**, **ensuring** and **enabling**, youth work that works. There will be having a BBQ in the garden area and an Ice Cream shop outside the front! They will also have workshops running throughout the day, hosted by Blossom Charity. The Blossom Charity exists to help women who would like to make their lives work better. It could be to help improve confidence and build new skills or to help launch an idea.

FILMS

The Regal Theatre will be providing a free screening throughout the day no booking required, just get down there, grab your popcorn and enjoy the film!

BREAST CANCER CARE FUNDRAISER

Stowmarket Town Council will be hosting lots of events on their front lawn to fundraise for Breast Cancer Care. If you like taking selfies, head over to their flower wall and grab some props to take the ultimate selfie - don't forget to hashtag your photo with "OVOWTStow" when posting! There will be plenty of opportunity to have a go at playing some garden games or creating your own OVO Energy Women's Tour cycling jersey.

WALKS

From the Museum of East Anglian Life, the largest independent museum in Suffolk to The Regal Theatre showing newly released films, you will find lots of shops and cafes in between. Alternatively, why not take a walk down to the River Gipping and see what kind of wildlife has come out to play?

ACCOMMODATION

Verandah House is a historic grade II listed building, located in the centre of Stowmarket, less than 100m from the finish line. The guest house has a wide choice of single, twin, double and family rooms, all of which have en-suite facilities.

Best Western Cedars Hotel is located just outside of the town centre, a short car journey from the finish line. The hotel has 25 en-suite rooms as well as a restaurant which is also available to non-residents.

Bays Farm is a five-star bed & breakfast, located around four miles from Stowmarket. All bedrooms have en-suite facilities and breakfast is served in the dining room, which was originally the dairy room.

In addition to these quaint B&Bs in and around Stowmarket, there is also a Travelodge hotel situated just off the A14 at Stowmarket, around three miles from the finish line.

PLACES TO EAT

Petite Pancakes at Number 1 Market Place for both savoury and sweet pancake delights.

Cabbages & Kings in The Mix, located next to the finish line, will offer coffee, BBQ food in the garden and tasty treats on the day.

Mill Bar & Grill on Station Road East for locally sourced food.

Prezzo, next to the Tour Village, for tasty Italian.

Please note that the OVO Energy Women's Tour is not responsible for the information, recommendations and suggestions listed in this spectator guide.