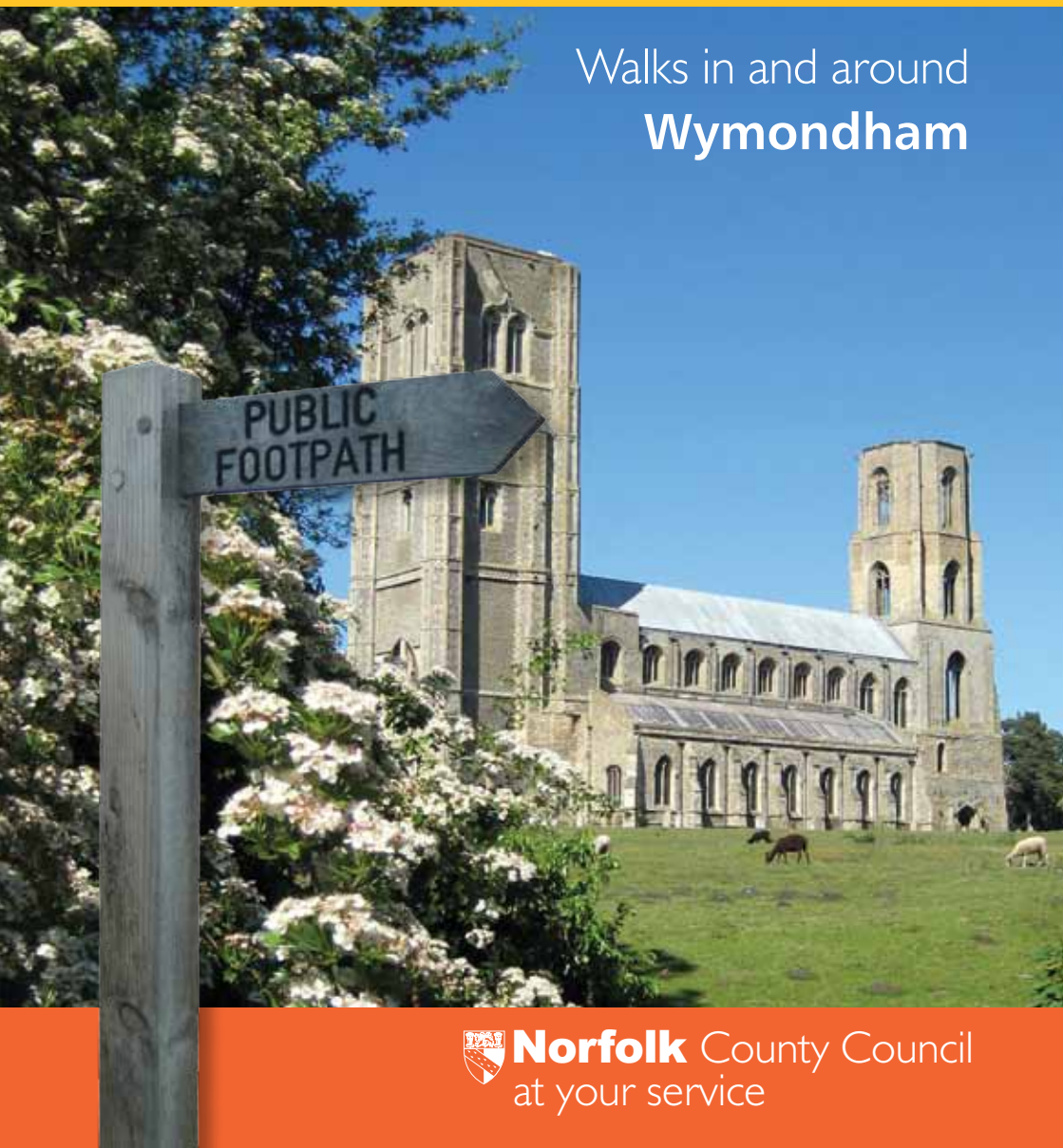


Norfolk health, heritage and biodiversity walks

Walks in and around
Wymondham



Norfolk County Council
at your service

Contents



Introduction page 2

Walk 1 Wymondham Abbey and River Tiffey and

Walk 2 Wymondham via Tiffey Valley page 6

Walk 3 Wymondham via The Lizard and Tolls Meadow page 12

Walk 4 Wymondham via Kett's Park page 16

Walk 5 Wymondham – take the bus for a walk! page 20

Walk 6 Wreningham Long's Wood and

Walk 7 Ashwellthorpe Lower Wood page 24

Walk 8 Hethersett walk page 32

Walk 9 Hingham village walk and

Walk 10 Hingham farmland walk page 36

Walk 11 Spooner Row walk page 42

Walk 12 Mulbarton via Tas Valley Trail page 46

Additional information page 51

Useful contacts page 52



Introduction



Why walk?

These walks have been carefully selected to encourage exploration on foot of the local area, making it easy for you to discover and enjoy the natural and man made heritage of Norfolk. You could find yourself strolling through quiet back streets, meandering along river valleys, ambling down leafy lanes or striding out across arable fields.

Exposure to nature simply makes us feel good - nature is free therapy with no side effects. If there is green vegetation, blue sky and water in the landscape, we like it even more. Contact with natural surroundings offers a restorative environment which allows us to relax, unwind and recharge our batteries, improve happiness and decrease stress levels.

Moderate physical activity such as regular walking in the fresh air is a free and easy way of keeping fit. To gain maximum benefit, aim to walk at a pace where your heart beats a little faster, your breathing becomes a little heavier and you feel a little warmer. Regular exercise can reduce the risk of coronary heart disease, stroke, type II diabetes, high blood pressure, osteoporosis, osteoarthritis, bowel cancer and back pain.

Getting around

Why not take the bus for a walk? The walks are accessible using public transport from Wymondham, with most walks starting close to a bus stop or train station. For local public transport details, contact Traveline on 0871 200 2233 or visit www.travelineeastanglia.co.uk.



Wymondham

The bustling market town of Wymondham is the largest in South Norfolk. It lies in a fertile, agricultural landscape set in gentle hills and shallow valleys with gravel deposits, springs and meadows.

Traces of a Saxon church under Wymondham Abbey indicate a sizeable Anglo-Saxon settlement on the hill above the River Tiffey. The first known charter for a market to be held in Wymondham was given by King John in 1204. Henry VI confirmed the right for a Friday market in 1440; a visit to Wymondham on a Friday will see the continuation of this long held custom of selling produce in the town market place.

The medieval street-pattern is largely unchanged, with the main street names appearing in sixteenth century documents. Enjoy walking along the quiet back lanes which once gave rear access to the deep and narrow plots that lined either side of Market Street. The characteristic building materials of flint, timber and clay were gathered from the many commons which surrounded the town. Woodturning and brush making were two key local industries, the wood being grown locally in this once well-wooded area.



The building of Wymondham railway station in 1844 brought about profound social and economic consequences, ending rural isolation and paving the way for the growth of industry to supplement the agricultural rural economy.

The first few walks start in Wymondham and take walkers out of the town via County Wildlife Sites and a Local Nature Reserve. They set the scene for the rest of the walks linking the heritage of Wymondham and nearby villages with the biodiversity of the surrounding countryside.

The rural landscape

Before setting out on the walks, look at a map of the whole area (Ordnance Survey Explorer map number 237) to catch a glimpse of earlier landscapes by noting curved field boundaries and road patterns. There were several medieval deer parks in the Wymondham area set aside for the hunting and breeding of deer. To keep the deer in and poachers out, parks had a strong boundary consisting of a ditch, bank and hedge. Ghosts of a few of these remain; for example, in the Silfield area of Wymondham the outline of a deer park is clearly visible on maps.

In 1549, a time of change and uncertainty, small holders across the country protested against landowners enclosing the common land they relied on for grazing their animals. Robert Kett led thousands of rebels in the Norfolk Rising of 1549, Kett's Rebellion. Robert was hanged from Norwich Castle for leading the rebels in their campaign to halt the enclosures, which culminated in a pitched battle with 10,000 troops just outside Norwich. His brother William was hanged from the great west tower of Wymondham Abbey.

