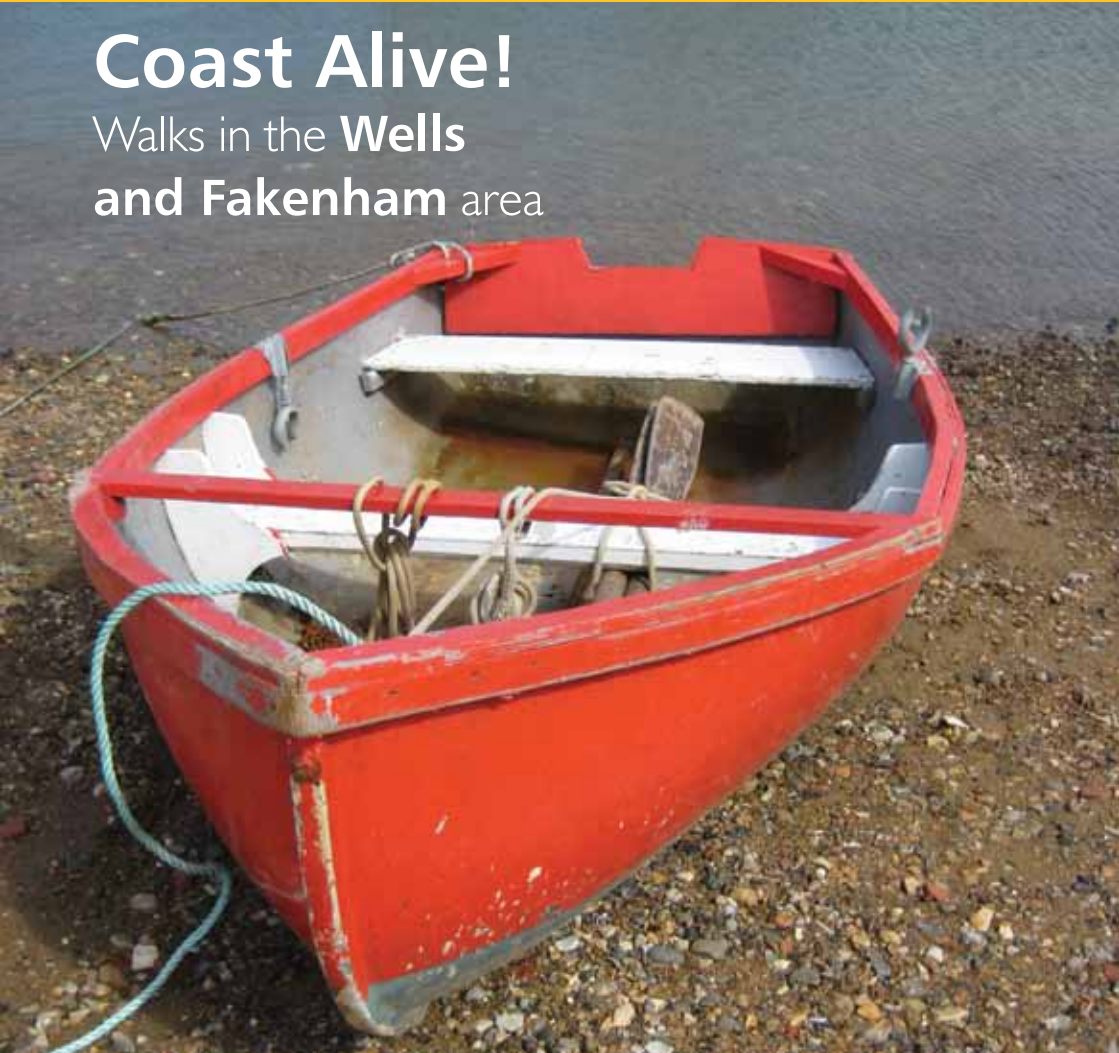


Norfolk health, heritage and biodiversity walks

Coast Alive!

Walks in the **Wells**
and **Fakenham** area



Norfolk County Council
at your service



If you need this document in large print, audio, Braille, alternative format or in a different language please contact Carrie Kerry on 01603 228923, minicom 01603 223833 or environment@norfolk.gov.uk



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Coast Alive

Coast Alive is an internationally funded European Interreg IVB programme which builds on approximately 12,000km of walking and cycling paths around the North Sea coastline developed by two previous EU projects.

With a range of partners and sub partners drawn from the North Sea region, the Coast Alive project explores the best ways of encouraging people to use local paths and outdoor facilities for fitness and recreation by helping to stimulate activities along the coast. As well as promoting opportunities for people to enjoy regular activities on and around the trails, Coast Alive strives to preserve natural and cultural heritage, work with organisations and small businesses to boost local facilities and map out ways to attract new users. Find out more about Coast Alive at www.coast-alive.eu.



By creating this series of short walks off the North Sea Cycle Route as it passes through Norfolk, adults and children alike can enjoy the magic of coast and countryside. A repeated local walk for an hour or so followed by a cup of tea shared with friends is worth so much; free exercise, great social benefits, supporting local business year round, minimal travel and a feeling of ownership of 'your' walk – simply keeping the Coast Alive!

• Wells
Photograph © Haydn Rogers
Norfolk Coast Partnership

Area of Outstanding Natural Beauty

The Norfolk Coast Area of Outstanding Natural Beauty (AONB) is an area of great beauty, remarkable landscape and special wildlife. AONB's are as important in landscape terms as National Parks and this one is no exception, with a fascinating mix of salt marsh, sand dunes, soft cliffs and undeveloped coastal landscape and hinterland stretching from the huge expanses of the Wash in the west to the massive old dune system at Winterton in the east. Find out more at www.norfolkcoastaonb.org.uk.

The movement of the tides, boats, skies and wildlife creates a lively dynamic to the whole area; this theme of movement recurs in different ways. In some places the coast is eroding, whilst elsewhere shingle banks are building above the tideline, gathering windblown sand to form sand dunes, with the occasional severe storm washing away whole ridges of the sand dune.

Thousands of migrating winter birds shelter from cold northern winters; binoculars will help you see many different species of winter waders feeding off invertebrates in the silt left by retreating tides. Inland, the habitat around the River Wensum attracts many summer visitors such as the stunning marsh harrier or the noisy sedge warbler.

The history of travel through the landscape can still be traced on foot; from the footpath on part of a Roman road at Burnham Thorpe and the medieval pilgrimage route to Walsingham to the disused railway lines between Fakenham and Wells.

The North Sea Cycle Trail winds its way through the countryside linking towns and villages; visit www.northsea-cycle.com to look at the entire route around the North Sea region. The national cycle route is waymarked locally as Sustrans Cycle Route 1; for more information enter your location in 'Search our mapping' in the www.sustrans.org.uk website. The Norfolk Coast Partnership also produces the Norfolk Coast Cycleway map which includes shorter cycling routes throughout the AONB; visit www.norfolkcoastaonb.org.uk.



Why walk?

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.

You do not need to spend money to experience the pleasure of walking, whether it is a tranquil stroll to watch the sun setting on a warm summer evening or an exhilarating brisk walk on a cold, sunny and crisp winter day where you feel refreshed after breathing warm radiator air, it heightens your sense of wellbeing and gives pleasure in the natural cycle of the seasons. 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 use the bus to get to a walk? To minimise the impact of carbon emissions from vehicles, the routes 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. All the walks are accessible by using public transport and each walk starts close to a bus stop. For all local public transport details, contact Traveline on 0871 200 2233 or visit www.travelineeastanglia.co.uk.

