

Stories from the STONES



SHARING HISTORY & HERITAGE WITH CHILDREN

Become Heritage Detectives, try a Heritage Quest!

These all age family activities are for parents or grandparents and children. They combine fresh air, exercise and fun. All members of the group need to work together to complete a Quest!

Download a Quest Pack - Visit www.temevalley.org.uk and follow the links to Quest Packs - the children can do this!

Sort out and make up the pieces - the pack contains everything you will need to complete the Quest.

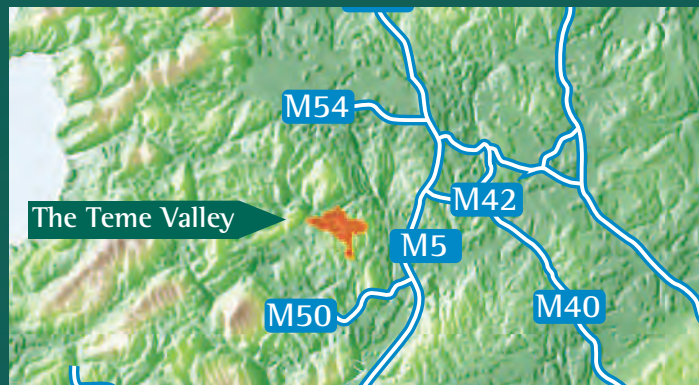
Plan a route - keep to the footpaths shown on the plan and you won't go far wrong.

Prepare for your expedition - Gather everything together, make sure everyone knows what they are doing and off you go.

Explore your Quest Trail - Use the view finders, consult your 'wonder cards' and answer the questions.

Back at base follow the instructions to complete the Quest.

Apply to become a Heritage Knight - For more information visit www.temevalley.org.uk and follow the links to Heritage Knights.



Go West from Worcester follow the river Teme into the Marches, the borderlands of England and Wales

FOOD AND HERITAGE TRAIL - AUDIO COMMENTARY An audio commentary accompanies this Food and Heritage Trail. It has a special section for children engaged on a Heritage Quest and includes information about many more of the churches marked on the map. Local people share their memories of this beautiful area and farmers, landowners and schoolchildren talk about their hopes for its future. The CD is available from some Tourist Information Centres. Alternatively, download it from www.temevalley.org.uk onto your own MP3 player or send a £5 cheque made out to the Go West Teme Valley Project and address to The Hay Loft, The Old Vicarage, Stoultton, Worcester, WR7 4RE.

Come back time and time again. Use the map to plan your own route and don't forget to take home something from the Teme Valley Kitchen.

THE GO WEST TEME VALLEY PROJECT is a rural regeneration project run by volunteers. It is an initiative of the ecumenical Chaplaincy for Agriculture and Rural Life in the Diocese of Worcester. Set up in 2002, its activities build on the history and heritage of church and countryside for the benefit of the rural community. The Go West Management Group thanks all the schools, university students, Womens Institutes, Church Wardens, P.C.C.s and the individual volunteers who have taken part in the development of this trail.

For more information please visit www.temevalley.org.uk

Designed and produced by Artwork Creative Limited



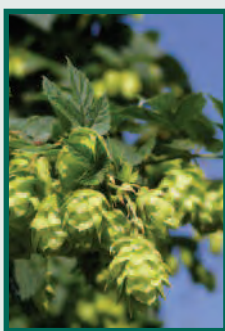
www.temevalley.org.uk

More To Explore In The Teme Valley



A Go West Food & Heritage Trail from Worcester to Tenbury
visiting Cotheridge, Broadwas, Martley, Shelsley Walsh, Stockton-on-Teme & Lindridge

The Teme Valley is a special place...



Tranquil and beautiful - what we see today is a landscape fashioned by centuries of farming - the stories lie beneath the surface... Kings and noble lords have enjoyed the harvest from these parts! Christian monks in their black robes were, for hundreds of years, a common sight - they owned manors, vast tracts of land and even more churches. The Benedictines have long since gone and so have the trains that in the 19th and early 20th centuries took fresh milk and produce to markets in Birmingham and the Black Country. People once came from the Black Country to pick hops in local hop fields adding their voices to the sound of farming folk going about their daily business. The greetings and banter of local farmers in their horse drawn wagons, queuing to load their freshly picked cherries onto the 3 o'clock train from Knightwick station, are now no more than a memory. But the stories continue...