Have a close look at hedges on the walks, a defining character of the Norfolk landscape. They play an important role on farms, helping to prevent soil erosion and water run-off, providing shelter, controlling livestock and protecting crops from the wind as well as providing an excellent habitat for our farmland wildlife.



Walk information

Start point	The start of the walk with Ordnance Survey grid references
Parking Bus stop	Nearest parking and bus stop
Distance	Distance of the walk
Details	Gradient, condition underfoot

Steps

Stile

Suitable for buggies/
wheelchairs

Cattle could be
grazing in some
meadows

The route could contain muddy/
uneven sections and stout shoes
or boots are recommended

Café nearby

Public house nearby

Toilets
nearby

If you have not exercised for a while, it is better to start with the shorter routes before moving on to the more challenging walks.

Tread lightly and safely

Please respect natural habitats as you walk; stay on the public footpaths and take litter home. Some routes pass through designated nature reserves; these wildlife areas are sensitive to disturbance; please comply with any wildlife protection notices. A few walks pass through areas grazed by livestock; please keep dogs under close control and shut gates behind you; for more advice visit www.countrysideaccess.norfolk.gov.uk According to the season you may encounter wet and muddy conditions or long vegetation so dress accordingly.

Wymondham Abbey and River Tiffey



Start point	Market Cross, Market Place, Wymondham Grid ref: TG110014
Parking Bus stop	Various town centre pay & display car parks Market Place, Wymondham
Distance	1 mile
Details	Minor gradient, 30% soft 

Walk instructions

Start from the Market Cross and walk down Market Street. Turn left into Damgate Street.

Cross the bridge over the River Tiffey and immediately turn right onto the river walk, part of the Tiffey Trail. The river path passes through the open green recreational space of Becketswell, which is opposite Wymondham Abbey on the other side of the river.

Go through the kissing gate; turn right onto Becketswell Road and cross the river again. There are a few steps on the other side of the road allowing a closer look at the river flowing under the twin arches of the bridge (pictured right).



Walk up Becketswell Road towards the town and turn right to visit the abbey on the way.

After the abbey, walk through the cemetery, turn right onto Church Street and follow the road to the end beside Becket's Chapel.

Turn right onto Market Street and return to the start.

- The immense twin towers of Wymondham Abbey, established by William d'Albini as a Benedictine monastery in 1107, soar above the market town and overlook the adjacent meadows. Following the dissolution of the monasteries by Henry VIII in 1538, only the nave and aisles remain intact of the original building; an information panel in the cemetery shows how it might have looked at this time. Visit the abbey to discover the fascinating story of a long running feud between the monks and townspeople and to view the dazzling gilded altar screen.



- Becketswell is a public open green space offering good views of the abbey. The land was previously a stacking ground for timber waiting to be used in the manufacture of brushes by the Briton Brush Company. Following demolition of the factory, building waste was tipped on the site creating the banks which are now a landscape feature. A small spring called Becket's Well emerges close to Becketswell Road; this spring attracted many pilgrims in the Middle Ages.

Wymondham Abbey/River Tiffey Wymondham via Tiffey Valley

Walk 1 (yellow route)
Easy starter walk with a
great view of the abbey.

Walk 2 (white route)
Enjoyable Tiffey Valley walk.

- The Tiffey Meadows are one of approximately 1,300 County Wildlife Sites in Norfolk supporting a wide range of biodiversity. This one is noted for the undisturbed marshy grassland with wild flowers including ragged-robin, greater bird's-foot trefoil and marsh thistle. Look on the left horizon, beyond the railway line, to see if you can spot a black poplar tree; it is larger than the surrounding trees and supports two bunches of mistletoe (pictured). The declining native black poplar is identified as a local Biodiversity Action Plan species in Norfolk; for more information visit www.norfolkbiodiversity.org.



Key

Walk 1

Walk 2

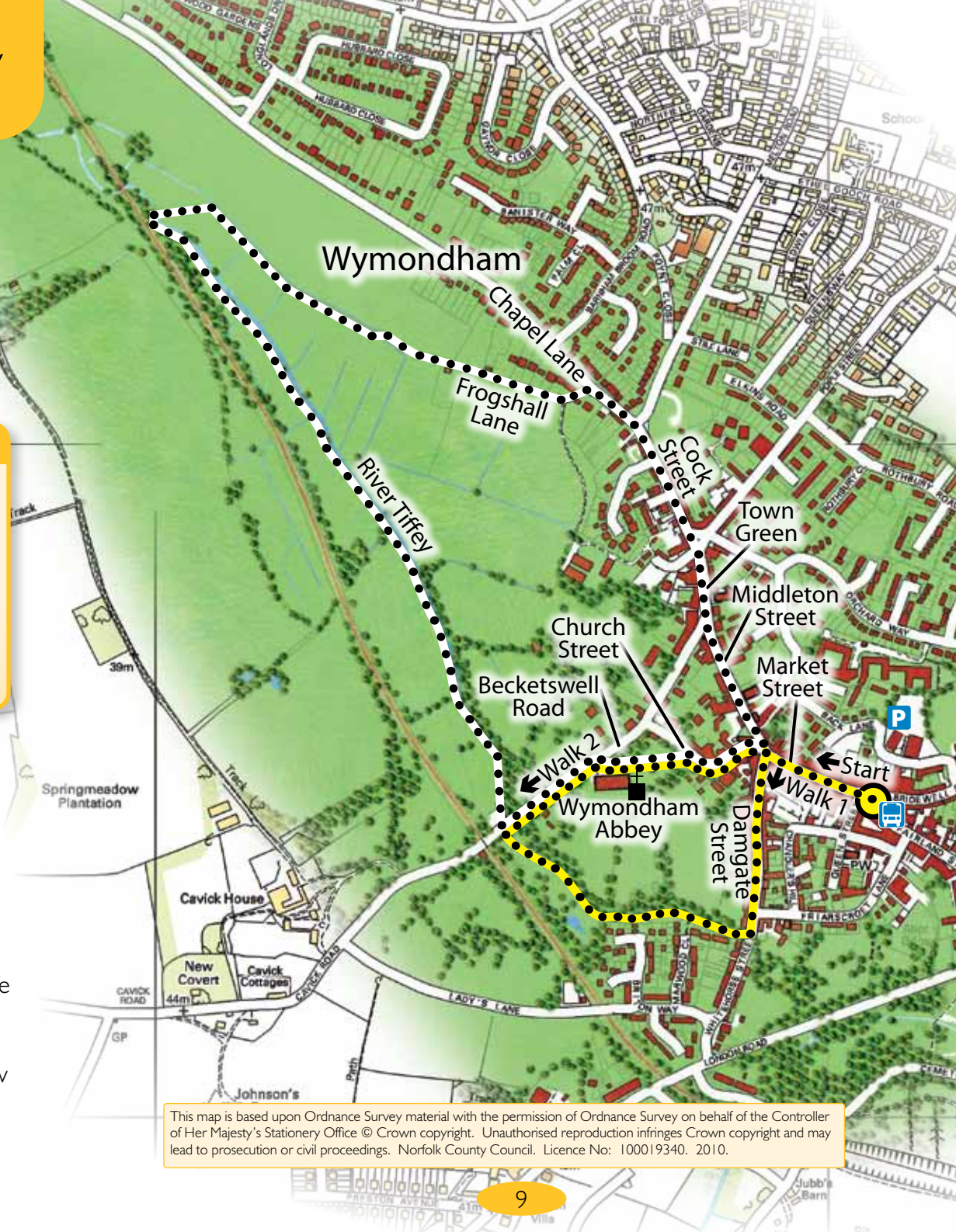
Bus stop Church

Parking



0 1/2km
0 1/4mile

- Wymondham Abbey Meadows, between the abbey and River Tiffey, are also classified as a County Wildlife Site. Although there is no public access, you can enjoy the pastoral view of sheep grazing in the shadow of the abbey. They are kept out of the graveyard by a fine stone ha-ha.



This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2010.