Walk information

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

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 or other wildlife sites; these areas are sensitive to disturbance; please comply with any wildlife protection notices. 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. Please check tide timetables if you want to go off the routes to explore; they are published in the Eastern Daily Press.

Wells harbour walk

Start point	The Buttlands bus stop, Station Road, Wells Grid ref: TF916434
Bus stop Parking	The Buttlands, Station Road, Wells Freeman Street pay and display car park
Distance	3.6 miles (including 2 mile return walk to the sea)
Details	Minor gradient, 10% soft 

Walk instructions

Start from the Buttlands bus stop on Station Road and walk down towards the harbour via Newgates Lane, crossing the road to continue down Jicklings Yard to the harbour.

For a close look at the sea, turn left and then immediately right at the junction of The Quay with Beach Road beside the Old Lifeboat House and walk to the far end on the bank to the RNLI lifeboat house; it is one mile there... and another mile back again! Test your fitness levels with this short section before tackling the more adventurous routes. It is recommended we should walk for at least 30 minutes per day on at least 5 days per week and take 10,000 steps per day. This two mile return walk takes approximately 40 minutes and an average of 4,400 steps. A brisk daily walk such as this will help to reach that 10,000 steps goal.

To continue the walk, on reaching the quay again, turn left and walk beside the harbour. Continue ahead signposted 'East Quay only' as the main road turns right and follow the 'acorn' waymarkers of the Norfolk Coast Path National Trail.

When the tarmac road finishes, keep left on the unsurfaced vehicle track passing former whelk sheds. At the end of the vehicle track continue ahead on the National Trail with the estuary on your left. Pass a boat yard on the right and continue along a short section of the sea defence bank. Turn right

to leave the National Trail at the junction with a public footpath via a short steep slope down to this footpath.

Follow the public footpath along a farm track around the field. After passing the allotments on the left, cross the disused railway line over the railway bridge. Continue ahead at the end of the unsurfaced track as it becomes Northfield Lane.

Turn left at the T-junction, cross at the zebra crossing and pass Station Road. Turn right into School Alley immediately after the school.

At the end of this narrow alley cross High Street into Chancery Lane, almost opposite. Turn right at the end and cross the green in The Buttlands to the start point on Station Road.



Wells harbour walk

Walk a mile to see miles of sea!

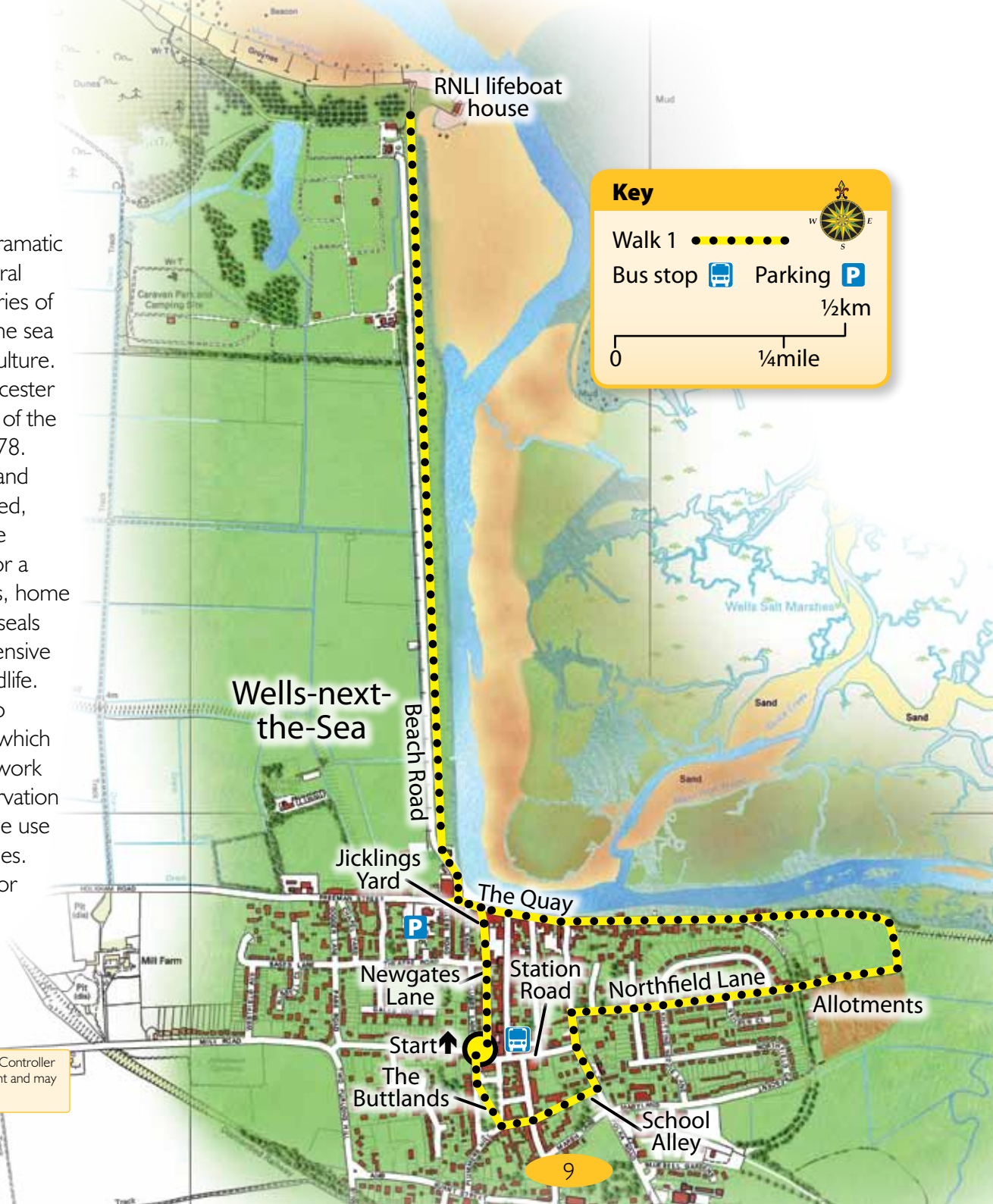
- The impact of man on the local landscape is clear to see by the dramatic change either side of The Bank beside Beach Road, with agricultural land to the west and stunning natural salt marsh to the east. A series of embankments along this coast were built from 1639 to prevent the sea from flowing over the marshes and so create useful land for agriculture. The Bank was one of these embankments, built by the Earl of Leicester in 1859. A flood gate has been installed for the future protection of the west end of town, which suffered greatly in 1953 and again in 1978.
- The coast at Wells and the sea beyond it form part of The Wash and North Norfolk Coast European Marine Site. This area is recognised, internationally and nationally, as one of the most important marine biodiversity sites in Europe and the UK, famous for a myriad of visiting and resident bird species, home



to the largest population of common seals in the UK and important for its extensive variety of marine habitats and wildlife. A Management Scheme exists to safeguard their future, through which local people and organisations work closely together to meet conservation objectives and ensure sustainable use by a rich mix of traditional activities. Visit www.esfjc.co.uk/ems.htm for more information.

- Winkles and wrack
Photograph © www.garyksmithphotography.co.uk

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Start point	The Buttlands bus stop, Station Road, Wells Grid ref: TF916434
Bus stop Parking	The Buttlands, Station Road, Wells Freeman Street pay and display car park
Distance	2.6 miles
Details	Minor gradient, 50% soft 

Walk instructions

From The Buttlands bus stop on Station Road, start by walking through The Buttlands, keeping the green on the left. Bear right at the corner to walk down Plummers Hill. Turn left at the end and then immediately right into Market Lane.