Stories from the STONES



Listen to the stories on the audio commentary that accompanies this trail. Switch on one of the special Stories from the Stones listening posts to be found inside some of the ancient churches that have been such a feature of the Teme Valley since Norman times. Hear village voices over the centuries. Explore the heritage they have bequeathed to us. Listen to the voice of the experts that care for them today and discover what keeps them sacred places.



The Teme Valley Kitchen - take a little home with you!

The Teme Valley produces fine food. Enjoy its hospitality; eat in its pubs and restaurants, shop in the Markets, Farm Shops and Village Stores. Look out for the labels - Teme Vale Sausages, Rochford Meats, Berrow Honey, Lightwood Cheeses, Blake House Honey, Teme Valley Fruit Juices. If you are after something special, why not telephone first?



MARKETS AND FARM SHOPS

1 Teme Valley Farmers Market. Second Sunday of every month down by the river at the Talbot Hotel in Knightwick. 11am - 1.30pm. Local produce, goods and services.

2 Roots Farm Shop, Rushwick. Opening times Mon. - Fri. 10am - 5pm; Sat. 9.30am - 5pm; Sun. 10am - 1pm. Tel: 01905 421104. Own organic meats and vegetables plus local produce.

3 Knighwick Butchers Shop. Tues - Sat. 8am - 6pm. Tel: 01886 821585. Home cured bacon and home made sausages.



4 Hammonds Natural Meats, Pewcroft, Suckley Road, Knightwick. Also farm tours and meals for groups - by arrangement. Tel: 01886 884 221

5 The Mill and Garden Shop, Stanford Bridge. Mon. - Fri. 8am - 6pm; Sat. 9am - 5pm; Sun. 9am - 1pm. Tel: 01886 853267. Local seasonal produce.



6 Happy Meats, The Bank House, Stanford Bridge. Free-range additive free meat. Open Wed. - Fri. 9am - 5pm; Sat. 10am - 4pm. Tel: 01886 812485.

7 Teme Valley Fruit, Sutton House Farm, Sutton, Tenbury Wells. Open daily but telephone 01584 810424 first to check. Apple and pear juices, Dr. Carol Field's Honey and other seasonal produce.

VILLAGE SHOPS

8 Central Stores, Martley. Mon. - Fri. 7.30am - 7pm; Sat. 8am - 6pm; Sunday 8.30am - 1pm. Tel: 01886 888728.

9 The Village Store, Clifton-on-Teme. Mon.-Sat. 9am - 6pm; Sun. 9am - 12noon. Tel: 01886 812303.

PICK YOUR OWN

10 Asparagus, strawberries and raspberries at Chapel Farm, Little Witley. Signposted off the A443. To check availability telephone 01886 888243.



Surrounded by Herefordshire's hop yards and cider orchards, we grow grapes, both white and red, in four acres of vineyard. Taste our wines in the winery; tour the vineyard; visit our model vineyard; groups by arrangement.

Open April-October, Wednesday to Sunday, 11.30am-5.00pm. Other times by arrangement.

Admission free
Jeanie and Ian Falconer
Panton Court
Bishops Frome
Herefordshire WR6 5BJ
Tel: 01885 490 768
Email: jeanief@fromewine.co.uk

The Talbot at Knightwick



home of The Teme Valley Market
2nd Sunday every Month

14th Century Inn on The River Teme. Comfortable en-suite bedrooms with the usual amenities. Noted for menus using local, organic and wild produce.

Tel: 01886 821 235
Fax: 01886 821 060
Email: info@the-talbot.co.uk
www.the-talbot.co.uk

Le Potager Eastham, Tenbury Wells



Let us cater for you
Special Celebrations
Dinner Parties
Weddings

Innovative cooking for all occasions
Contact:
Karen or Chris Scales
Tel: 01584 881 545
Email: scalesblakeho@aol.com
or see us at local farmers' markets