Wymondham
via Tiffey Valley

Start point	Market Cross, Market Place, Wymondham Grid ref: TG110014
Parking Bus stop	Various town centre pay & display car parks Market Place, Wymondham
Distance	2.2 mile
Details	Moderate gradient, 50% soft 

Walk instructions

Start from the Market Cross and walk down Market Street.

Turn left into Church Street at the junction in front of Becket's Chapel and then left on the path through the churchyard. Turn left into Becketswell Road and cross the bridge over the River Tiffey.

Immediately after the bridge turn right into the car park and go through the kissing gate to join the Tiffey Trail.

Please note the access is permissive from this point until reaching Frogshall Lane; the path might close temporarily during lambing. Respect wildlife and livestock by keeping dogs on leads at all times.

With the river on your right, follow the Tiffey Trail permissive path almost to the railway crossing point.

Just before reaching the railway line, turn right and cross the footbridge over the river into a meadow. Walk clockwise around the edge on the permissive path; there are good views of the abbey in the distance.

Leave via the kissing gate beside the Tiffey Valley information panel and walk along Frogshall Lane.

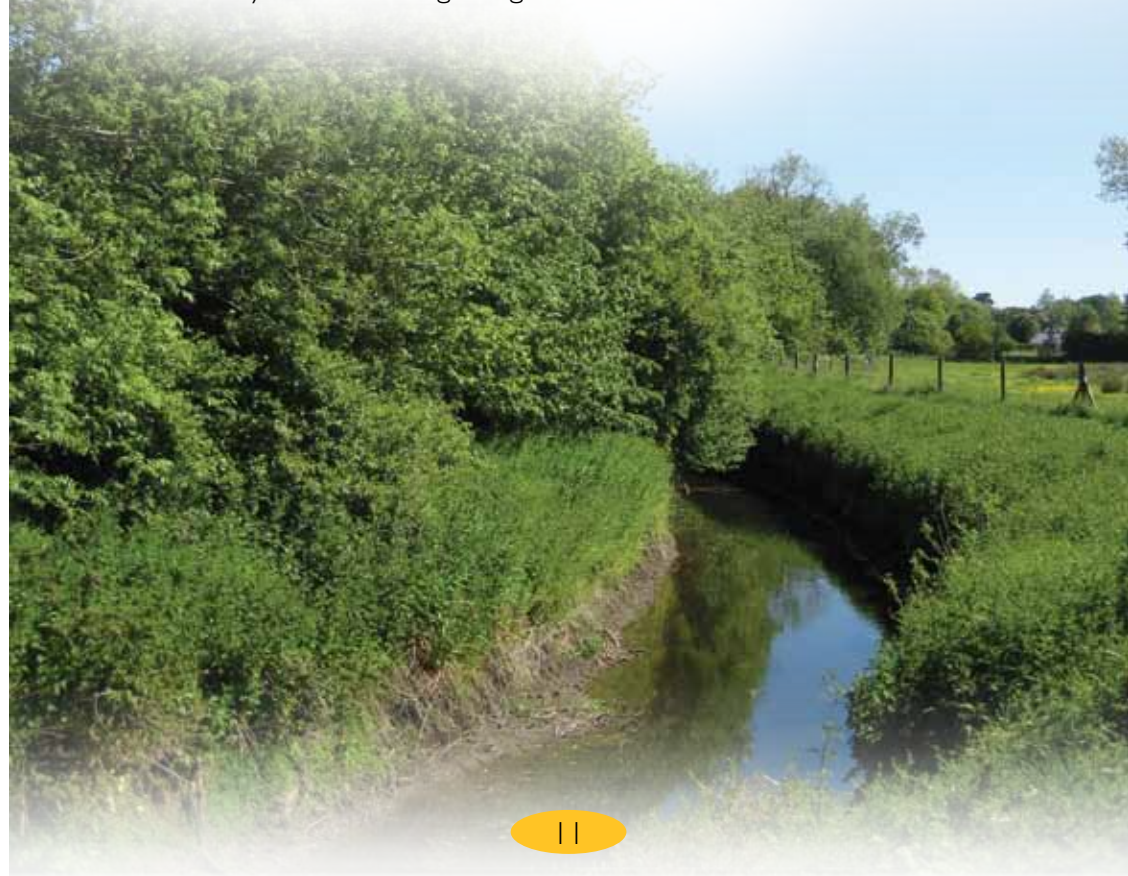
Turn right at the end onto Chapel Lane. Continue in the same direction ignoring all side junctions; the road becomes Cock Street, then Town Green and Middleton Street. Return along Market Street to the Market Cross.

- The railway line is the Wymondham to Wells branch line of the Great Eastern Railway. It opened in 1847 at the height of "Railway Mania" when railways were being built across the whole country. There was a station at Becketswell Road near the present Wymondham Abbey station; a large crossing cottage remains.

Although the line was closed in 1969, you can now enjoy a train ride to Dereham on this line again. For a current timetable contact the Mid Norfolk Railway Preservation Trust on 01362 851723 or visit www.mnr.org.uk



- For a longer walk, pick up a Tiffey Trail leaflet from the Market Cross Information Centre; the trail continues for more than two miles to Kimberley Park, returning along the same route.



Wymondham via The Lizard and Tolls Meadow

Start point	Market Cross, Market Place, Wymondham Grid ref: TG110014
Parking Bus stop	Various town centre pay & display car parks Market Place, Wymondham
Distance	3.1 mile
Details	Moderate gradient, 50% soft 

Walk instructions

Start at the Market Cross and walk down Fairland Street to the junction at the bottom of the hill. Cross the B1172 at the traffic lights and turn right onto London Road.

After a short distance turn left onto the public footpath, then bear right into Tolls Meadow. Cross the bridge, walk up the path to exit via the steps and turn left onto Cemetery Lane.

Pass the train station and cross Station Road at the T-junction into The Lizard almost opposite (pedestrian crossing on the left). Walk along The Lizard under the railway bridge and continue to the end of the road.

Go through the gate at the end and walk around the edge of the meadow, either on the higher ground on the right or next to the River Tiffey on the left; climb the wooden viewing platform for a good view over the meadow. Shortly before reaching the A11 (although hidden behind the screen of trees, the noise gives a bit of a clue!) turn left, go through the gate and continue straight ahead crossing two meadows divided by the River Tiffey.

Leave via the rambler gate and climb up the steps to the disused railway embankment. Turn left and walk along the old railway line. Just before the end, turn left opposite the seat on the right and go down the steep steps off the embankment. Follow the boardwalk around the edge of the field, cross the bridge and leave The Lizard via the steps.

Turn right and walk back along the road to the T-junction. Cross Station Road again back into Cemetery Lane and pass the station again.

After a short distance enter the cemetery on the left. Bear left in the cemetery shortly after passing the flint building to take the higher path. Walk through an avenue of Scots pine trees with fine views across the Victorian cemetery. Turn left onto the main track after descending from the high pathway and leave the cemetery via the gate. Turn left onto Cemetery Lane and follow to the end.

Cross the B1172 and continue ahead into the road opposite, Whitehorse Street. Bear right at the mini-roundabout to walk up Whitehorse Street, go over Damgate Bridge (noting the hand pump on the right) and turn right into Friarscroft Lane.

After a short distance turn left into Chandler's Hill and follow this up and around the corner, passing the car park on the left. Continue straight ahead onto Brewery Lane, pass Wymondham Baptist Chapel on the right and continue to the end.

Turn left at the T-junction onto Friarscroft Lane and left again at Fairland Street to return up the hill to the start point.

- Pictured top right: Opened in 1882 the single storey chapel was divided by a central arch, with a Nonconformist chapel to the west and a Church of England chapel to the east.
- Pictured right: The Market Cross, destroyed with many other buildings in a fire in 1615; rebuilt in 1618.



Wymondham via The Lizard and Tolls Meadow

Enjoy a mix of green spaces and quiet back streets.



- Look up at the old buildings lining quiet back streets; many are built of locally sourced materials such as clay, timber and flint, giving the town its character and appeal. Find out more about the splendid town buildings, Tolls Meadow and The Lizard at the Market Cross Information Centre.