On reaching the cemetery bear left to continue along Market Lane; look for the cycle waymarks (cycle route 1) along this section of farm track.

After about quarter of a mile, turn left at the junction onto another farm track (before reaching the barn), leaving the cycle route at this point. Continue over the hill and down to the road.

Turn left on reaching Warham Road and then immediately left onto Church Street. Cross the road (take care on this busy junction) and turn first right onto Polka Road.

Cross the road and walk through the cemetery towards the church. To visit St Nicholas' Church, turn left at the end. To continue the walk after leaving the church, turn right onto Church Plain, continuing as it becomes the High Street.

Turn right at the T-junction and then first left into Bolts Close. Continue ahead as it becomes an unsurfaced road called Croft Yard and walk down to the quay. Turn left at the quay and left again to walk up Tunns Yard. Continue ahead at the end into Clubbs Lane which leads to Station Road and the start point.

- Have a close look at the fascinating area immediately south of the quay. This developed as a series of narrow lanes or yards leading up from the quay between various commercial buildings, some still discernable.



● Wells harbour


Photograph © www.garyksmithphotography.co.uk



Enjoy the contrast between town and country on this easy walk.


- A fascinating glimpse into the past is reflected in street names; Old Staithe Walk is a pathway between the church and Victorian burial ground; the field beside the path was once the end of a tidal channel providing a safe haven for small boats. When walking up High Street (pictured below) note the remarkable old shop fronts of this now quiet residential street. These reflect the time when this was the prominent trading street close to the centre of activity beside the church and safe haven. Market Lane recalls the period when sheep from surrounding heathland were brought to market on the edge of the town.
- Take time to visit St Nicholas' Church and read the fascinating story of John Fryer, buried in 1817. He was the sailing master of the fateful HMS Bounty under the command of Captain Blyth. Following the mutiny on the Bounty he was cast adrift with


Captain Blyth. There is also an intriguing series of old maps at the back of the church, giving an idea of how Wells has developed over centuries.

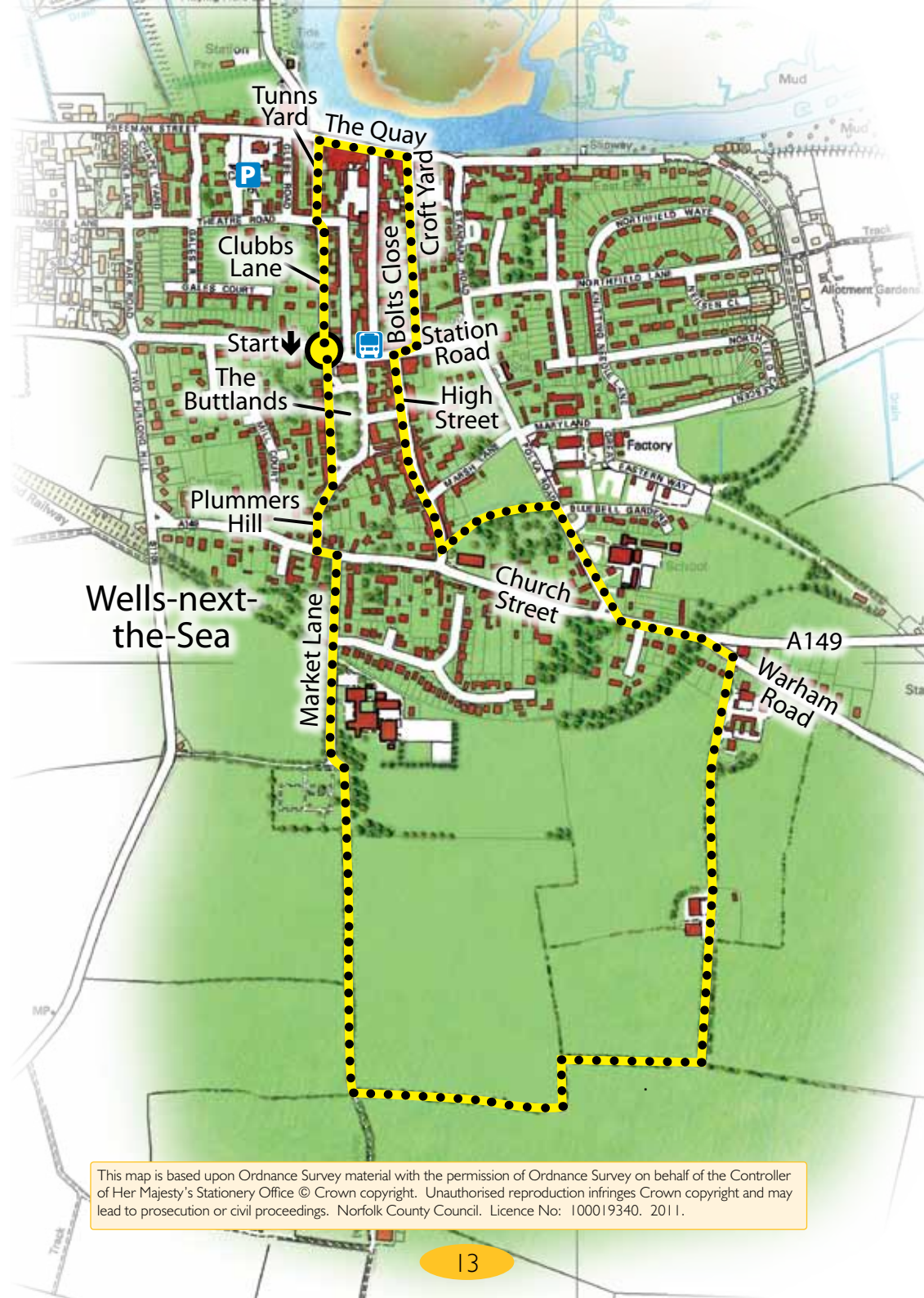
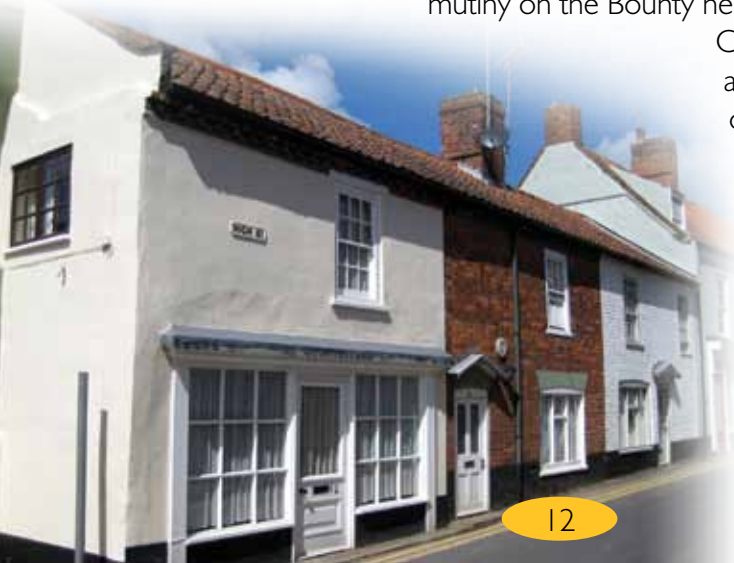
Key

Walk 2 

Bus stop  Parking 


 1/2km





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Start point	Walsingham Road/Buddell's Lane bus stop, Wighton Grid ref: TF938396
Bus stop	Please note this is not a circular walk You need to catch a bus to Wighton, which is between Fakenham and Wells, on Norfolk Green service number 29. www.norfolkgreen.co.uk
Train stop	Alternatively, treat yourself to a trip on the Wells and Walsingham Light Railway, please tell both driver and guard that you wish to get off at Wighton
Distance	3.4 miles
Details	Minor gradient, 90% soft 

Walk instructions

Start from the bus stop at the junction of Buddell's Lane and Walsingham Road, opposite the track leading to the Wighton train platform. If arriving by train, walk down the track to the road.

Walk down Buddell's Lane and turn left. Follow the road through the village, passing All Saints' Church on the right.

Turn right at the T-junction and then bear left off the Wells Road; this is part of the cycle trail and waymarked as Sustrans Route 1; it is shown as a road unsuitable for motor vehicles. After a short distance the tarmac road becomes an unsurfaced track and crosses over the railway line.

Continue along the lane until reaching the wood known as Gallow Hill.

- Autumn rosehips



Turn right following the cycle sign for the Wells/Holkham circular route onto Market Lane. Follow Market Lane to the end.

Bear left at the T-junction and then right into Plummers Hill.

Bear left to walk around the left hand side of The Buttlands, keeping the grass area on your right. The Station Road/Buttlands bus stop is at the end of The Buttlands.





- Robin's pincushion and pictured top right, dog roses in summer
- Take a close look at the thick, high hedges either side of the farm tracks to see if you can see the beautiful wild dog rose. After the leaves die back in the winter you might be able to spot a hairy growth, Robin's Pincushion, which varies in colour from green, to brilliant scarlet before eventually degenerating into a rusty brown. Robin's Pincushion is caused by a gall wasp laying its eggs in the stems or buds of the rose bushes. One gall contains several grubs, each in an individual chamber. Hedge trimming permitting, these will overwinter inside the apparently dead gall before emerging in the spring.


Wells via Wighton Wells via Warham Camp

Catch a bus and walk back either via two green lanes (walk 3 – white route) or via the fabulous Warham Camp (walk 4 – yellow route).

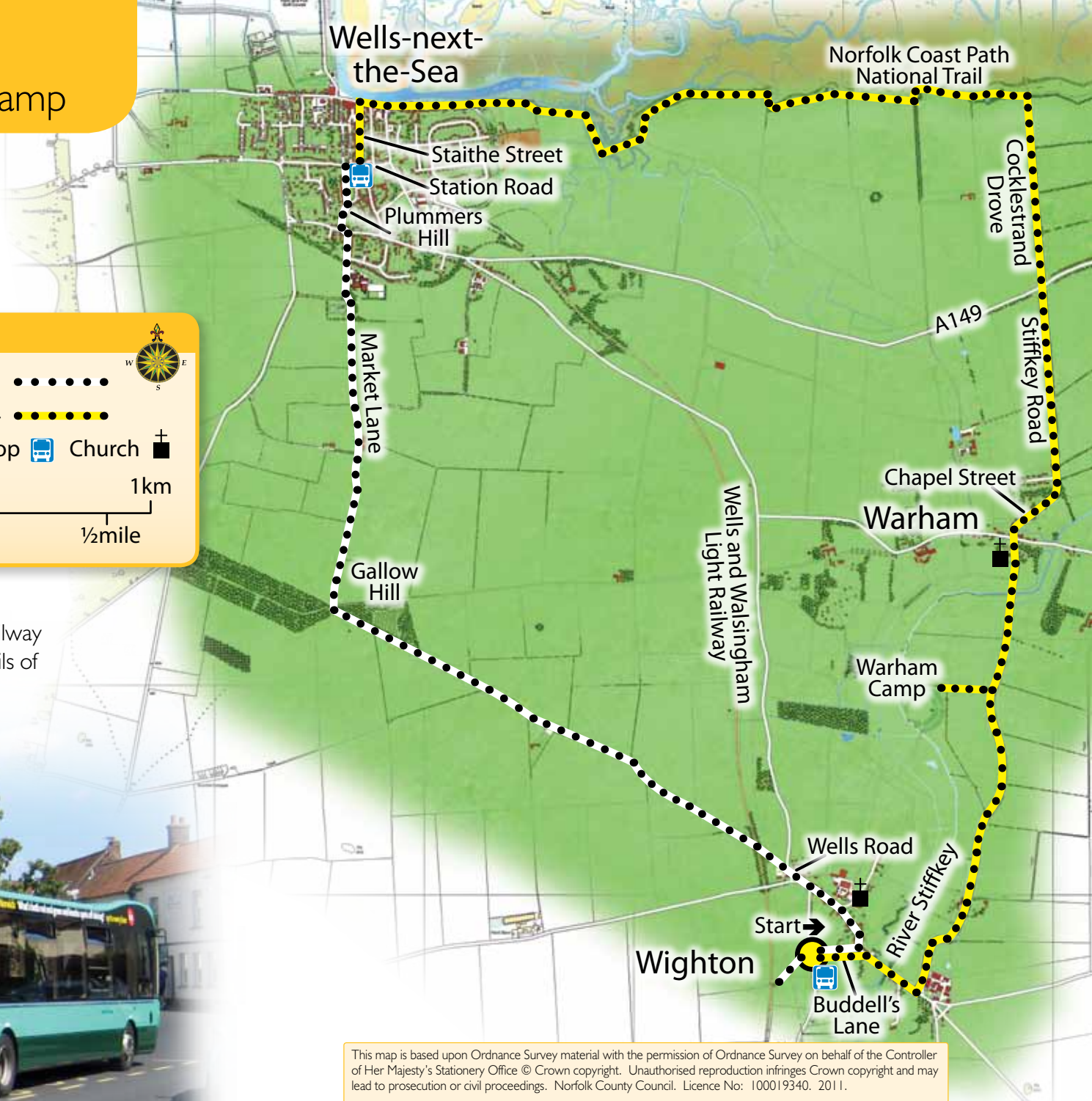
- The Wells to Walsingham Light Railway is along a stretch of Great Eastern Railway's Wymondham to Wells branch line built in 1857. Two other lines also used to link to Wells Railway Station (still visible on Polka Road); the short link to the quay and the West Norfolk Junction Railway which headed out across the marshes via Holkham to Heacham. If you would like to travel on the seasonal Light Railway visit www.wellswalsinghamrailway.co.uk for details of timetables and fares.

Key

- Walk 3 ●●●●●
- Walk 4 ●●●●●
- Bus stop 
- Church 



1 km
0 1/2 mile



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Start point	As for walk 3
Bus stop	As for walk 3
Distance	6.2 miles
Details	Moderate gradient, 40% soft



Walk instructions

From the bus stop, walk down Buddell's Lane and turn right. If arriving by train, walk down the track to the road.

Pass the Carpenters Arms public house and a carved village seat and then turn left shortly after crossing the bridge over the River Stiffkey onto a quiet country lane, signposted to Warham. Look through a gateway over the valley on the left after passing Grove Farm for a first glimpse of Warham Camp on the horizon.

To visit Warham Camp, turn left onto a bridleway along a farm track leading to the site (look for the 'no parking' sign on the gate). Pause to read the information panel at the end of the track before going through the gate to the hill fort; please keep dogs on leads. After walking around the hill fort, return via the same route and turn left at the road.