Wymondham
via Kett's park

Start point	Wymondham Library, Back Lane Grid ref: TG111015
Parking	Various town centre pay & display car parks
Bus stop	Market Place, Wymondham
Distance	3.2 (1 mile around the park perimeter)
Details	Minor gradient, 75% firm 

Walk instructions

Start at the library; walk through the car park to the pathway in the bottom right corner leading to the playing field. Pass between the children's play area and the football field, turn left at the end and follow the pathway to Orchard Way.



Turn right in Orchard Way, right again at the T-junction (still Orchard Way) and continue to the end.

Cross Norwich Road into Postmill Close (almost opposite). Bear right through the medical practice car park to the exit pathway leading down to Harts Farm Road.

Turn left and walk beside Harts Farm Road; after a short distance the pathway leads between an avenue of trees. Turn right at the junction of paths, cross the road at the pedestrian lights and turn left to walk to Kett's Park.

Enter Kett's Park and walk clockwise around the edge. Enjoy a woodland walk around the perimeter of the park; this starts near the top end of the park.

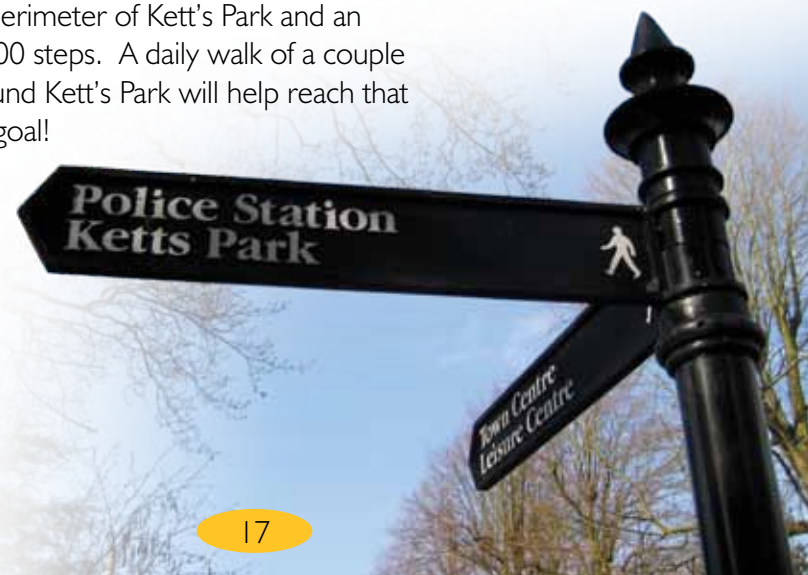
Leave the park at the main entrance again and turn left. Cross the road at the pedestrian lights again and walk to the end of the pathway through the trees.

Turn left onto Norwich Road and cross at the pedestrian lights. Immediately before the garage, turn right onto a vehicle track and pass between the wooden bollards to the pathway.

Turn left at the end and take the footpath leading into an open green space. Cross this playing field to the opposite exit and continue to the end of Bellrope Lane.

At the T-junction turn left into Folly Road and then right at the end into Norwich Road. Return to the start by turning right onto Orchard Way, then first left. Bear left at the corner signposted to the library and return beside the football pitch to the start point.

- It's recommended we should walk 10,000 steps per day; it takes approximately 20 minutes to walk around perimeter of Kett's Park and an average of 1800 steps. A daily walk of a couple of circuits around Kett's Park will help reach that 10,000 steps goal!



Town walk linking green spaces.

- Hidden behind the trees at the far end of Kett's Park is Moot Hill. This large ring motte, an artificial steep-sided earth mound with a castle on top, was built by the d'Albini family between 1088 and 1139. The wooded mound is now a County Wildlife Site (**please note: there is no public access to Moot Hill – it's just nice to know it is still there**).







- The walk passes through Postmill Close, named after the site of a nearby windmill. A mill is shown on a map of 1836 and was last used in 1925.



This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2010.

Wymondham –
take the bus for a walk!

Start point	Kett's Oak bus stop, Hethersett Grid ref: TGI43037
Parking/ Bus stop	Please note this is not a circular walk. You need to catch a bus from the Market Cross in Wymondham to Hethersett. There are several bus services to choose from; ask the driver for the Kett's Oak bus stop, Hethersett.
Distance	5 miles
Details	Minor gradient, 40% soft    

Walk instructions

Catch a bus from the Market Cross in Wymondham and ask for the Kett's Oak bus stop; this is shortly after Kett's Oak tree on the B1172.

From the bus, walk towards Wymondham on the pavement on the right hand side of the road. Immediately after the car salesroom, enter the field on the right, there is a permissive access sign and map at the start point.

This is the first of several waymarked Natural England permissive access paths; dogs **must** be kept on leads on these permissive access paths.

Walk along the wide field margin next to the B1172. Shortly after passing Kett's Oak, turn right away from the road and walk around the edge of the field with the hedge on your right.

Almost at the end, go through the hedge and turn left, then left again at the Natural England waymark post at the corner. Walk along the edge of the field, keeping the hedge to your left.

Stay on the track as it passes through the gap in the hedge and keep left, passing a pond on your left. Pass another waymark post and The Wong, a long area of woodland and pasture on your right.

Continue around the fields on this long curving permissive path, keeping the hedge on your left until reaching the road.

Just before the road, turn left, go through the hedge at the waymark post and continue with the hedge on your right. Pass in front of a white house and stay on the permissive path beside the road.

At the end of the permissive path turn left onto Melton Road, then first right onto Slopers Road, signposted to Wramplingham.

Turn left at the T-junction signposted to Wymondham, then first right onto Youngmans Road.

Turn first left onto a vehicle track (Deep Lane); this is immediately before the sharp right hand bend and before reaching Wood Farm. Walk along Deep Lane to the end.

The return to the town centre is not shown on the map; suggest this route:

Cross Tuttle Lane at the end into Melton Road opposite and walk to the end of the road (almost one mile).

At the mini roundabout turn left into Cock Street, continuing ahead at the next junction into Town Green. Follow the pedestrian signs to the town centre via Market Street to the Market Cross.



- Kett's Oak (pictured) is said to commemorate the spot where the rebels of Kett's Rebellion gathered before marching to Mousehold Heath in Norwich. This particular tree is not old enough to have been the mature tree commonly depicted; probably not even an acorn in 1549.

Wymondham – take the bus for a walk!

Catch a bus to Hethersett and walk back via
a mix of permissive paths and country lanes.

- The curved shape of the permissive path north of Kett's Oak follows the parish boundary. There is an interesting mix of mature hedges with adjacent banks and ditches along this border together with more recent hedgerow plantings. Look out for several crab apple trees; the fruit hangs on bare branches long after autumn leaves have fallen and provides a welcome winter feast for migrating field fares. Visit www.norfolkbiodiversity.org for more information on the Biodiversity Action Plan for hedgerows.



Key

Walk 5 ●●●●●

Bus stop

0 1/4mile 1/2km

Compass rose showing North, South, East, and West.

This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2010.

Start point	Long's Wood car park, Wymondham Road, Wreningham Grid ref: TM148990
Parking Bus stop	Long's Wood car park —
Distance	1.5 miles
Details	Minor gradient, 90% soft 

Walk instructions

There are many permissive paths in Long's Wood for you to enjoy; please keep dogs on leads at all times.

Enter the wood via the gate in the car park, pausing to read the information panel at the entrance. Start the walk along the wide track keeping the wood on your left.

Turn right just after the corner and cross the dismantled railway line, using the steep steps into and out of the old track bed. Turn right at the top and then bear immediately left, following the green 'Ketts Country' waymarks.

Bear right at the clearing, still on the Ketts Country trail. Ignore any side paths and pass a second information panel in a clearing near the wooden seats.

Continue ahead at the next junction over the ditch, leaving the Ketts Country trail. Walk ahead keeping the low hedge and another ditch on your right, heading for the edge of the wood visible a short distance ahead.

Turn left at the end and walk between the wood and the hedge. Just before reaching the corner, cross the ditch via the footbridge on the right and turn left onto the public footpath.