On reaching the village of Warham pass All Saints' Church on the left; take time to visit the church to look at the superb altar carving. Return to the road and cross at the cross roads beside the Three Horseshoes public house onto Chapel Street.



Walk through the village on Chapel Street and continue towards the coast as the road becomes Stiffkey Road. Cross the busy A149 with care onto the public byway opposite, Cacklestrand Drove.

Stay on this farm track, go through the gate at the end and turn left onto the Norfolk Coast Path National Trail. With the marsh on your right, continue for almost two miles to Wells, following the National Trail acorn waymarkers.

On reaching Wells, walk under the loading gantry of the old granary and then turn left up Staithe Street, the main shopping street. Turn right at the T-junction onto Station Road. The bus stops are a short distance to the right.



- Magnificent Warham Camp is the best preserved Iron Age hill fort in East Anglia and the large defended enclosure is a scheduled monument. It has deep ditches, a causeway entrance and huge ramparts. It suffered due to changing landscape aesthetics in the 18th century, when the south-western side was levelled to improve the view from nearby Warham Grove House and straighten the course of the river Stiffkey.
- The grassy banks and ditches of this ancient site provide a rare opportunity in Norfolk to see undisturbed chalk grassland. Classified as a Site of Special Scientific Interest, the turf supports a wide range of interesting flowers such as the pyramidal orchid, common rock rose and larger wild thyme and provides an ideal habitat to attract a host of butterflies and insects.

Start point	War Memorial, Market Place, Fakenham Grid ref: TF918297
Bus stop	Oak Street, Fakenham
Parking	Various town centre car parks
Distance	2.6 miles (1.3 miles first walk only)
Details	Moderate gradient, 10% soft  ◀ first walk only, long walk has steep steps ▶

Walk instructions

From the war memorial, cross the Market Place, walk behind the HSBC bank, bear left then immediately right onto Oak Street, noting the Cornhall (now the cinema) on the left and the church behind the houses on the right.

Pass the Oak Street bus stops, library and the Methodist Church, cross at the zebra crossing and turn immediately left into Nelson Road. After it becomes Hayes Lane, pass a playing field on the left and turn right at the T-junction. Turn right at the crossroads into Sculthorpe Road.

At the mini roundabout turn right into Wells Road and then right again onto Butcher's Lane, immediately after St Anthony's Catholic Church.

Turn left at the end back onto Nelson Road for a short distance and cross Oak Street at the end. Go through the metal barriers into the narrow alleyway opposite, this is Constitution Hill.

For the short walk, at the top of the hill turn right onto Church Lanes and follow this alleyway to the end beside St Peter and St Paul's Church; there are a few steps at the end of the alleyway, avoidable by walking around the north side the churchyard. Go under the archway leading to the Market Place.

For the longer walk (which has steep steps out of a disused railway cutting) turn left onto Church Lanes. Follow this alleyway to the end, noting the many interesting houses behind high brick and flint walls.

At the end turn right to walk up Highfield Road and continue ahead at the traffic light controlled crossing.

Just before reaching Waterfield Close, turn right opposite the Hungry Horse and go through the gate beside the seat. Walk down the slope leading to the disused railway cutting along the route of Great Eastern Railway's Wymondham to Wells Branch line. Enjoy a walk along this section of disused railway line as far as the bridge. Climb up the steep steps on the left out of the railway cutting.

Turn right at the road, use the footbridge to cross the railway line and walk along the estate road adjacent to Holt Road.

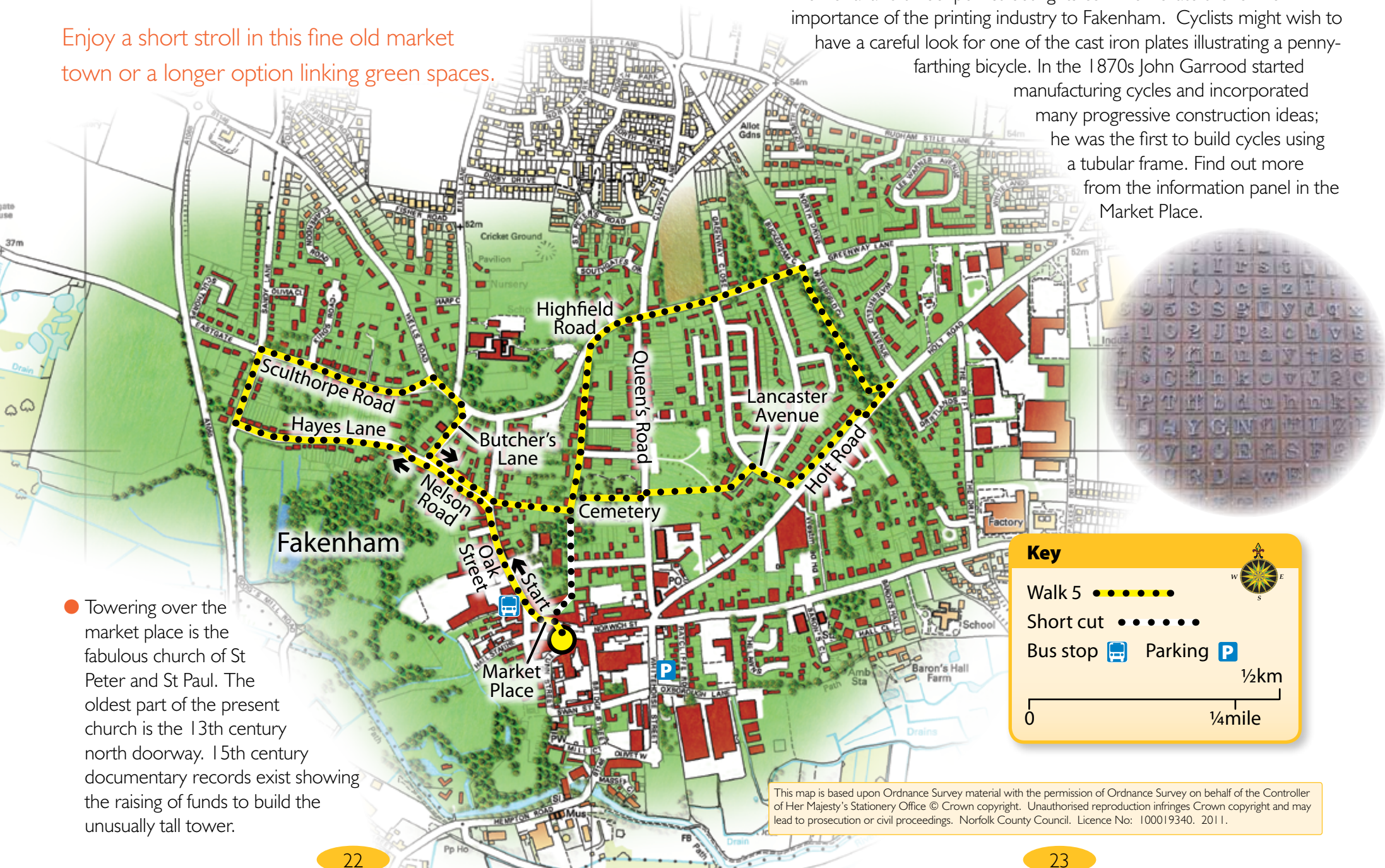
Take the first right turn into Lancaster Avenue, then bear left onto the pathway across the open green space at the 'school keep clear' road hatchings. Follow the pathway leading to Millennium Park, walk between the recreation ground and school playing field on the tarmac path, cross Queen's Road and continue ahead on the central pathway through the cemetery.



Turn left at the end onto Church Lanes. After visiting St Peter and St Paul's Church, go through the archway leading to the Upper Market and return to the start.

Enjoy a short stroll in this fine old market town or a longer option linking green spaces.

● Cast iron panels (pictured below) set in the ground behind the war memorial and three 'pen' street lights commemorate the former importance of the printing industry to Fakenham. Cyclists might wish to have a careful look for one of the cast iron plates illustrating a penny-farthing bicycle. In the 1870s John Garrood started manufacturing cycles and incorporated many progressive construction ideas; he was the first to build cycles using a tubular frame. Find out more from the information panel in the Market Place.



● Towering over the market place is the fabulous church of St Peter and St Paul. The oldest part of the present church is the 13th century north doorway. 15th century documentary records exist showing the raising of funds to build the unusually tall tower.

Key

- Walk 5 ●●●●●
- Short cut ●●●●●
- Bus stop
- Parking **P**

0 1/2km 1/4mile

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Fakenham
via Hempton

Start point	War Memorial, Market Place, Fakenham Grid ref: TF918297
Bus stop	Oak Street, Fakenham
Parking	Various town centre car parks
Distance	1.4 miles
Details	Minor gradient, 40% soft 

Walk instructions

Start in the Market Place with the war memorial on your left and walk down the hill. Continue ahead at the junction to walk down Hall Staithe; the name implies it was once a wharf or a landing place for River Wensum boat traffic.

Pass the old fire station (look for the date 1911 carved on the front). When the road ends just after Hall Staithe Maltings continue ahead on the track over the bridge, which shortly becomes a public footpath beside a small stream on the left. Continue on the riverside path when the stream joins the River Wensum.

Turn left onto Goggs Mill Road, cross the bridge and continue to the T-junction beside Fakenham Garden Centre. Cross at the T-junction onto the tarmac path opposite and continue ahead as it becomes the pavement beside the road.

Shortly after the Hempton 40mph signs turn left at the public footpath sign. Pass the rear of some cottages on the right and cross the open common on one of the well walked paths, bearing right around the play area. Pass the front of Holy Trinity Church on the right and cross the common, aiming for The Bell public house.

Cross the road in front of The Bell, walk down the road for a few steps and then turn right onto Back Street (just to the left of the pub). Bear right at the end and then turn left at the T-junction onto Hempton Road.

Return to Fakenham along the pavement on the left hand side of the road, passing the Museum of Gas and Local History.

Turn left immediately after passing The Old Mill. Cross the river and walk along the narrow alley, continuing ahead as it becomes a narrow street and following the National Cycle Network waymarks leading to the Market Place.

- Hempton Green is one of approximately 1,300 County Wildlife Sites in Norfolk. County Wildlife Sites support a wide range of biodiversity including many habitats and species identified by the UK Biodiversity Action Plan; this one is listed for the complex mosaic of scrub, short acid grassland and tall herb. To find out more about Biodiversity Action Plans, visit www.norfolkbiodiversity.org.



- Before returning to Fakenham, take time to explore Hempton Green. Shadows cast by a low winter or late summer evening sun show some interesting humps and bumps in the ground just across the common (see map). These are the remains of the foundations of an Augustinian Priory founded as a hospital around 1135, before becoming a priory where pilgrims lodged on their way to the shrine at Walsingham.

Explore Hempton Common, a short walk out of the town.

- Watermills are a reminder of the importance of the River Wensum to the town's industries. Fakenham Mill, a Victorian watermill over the Wensum beside Hempton Road, replaced an earlier mill built on the same site around 1620. The name 'Goggs Mill Road' recalls a time when this road led to an early 18th century watermill owned by Thomas Goggs which stood close to the bridge; this mill was demolished in the 1850s.



- Fakenham has the only town gas works surviving in England and Wales. The gas work dates from 1846 and it continued production until 1965; various pieces of equipment including the gas holder remains. The site is now a fascinating museum of Victorian technology, domestic nostalgia and displays of local historical items illustrating life and work in the town. Visit www.fakenhamgasmuseum.com for details of opening hours.

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Fakenham
River Wensum walk

Start point	War Memorial, Market Place, Fakenham Grid ref: TF918297
Bus stop	Oak Street, Fakenham
Parking	Various town centre car parks
Distance	2.9 miles
Details	Minor gradient, 80% soft 

Walk instructions

From the Market Place, cross the open space behind the war memorial and turn left onto Tunn Street at the National Cycle Way waymark. Follow the road around to the left, continuing ahead as it becomes a pedestrian and cycle way down to the old Fakenham Mill.

With the mill on the right, continue to Hempton Road. Cross the road to the restricted byway opposite. Follow the direction of the wooden fingerpost to Fakenham Riverside Walk by walking through the yard behind Fakenham Tyres to reach the River Wensum.

At the river bank follow the vehicle track with the river on your left. Pass a recreation area on the right, cross the river via a concrete bridge and continue with the river now on the right. At the point where the track bears left towards some buildings, continue straight ahead onto the waymarked grass path beside the river.

As the path rises between some concrete posts, look down to the river to see the remains of the abutments for a railway bridge. Continue beside the river, eventually walking under the arch of a three arch railway bridge.



- Water vole

Photograph © Elizabeth Dack,
Norfolk Wildlife Trust

Follow the path beside the river through the trees, ignoring the left turn immediately after the bridge*. The path eventually bears left away from the Wensum and follows a small stream.

Cross the stream via a wooden bridge and walk up the hill. Turn left after the gate onto an unsurfaced road between the houses.

Cross a housing estate road and continue ahead onto another un-surfaced road, Barbers Lane. Ignore all side tracks and continue to the end, bearing right at the red dog bin to walk up the track to the Norwich Road.

Turn left onto Norwich Road and follow the signs to the town centre.