Pass another area of Long's Wood on the right; there is another information panel at the start. Keep left at the junction of paths, walk under the power lines and continue ahead with the hedge on your left and the waymark post on the right.

Leave Long's Wood via a footbridge over a ditch close to the information panel and turn left onto a field edge public footpath. Turn left at the end onto Wymondham Road, pass High House Farm and walk along the road to the Long's Wood car park start point.

- Take time to explore the wood; there is a sculpture trail of 20 relief bosses on oak posts, designed and made by John Behm and commissioned in 2004 by Norfolk County Council. The images have been carefully selected to illustrate some aspect of the life of the wood or a moment of history in this part of Norfolk; a few make reference to the imagination of woodland.
- The walk crosses the now abandoned 6.5 mile long railway line between Wymondham and Fornsett. Opening in 1881, it was locally known as the 'Swede and Swimmer' after the labourers who helped build the line and lived on a basic Norfolk diet of dumplings (swimmers).

Wreningham Long's Wood Ashwellthorpe Lower Wood

Walk 6 (yellow route)

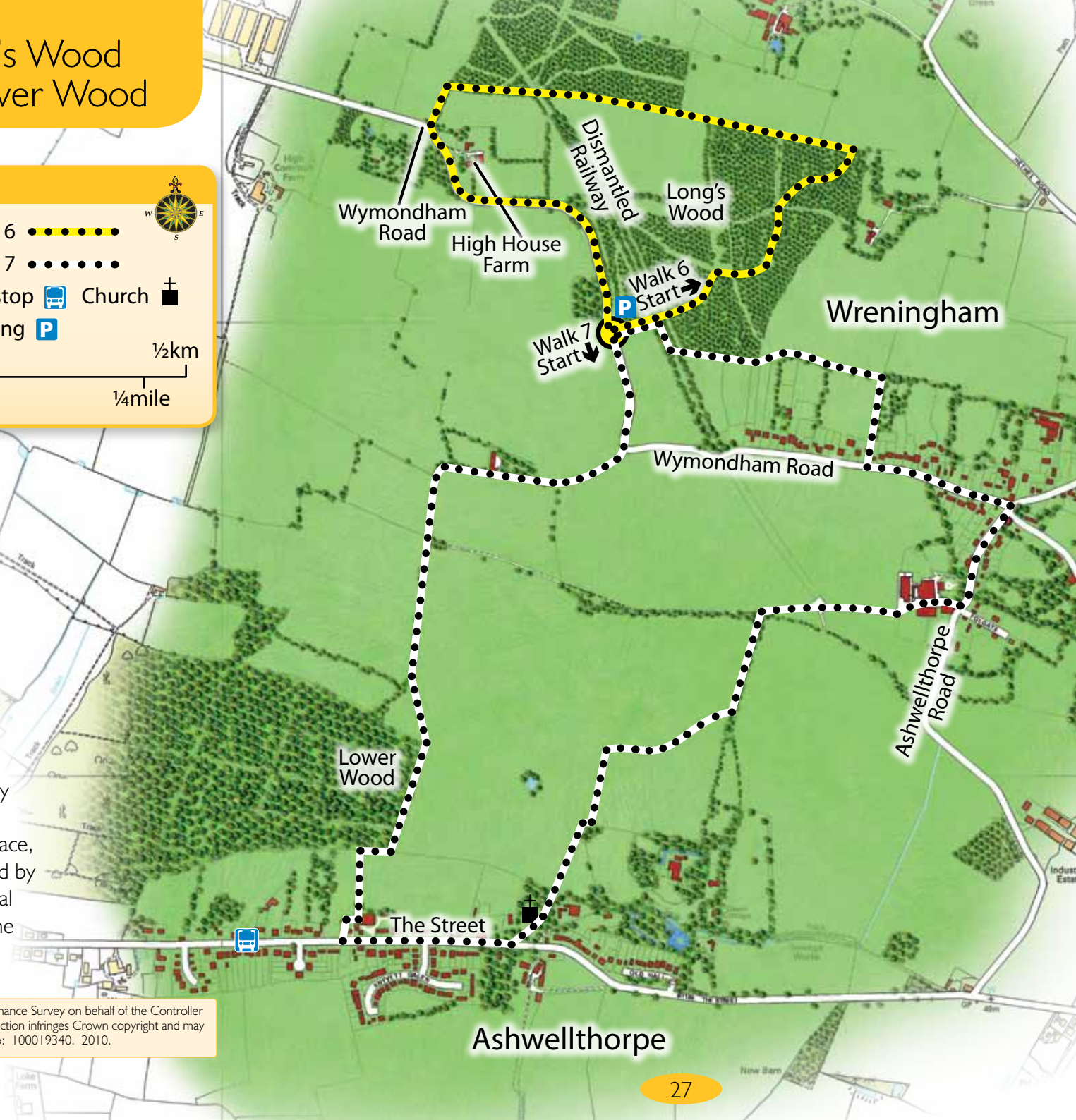
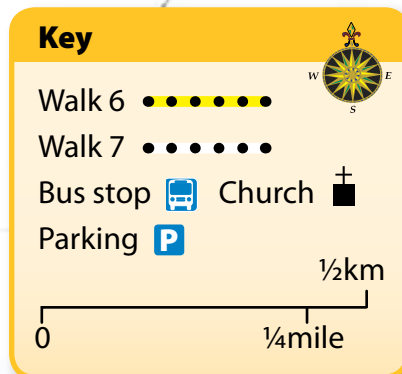
Enjoy a young woodland walk.

Walk 7 (white route)

Village walk passing one of
Norfolk's few remaining
ancient woodlands.




- From the outside, the nave of the medieval All Saints' Church in Ashwellthorpe seems unusually high, accentuated by tall 15th century windows. Inside the feeling is of an enormous barn-like space, with the agricultural atmosphere being enhanced by a paved brick floor. Note the E-shaped medieval moat behind the church; this may have been one half of a two compartment moat.



This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2010.



Start point	Long's Wood car park, Wymondham Road, Wreningham Grid ref: TM148990
Parking Bus stop	Long's Wood car park *White Horse public house, The Street, Ashwellthorpe
Distance	3.6 miles
Details	Minor gradient, 90% soft 

Walk instructions

Start the walk by turning left out of Long's Wood car park walk along Wymondham Road. At the corner turn right onto the public footpath. Walk along the track, pass the house, continue along the tree lined path and bear left at the end around the edge of the field.

Cross a footbridge over the ditch and continue in the same direction, heading for Lower Wood. The footpath crosses a field, a farm track and continues along a field edge path, initially with the hedge on the left, and then after crossing a footbridge with the hedge on the right.

Follow the field edge path beside the wood. Cross two more bridges, turning immediately left after the second bridge. Keep to the left hand side of the meadow heading for the village. Turn left on The Street.



***The bus stop is a short distance on the right on The Street, beside The White Horse public house. Start/finish the walk from this point if arriving by bus.**

- Early spring carpet of wild garlic (Ramsons)

On reaching the church and village sign turn left onto the public footpath through the churchyard. Pass the church and follow two waymark posts out of the churchyard; the public footpath passes close to the right of the moat through the bottom of a garden. Go through the gap in the hedge beside the second waymark post.

Follow the waymarked public footpaths from the church, bearing right towards Wreningham; cross the field, along the field edge path and turn right along the vehicle track which leads through the stable yard to the road.

Please keep dogs under control and be aware of horses when walking through the busy stable yard.

On reaching Ashwellthorpe Road turn left, then left again at the crossroads onto Wymondham Road. Turn right at the public footpath (opposite the 30mph sign), walk along the wide track between the houses and continue in the same direction up the hill.

Cross the bridge and immediately turn left. Walk to Long's Wood around the left hand side of the meadow. On reaching the young woodland, continue around the edge with the wooden fence on the left.

Continue beside the dismantled railway for a short distance. Just after passing the Ketts Country trail waymarker turn left to cross the old railway line via the steps. Keep left after the railway and continue around the wood to the start point in the woodland car park.

This walk passes Lower Wood; a Site of Special Scientific Interest owned by Norfolk Wildlife Trust. The wood has permissive access but please note dogs are not allowed in this wood and it will occasionally be closed for essential management work. Norfolk Wildlife Trust are creating a new entrance to the wood and planning a small car park in 2011; this will be off The Street, a short distance from the bus stop.

Wreningham Long's Wood Ashwellthorpe Lower Wood

Long's Wood was established in 1994 by Dennis Long, whose family farmed the land for over a century. He has invested in the future for local people by planting 70 acres of native woodland and providing a wonderful open area for people to enjoy. The wood has quickly become an exciting site for biodiversity. Species planted include

English oak, red oak, hornbeam, small-leaved lime, walnut, field maple, alder, wild cherry, apple, hawthorn, sweet chestnut, hazel, spindle, ash and yew.

The planting of Long's Wood has helped create a woodland wildlife link to older woods in the area.

Ecological networks such as this provide space in which wildlife can move in response to changing conditions.

Lower Wood is one of Norfolk's few remaining ancient woodlands - 37 hectares of ancient coppice and woodland survive and are classified as a Site of Special Scientific Interest.

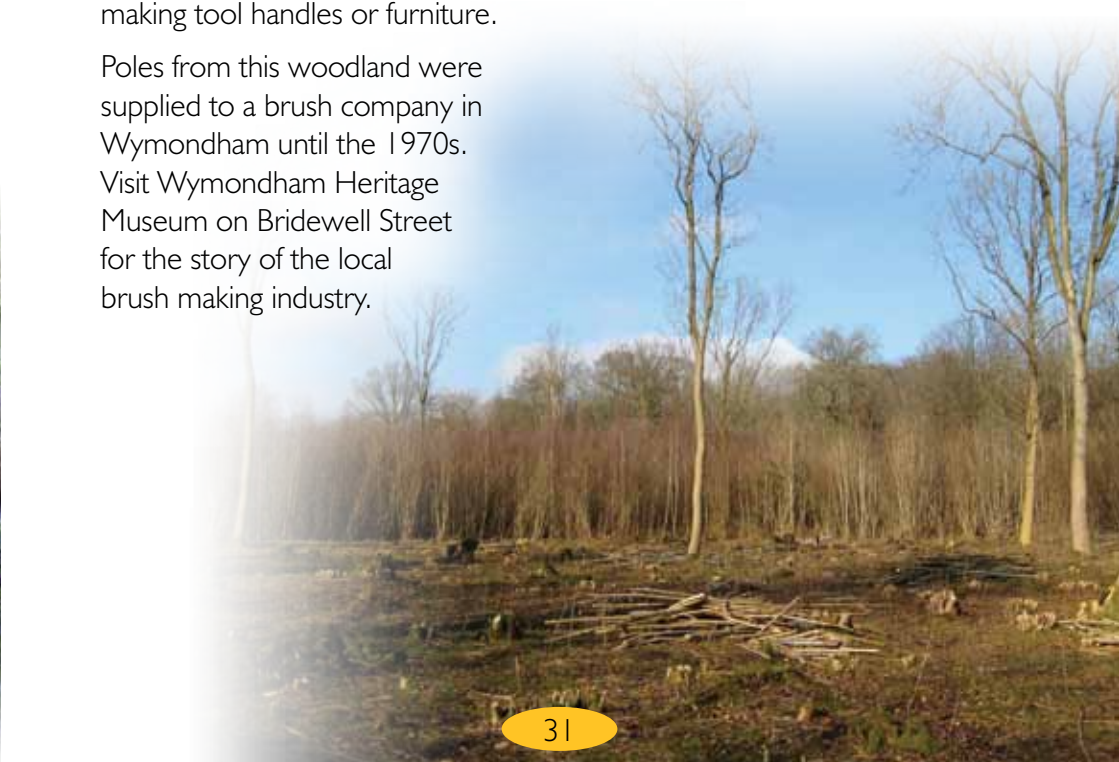
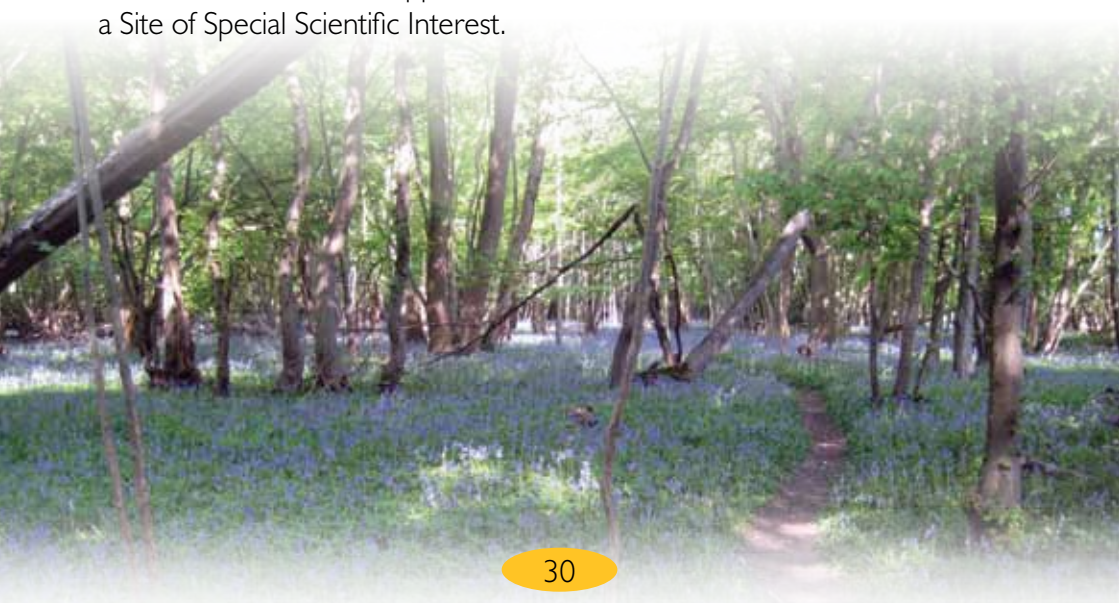


The wood is made up of oak, ash and hazel and is one of the best places to see hornbeam in Norfolk – hornbeam is easy to identify with distinctive bark, smooth and grey with stretch marks. The wood is full of colour in the spring; the ground flora includes bluebell, wood anemone, woodruff, early purple orchid, herb Paris and twayblade.

Lower Wood is managed as a nature reserve by Norfolk Wildlife Trust with the help of Wymondham Nature Group, one of their local groups working for the protection and enhancement of Norfolk's wildlife and wild places.

Visit www.norfolkwildlifetrust.org.uk if you would like to become involved with practical management. Volunteers coppice the trees each winter in rotation. Coppicing is an ancient technique of repeatedly cutting the trees down to ground level in order to grow a crop of similar sized stems to be harvested for a variety of industrial reasons, for example, making tool handles or furniture.

Poles from this woodland were supplied to a brush company in Wymondham until the 1970s. Visit Wymondham Heritage Museum on Bridewell Street for the story of the local brush making industry.





Start point	Methodist Church, Great Melton Road, Hethersett Grid ref: TGI51050
Parking Bus stop	Hethersett Recreation Ground, Park Drive, off Mill Road, Gt Melton Road (adjacent Methodist Church)
Distance	3.1 miles from car park; 2.5 miles from bus stop
Details	Minor gradient, 50% soft 

Walk instructions

From the bus stop: with the Methodist Church on your right, walk along Great Melton Road.

From the car park: turn right out of the recreation ground car park onto Park Drive, turn right at the end onto Mill Road and then left at the T-junction onto Great Melton Road (the bus stop and Methodist Church are a little to the right on Great Melton Road).

For both; continue along Great Melton Road. Turn right onto a public footpath opposite New Road and after passing the water tower.

Walk along the footpath around the edge of the field and go through the opening in the hedge just before reaching the wood (ignore any other right hand openings). Follow the field edge footpath around this large field, keeping the wood on your left.

To visit Great Melton Church, turn left on the vehicle track between the trees, pass the fishing lake on your right and continue until reaching the road. The church and adjacent church ruin are a short distance along the road to the right. Return via the same route.