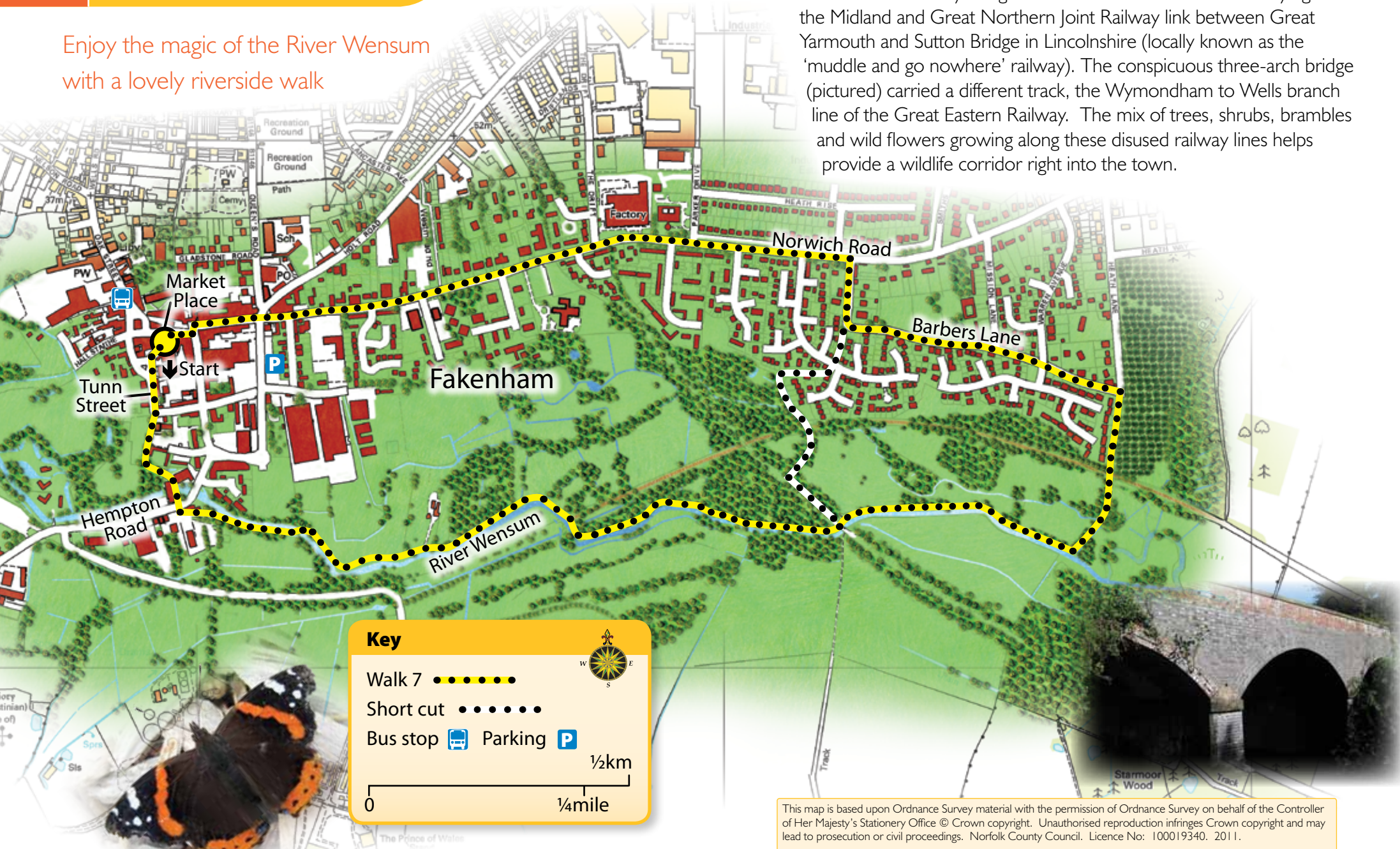
*The river path can become waterlogged; to avoid this, take a short cut back by turning left immediately after the bridge (shown in white on the map).

- Fakenham has evolved over time on the north bank of the River Wensum. The River Wensum is a wonderful wildlife habitat classified by Natural England as a Special Area of Conservation which makes it a European protected site. It is a chalk river which, along with its gently sloping valley of wet meadows and carr woodland, supports a wide number of protected species including water voles, atlantic crayfish, otters, barn owls, bats, a primitive jawless fish called a brook lamprey and the desmoulin's whorl snail which has a distinctive spiral shell of just 2.5 mm in height. You can find Biodiversity Action Plans for some of these species on the www.norfolkbiodiversity.org website. To find out more about the beautiful River Wensum, visit the Wensum Valley Trust website www.wensumvalleytrust.org.uk.

Fakenham River Wensum walk

Enjoy the magic of the River Wensum with a lovely riverside walk

- Along the river path look out for the remains of bridge abutments of a demolished railway bridge. This once crossed the river carrying the Midland and Great Northern Joint Railway link between Great Yarmouth and Sutton Bridge in Lincolnshire (locally known as the 'muddle and go nowhere' railway). The conspicuous three-arch bridge (pictured) carried a different track, the Wymondham to Wells branch line of the Great Eastern Railway. The mix of trees, shrubs, brambles and wild flowers growing along these disused railway lines helps provide a wildlife corridor right into the town.



Key

- Walk 7
- Short cut
- Bus stop
- Parking

0 1/4mile 1/2km

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Start point	Sculthorpe Community Nature Reserve, Sculthorpe Fen Grid ref: TF900307	
Bus stop	Turf Moor Road bus stop, Sculthorpe	
Parking	Sculthorpe Community Nature Reserve car park	
Distance	1.9 miles from bus stop, 1.6 miles from car park	
Details	Boardwalk only	For river walk
		

Enjoy a fabulous walk through a Community Nature Reserve; the mile long boardwalk ensures this outstanding Hawk and Owl Trust reserve is accessible for all. Please note that an entrance donation is suggested from adult visitors. Dogs are not allowed on the reserve except assistance dogs and the reserve is closed on Mondays. Visit the website www.sculthorpemoor.org for more details.



• Barn owl
Photograph © www.garyksmithphotography.co.uk

Walk instructions

To reach the start point by bus – catch the X8 bus from Fakenham to King's Lynn and alight at the Turf Moor Road bus stop. From the bus stop, turn first left onto Turf Moor Road signposted to Sculthorpe Moor Community Nature Reserve.

If arriving by car – use the Sculthorpe Moor Community Nature Reserve car park on Turf Moor Road.

For both – walk down the track and enter the reserve through the visitor centre. Pick up a reserve map at the visitor centre and follow the mile long boardwalk around the reserve. Take time to watch wildlife from the bird hides looking out over woodland and fen, then follow the soft path along the banks of the River Wensum to a third hide overlooking a shallow pool. Return to the start point the same way.

- Sculthorpe Moor Community Nature Reserve was created by the Hawk and Owl Trust and is a peaceful place with a rich diversity of wildlife. The reedbed is managed to encourage a stunning summer visitor, the marsh harrier, to breed. Marsh harriers require dense reedbeds or other thick vegetation in shallow water in order to nest safely away from predators. This same fen reedbed also provides a safe environment for migrating reed and sedge warblers to breed.




• Sedge warbler
Photograph © www.garyksmithphotography.co.uk

- Kingfishers, dragonflies and water voles live along the drains, whilst barn owls hunt across meadows where orchids and other flowers flourish. The elevated Whitley hide gives spectacular views over the fen and reedbed.
- The boardwalk passes through woodland. This wet woodland is an ideal habitat for tree creepers, great and lesser-spotted woodpeckers and willow tits. Around the edges of the wood and under the trees, a host of flowering plants attracts a wide range of insects and butterflies.



• Marsh harrier
Photograph © Andrew Parkinson



Start point	The Pump, Common Place, Walsingham Grid ref: TF934368
Bus stop	The Shrine, Common Place, Walsingham
Parking	Old Mill pay and display car park, High Street
Distance	1.25 miles from car park, 1 mile from bus stop
Details	Moderate gradient, 100% firm 

Walk instructions

From the bus stop – (near The Pump in Common Place) walk down Holt Road, keeping the Bull Inn on the right.

From the car park – cross the High Street into Common Place almost opposite and walk down the hill along Holt Road.

For both – pass the Shrine of Our Lady of Walsingham on the left. Keep to the pavement on the left when crossing the River Stiffkey.

Turn first right onto Sunk Road – easy to see why it was named! Pass St Mary's and All Saints' Church and go over the River Stiffkey again, the road is now Church Street.

Turn right at the T-junction with the High Street and bear left into the Friday Market place.

To return to the bus stop, turn right at the end of the Friday Market place, then left back onto the High Street and right again onto Holt Road to return to the bus stop. To return to the car park, turn left at the end of the Friday Market place onto Station Road, then right onto Cokers Hill; the car park is on the right.