Continue around the edge of this large field; the access after passing the above vehicle track is now permissive rather than public right of way. Walk under the electricity pylons, ignore all paths on the left through the wood and carry on around the edge of the field.

Walk under the pylons again, the field edge path becomes a tree lined track; follow this track to the end.

Leave via the metal kissing gate and turn left onto the public footpath along a green lane. Continue ahead as this becomes a tarmac road (Grove Road) Turn right at the end onto Henstead Road and walk to the end of the road.

To return to the bus stop; at the T-junction turn right and return to the bus stop.

To return to the car park; turn left at T-junction, then first right into Cann's Lane. Take the first right turn into Kett's Close and continue ahead at the end on the tarmac pathway through the metal barriers. Cross the recreation ground to the car park.

- The Old English meaning of the name Hethersett is 'settlement of the dwellers among the heather', or 'heather fold'. The walk starts near Mill Road; there was a post medieval windmill close to this road and marked on Bryant's map of 1826 along with another mill; the two mills were known as the 'Hethersett Mills'.
- The public footpath along the green lane to Grove Road passes close to the site of an important Roman settlement. One of the most striking features excavated was an early, clay-walled, agricultural drying building. Its proportions suggested that it served a large area.



Hethersett walk

Easy rural parish walk.



- A 15th century tower is all that survives of the medieval church of St Mary's in Great Melton. Sharing the churchyard with All Saints', the two churches were independent until they were consolidated in the early 18th century when All Saints' became the principal church. St Mary's Church was allowed to decay and was last in regular use in 1883.

Key

Walk 8 ●●●●●

Detour ●●●●●

Bus stop

Church

Parking



0 1/4mile 1/2km

This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2010.

Start point	Bus shelter, Market Place, Hingham Grid ref: TG023021
Parking Bus stop	Market Place, Hingham Hingham Bus Shelter, Market Place
Distance	2 miles
Details	Minor gradient, 30% soft 

Walk instructions

Start this walk at the bus shelter in the Market Place. With your back to the bus shelter turn left, cross the road and walk down the hill.

Cross Hall Lane and then turn right into Stone Lane (just after Hingham Handy Stores). Continue ahead as the road becomes the Stone Lane public footpath.

At the end turn right into Bears Lane, continuing ahead as it becomes Seamere Road and ignoring the right turn (Mill Corner).

Turn right onto the public footpath (almost opposite K. W. Eaglen and Son). Follow this around the edge of the fields, turning right after crossing the footbridge over the ditch. Continue around the field edge footpath with the ditch on your right.

At the end, turn right onto Deopham Road, then right again at the T-junction onto Hall Moor Road. Continue ahead as this becomes Hall Lane.

Turn left at the end into Norwich Street. Before returning to the start point in the Market Place, visit St Andrew's Church just off the Market Place.



- Allow time to wander around the village and look at the surprising number of handsome Georgian buildings. The elite of local society built beautiful town houses in the 18th century and Hingham became known as Little London. They enjoyed living in fine splendour, particularly during the winter season when roads to London became almost impassable.
- The town sign commemorates the exodus of many parishioners who left for the New World in the early part of the 17th century to found a new Hingham in Massachusetts, USA. Call in at the Post Office or Harrods of Hingham for a leaflet with more information on the fascinating heritage of Hingham.
- The church of St Andrew dominates the town; at over fifty meters long with a huge tower, it provides a landmark for miles around. The building is notable in that it was virtually all constructed at the same time, between 1319 and 1359. Inside the church is a bronze bust of Abraham Lincoln; although he was not born here, his ancestor Samuel Lincoln was baptised at St Andrew's in 1622 and later moved to New England. (Pictured above; St Andrew's Church gatepost.)



Hingham village walk Hingham farmland walk

Walk 9 (yellow route)

Easy walk from this lovely Georgian village

Walk 10 (white route)

Look out for cows hiding amongst the chickens!


- Watch the crops grow and understand modern agricultural practices by repeatedly walking at different times of the year. Wymondham was the first town in Norfolk to hold a Farmers' Market in 2000. Held on the third Saturday of every month, local producers sell direct to the general public, continuing the long tradition bringing together town and country through town markets.
- Whilst food production is an activity on which we all depend, farming is also of fundamental importance to wildlife, providing breeding and feeding habitats for a wide variety of birds, mammals and insects. Wide field margins create a foraging habitat for ground nesting birds such as the grey partridge, now in decline and included in the Norfolk Biodiversity Action Plan.

Key

Walk 9 ●●●●●

Walk 10 ●●●●●

Bus stop  Church 

Parking 

0 1/4 mile 1/2 km



This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2010.



Start point	Bus shelter, Market Place, Hingham Grid ref: TG023021
Parking Bus stop	Market Place, Hingham Hingham Bus Shelter, Market Place
Distance	2.9 miles
Details	Minor gradient, 90% soft 

Walk instructions

Please keep dogs on leads for this enjoyable rural walk; the public footpath passes through working livestock farmland.

Start in the Market Place facing the bus shelter. Cross the grass area to the road behind the shelter, turn right and then immediately left. Turn left into the alleyway tucked away in the corner (left of the white house called 'Southern Wood House') and follow it around to the right as it leads into Chapel Street.



Cross Hardingham Street at the end into Folly Lane.

Pass the allotments on the left and walk along the narrow footpath. Continue ahead at the field, keeping the ditch on the right. After passing beside the metal gates, continue in the same direction on the grass verge beside the ditch on the left; keep to the left of the electric fence around the chickens.

Bear right at the waymark post before the end of the field pointing towards the barns and go through two kissing gates into Manson Green Farm. Pass the front of the barn on the right, bear right and almost immediately left to cross a footbridge over the ditch into a field (beside the corner electricity pole).

With the ditch on the right, walk to the corner of the field; turn right and cross a second footbridge. Continue with the hedge on your left.

Cross a third footbridge, climb the stile and walk across the left hand side of the meadow. Go through the metal gate and turn right onto the farm track.



Stay on this track to the end, ignoring all side turns. At the end, bear right into a meadow. Keep the hedge on your right and walk around two sides of this meadow.


Climb the stile and continue in the same direction. Turn right after a short distance, go through the gap in the hedge and continue up the right hand side of the field.

Turn right again at the waymark post (this is just after the second corner) and cross the ditch. Cross the middle of the field on the public footpath, heading towards the church.

Bear right at the end and follow the field edge footpath around the back of the houses. Bear left in front of the school playing field and continue to the road.

Turn right onto Hardingham Street, then left onto Chapel Street and return along the narrow alleyway to the start point.



Start point	Train Station, Station Road, Spooner Row Grid ref: TM094974
Parking Bus stop	Car park beside school, Station Road Adjacent train station, Station Road
Distance	3.5 miles
Details	Minor gradient, 15% soft 

Walk instructions

This walk starts at the train station. The bus stop is next to the station and the car park is a short distance along Station Road beside the school (A11 direction). Whether arriving by car, bus or train, start the walk by walking towards the village along Station Road.

At the end, cross Bunwell Road into Guiler's Lane. Pass The Boars public house on your right and walk along Guiler's Lane for almost a mile.



Turn right onto the bridleway just after Guiler's House (the fingerpost is on the left hand side of the road) and follow this track until it reaches the road, walking between the metal railings of a bridge along the way. This bridleway is frequently used by horses.

On reaching Potter's Lane, turn right and follow the road to the T-junction. Turn right at this T-junction onto Hill Road.



On reaching Bunwell Road, turn left, then immediately right into Queen Street. Follow Queen Street to the end, ignoring the left turn. At the T-junction at the end opposite The Boars public house turn left and left again to return to the start point along Station Road.

- Spooner Row is part of the parish of Wymondham and its name is a reminder of the Wymondham manufacturing industry which made small wooden objects such as spoons and spindles, using the locally grown coppice-wood. (Pictured above: wooden spoon on the Wymondham town sign).



- The railway station at Spooner Row was built in 1844 although the station building was demolished after a fire in 1977. The 19th century signal box retains a semaphore signalling system and the gates are still operated manually.





Spooner Row walk

Good chance for a leg stretch
along quiet country lanes.


- Between Spooner Row and Silfield was an enormous medieval deer park, laid out by William d'Albini II. A look at the Ordnance Survey map of the surrounding area shows the curved boundary of the park is still visible in the modern field layout, with modern hedges abutting but never crossing the park boundary. The existence of the park is also remembered in the name of Lower Park Farm, the site of a moated hunting-lodge.



Key

Walk 11 
 Bus stop 
 Parking  Church 
 0 1/4 mile 1/2 km

This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2010.

Start point	St Mary Magdalen Church, Mulbarton Grid ref: TG193011
Parking Bus stop	Village Hall car park, The Common, Mulbarton World's End, Norwich Road, Mulbarton
Distance	4 miles
Details	Moderate gradient, 90% soft 

Walk instructions

From either the car park or bus stop walk to St Mary Magdalen Church to start the walk. Enter the common opposite the church between the wooden posts beside the seat and cross the right hand corner of the common.

Leave the common through another set of wooden posts and cross the B1113 to the footpath along the track, to the left of the houses. The track becomes a field edge path with the hedge on your right and is part of the waymarked Tas Valley Trail (follow these Tas Valley Trail waymarkers).

Turn right at the end of the hedge onto the path between the fields, continuing ahead on the track between two more fields with the hedge on your right. Turn left at the waymark post to walk down the hill to the Tas Valley.

Leave the field at the bottom corner and turn right. Keep to the path above the river valley walking close to the hedge on the right.

Cross Catbridge Lane, go through the opposite gate and follow the winding woodland path. Cross the bridge over the pond and continue up the hill through the trees.



On leaving the wood, continue ahead along the edge of the field with the river valley on the left. After a short distance, go through the kissing gate on your left into the meadow and turn right.

Walk through several meadows in the Tas Valley, keeping close to the right hand side. Cows usually graze the meadows beside the river; please keep dogs under close control. Leave the final meadow via the kissing gate near the end and bear left onto a track.

Cross the road into Swardeston Common - you have now left the Tas Valley Trail. Bear right and walk around the common; there are several seats and lots of choices of well walked paths across the common. Leave via the exit opposite the cricket ground and cross the road.

Walk clockwise around the cricket ground, continuing up the vehicle track in front of the houses overlooking this area of Swardeston Common and the cricket pitch.

Bear left on reaching the tarmac road, Brownes Lane, then right at the T-junction with the B1113. To visit Swardeston Church, turn right on the shingle lane opposite Wood Lane.

To return to Mulbarton, turn left onto Wood Lane and follow this around the corner. Continue ahead as the tarmac road becomes a dirt track.

When the track bears sharp left to the last few houses, continue ahead; the track shortly becomes a footpath between a post and wire fence and a hedge. Continue ahead as this footpath becomes a field edge path, keeping the hedge on the right.

Turn right onto the track at the end. Climb the stile and continue in the same direction on the track, heading towards Mulbarton Church. Cross the footbridge and follow the public footpath through the churchyard to the road.

On leaving the church, turn left to return to the car park, or right to return to the World's End bus stop.

Explore the rolling countryside of the Tas Valley Trail.


- Dedicated to St Mary, the church in Swardeston is hidden amongst trees. The 14th century building has later additions including a beautiful Tudor brick arch doorway (pictured). Look for the 1917 east window commemorating Edith Cavell; she was born in this parish and her father was vicar of the church for forty-six years; you can read the poignant account of her life and death in the church.
- The parish church of St Mary Magdalen looks out over Mulbarton Common. Founded in the 13th century by Thomas St Omer, a splendid west tower with attractive chequered flushwork was added in the 14th century.
- Look out for this fabulous 17th century barn (pictured) near the start of the walk.




Key

Walk 12 

Bus stop 

Parking 

Church 

1/2km

0 1/4mile



This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2010.



- Mulbarton Common (pictured above), once grazed by cattle and likely to have been maintained as open grassland since the Middle Ages, is now an invaluable recreation area. The common is managed by South Norfolk District Council in partnership with Mulbarton Parish Council. The ponds in the common provide a welcome habitat for the great crested newt, the largest European newt. The male has a splendid orange belly with black spots and a dinosaur-like ridge along its back in the breeding season. It spends the spring and summer in ponds, but at other times inhabits damp terrestrial places from wet grassland to cellars! Although locally common, the UK holds most of the world's population.



● Great crested newt
Photograph by Karl Charters
Norfolk Wildlife Trust

- Until about 40 years ago, Swardeston Common was open grazed grassland with scattered gorse bushes. After grazing stopped, it developed into scrubby woodland and thickets, dominated by hawthorn and blackthorn. Today, South Norfolk District Council and the Norwich Fringe Project cut back the scrub to stop it encroaching onto the grassland, and the grass is cut each year.

Acknowledgments

Many thanks to Wymondham Town Council, local parish councils, South Norfolk District Council, Norfolk Wildlife Trust and Wymondham Nature Group for their input and support in the development of these walks. Also thanks to the Active Norfolk walkers for testing the walks.

Find out more

Call in at the Wymondham Heritage Museum on Bridewell Street to discover more about the area.

To find out more on the heritage of Norfolk, visit the Norfolk Heritage Explorer website www.heritage.norfolk.gov.uk or Norfolk Online Access to Heritage website on www.noah.norfolk.gov.uk. For more online biodiversity information visit www.norfolkbiodiversity.org.

If you walk all these routes you will have completed almost 35 miles, why not explore more by walking one of the long distance routes mentioned in this book? Ketts Country links Wymondham to Norwich using footpaths, bridleways, disused railway lines and quiet country roads. The Tas Valley Trail follows the River Tas between Norwich and Attleborough. For more information, contact the Norfolk County Council Countryside Team on 01603 222769.



Good public transport links between Norwich, Wymondham and Attleborough make walking these long distance paths easy to arrange. Take the bus for a walk, or let the train take the strain and have a 'brief encounter' at Wymondham train station before walking back to Norwich along the Ketts Country trail.

Useful contacts

Norfolk County Council

www.norfolk.gov.uk

Norfolk Heritage Explorer

www.heritage.norfolk.gov.uk

Norfolk Online Access to Heritage

www.noah.norfolk.gov.uk

Norfolk Biodiversity Partnerships

www.norfolkbiodiversity.org

South Norfolk District Council

www.south-norfolk.gov.uk

Wymondham Town Council

<http://wymondhamtc.norfolkparishes.gov.uk>

Other walking ideas:

Norfolk County Council

Countryside Access

www.countrysideaccess.norfolk.gov.uk

Days Out in Norfolk

www.norfolk.gov.uk/daysoutbybusandtrain

Active Norfolk

www.activenorfolk.org/fittogether

Public transport:

Traveline 0871 200 2233

www.travelineeastanglia.co.uk

Mid Norfolk Railway

01362 851723

www.mnr.org.uk

Other

Norfolk Wildlife Trust

01603 625540

www.norfolkwildlifetrust.org.uk

Wymondham Heritage Museum

01953 600205

www.wymondhamheritagemuseum.co.uk

Contact us...

If you have any comments regarding these walks, whether good or not so good – tell us what you think!

Write to: Norfolk County Council, County Hall,
Martineau Lane, Norwich, Norfolk NR1 2SG

Email: environment@norfolk.gov.uk

Phone: 01603 222769

This book forms part of a series of 150 walks across the county based around market towns. To download copies of walks booklets for other areas, visit: **www.countrysideaccess.norfolk.gov.uk**

- All information correct at time of going to press (September 2010)
- Printed on recycled paper using vegetable based inks



Norfolk County Council
at your service



Going for a walk in natural surroundings is one of the easiest and most enjoyable ways to maintain good health, to relax, unwind and re-charge your batteries. This book has 12 walks of varying lengths, ideal to fit in with daily life. The locations have been chosen to help you enjoy and appreciate our Norfolk heritage, both natural and man-made, linking history to nature and health.



Enjoy the walks!



Norfolk County Council
at your service