- Pilgrims have been travelling to Walsingham for nearly 1,000 years. In 1061 Richeldis de Faverches had a series of visions in which she was asked by the Virgin Mary to build a replica of the holy house where Jesus grew up. Founded at a time when it was difficult to visit the Holy Land, Walsingham became the premier shrine for English Christians and a large Augustinian monastery grew around the original small wooden holy house. By the time a small Franciscan Friary was founded on the edge of the village in 1347, Walsingham had become one of the major European centres of pilgrimage. Royal pilgrims included nearly all the kings and queens of England, from Henry III in 1226 to Henry VIII in 1511.



Little Walsingham town walk Little Walsingham via Pilgrims' Way

Walk 9 (yellow route)

Easy walk around the historic village of Little Walsingham

Walk 10 (white route)

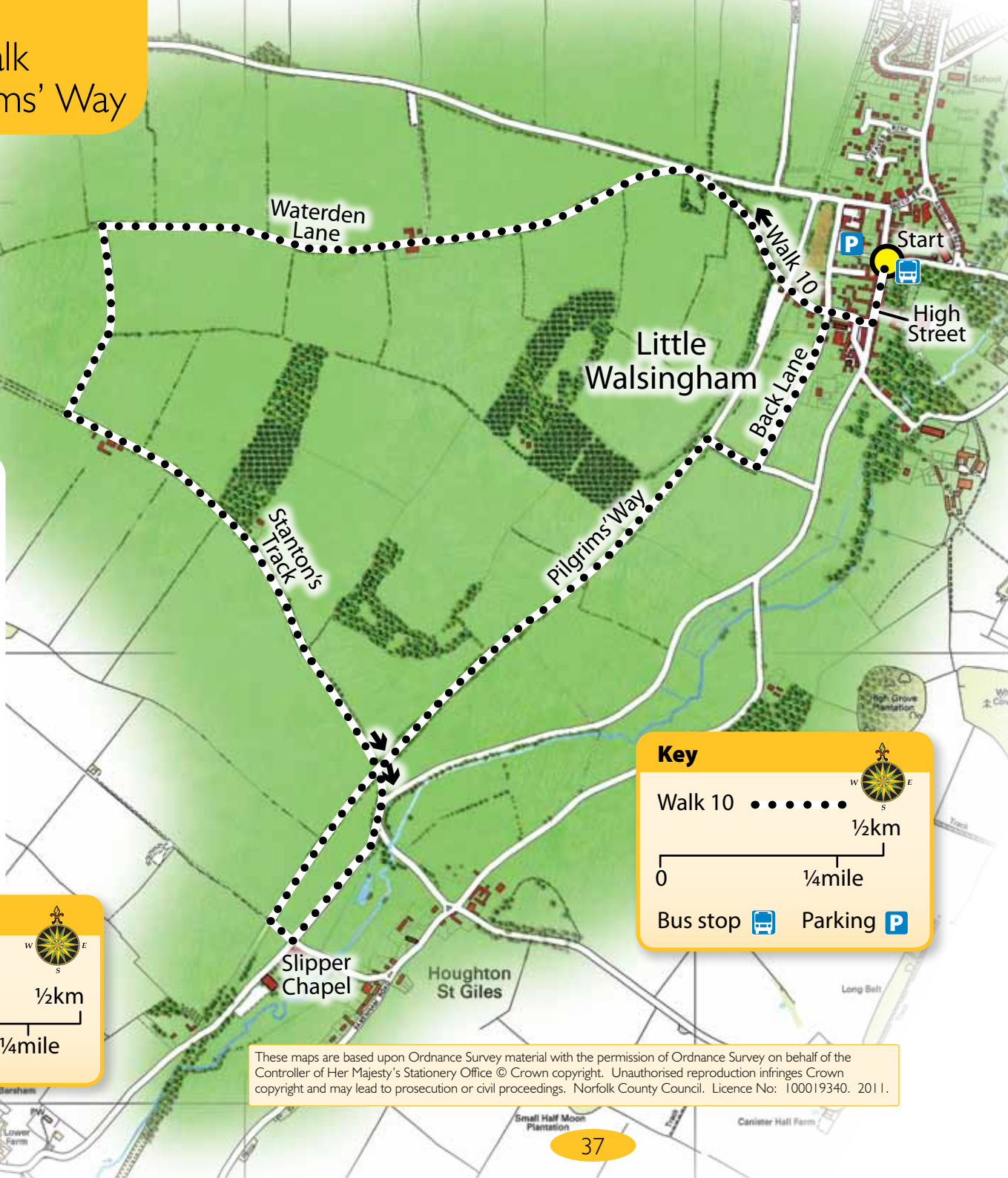
Enjoy a rural walk to the Slipper Chapel before returning via Pilgrims' Way



Key

Walk 9 ●●●●●

0 1/4mile 1/2km



Key


Walk 10 ●●●●●

0 1/4mile 1/2km

Bus stop Parking

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Start point	As for walk 9
Bus stop	As for walk 9
Parking	As for walk 9
Distance	4 miles
Details	Moderate gradient, 45% firm 

Walk instructions

From the bus stop – walk up the hill to the pump and turn left at the junction into High Street.

From the car park – turn right out of the entrance almost opposite the pump into High Street.

For both – walk down the hill and turn right into Friday Market. Keep right at the Black Lion public house and walk up Station Road.

Pass the old railway station, now with the 'onion' dome of an Orthodox Chapel, cross the road and go between the opposite bollards onto Market Lane. Continue ahead on reaching the road at the end and almost immediately bear left onto Waterden Lane at the public bridleway fingerpost.

Stay on Waterden Lane for almost a mile. Pass between the farm buildings; on a clear day look north for views of the sea in the distance. At the end of the tree lined track, just after it starts to go downhill, turn left into a field (look for the estate map board). Keep the hedge on your left and walk around the field edge permissive path.

Turn left at the end onto another permissive path along a farm track, Stanton's Track. Pass more farm buildings, walk under the old railway bridge and turn right on reaching the road. Continue on this country lane to the Slipper Chapel, the National Shrine of Our Lady of Walsingham (café and toilets in the modern complex of buildings).

To return to Little Walsingham, walk up a very short section of permissive path on the farm track to reach Pilgrims' Way, a permissive path along a section of disused railway line. Pilgrims' Way is a hard surfaced path allowing traffic free access between the Slipper Chapel and Little Walsingham – the original route of the pilgrims was along the road.

At the end of Pilgrims' Way, turn right before reaching the coach park and walk down the lane. Turn first left onto Back Lane; the remains of St Mary's Friary are on the right. Turn right at the T-junction to return down Station Hill, turning left at the end onto the High Street to return to the start point.

- The Slipper Chapel (top right) was built in 1325 as the last wayside chapel for pilgrims before they came to Walsingham. Pilgrims took off their shoes at the chapel before walking the Holy Mile into the village.



- Pilgrims' Way (above) is owned and managed by Norfolk County Council and is a County Wildlife Site.

During the 16th century Reformation the holy house was destroyed, the priory and friary (right) were demolished and left in ruins, the Slipper Chapel dissolved and the village's principle income from pilgrims came to an end.

Religious pilgrimage revival began here in the late 19th century, becoming popular again in the 1930s when Fr. Alfred Hope Patten built the Anglican Shrine. The Slipper Chapel was restored around the same time and became a centre of Roman Catholic Worship. Find out more about this fascinating village by visiting the Abbey information centre in Common Place or visit www.walsinghamvillage.org/about/.



- Pilgrims today can enjoy walking along Pilgrims' Way, a wildlife rich path along a disused railway line from the Slipper Chapel to the village to avoid traffic on the narrow country lanes. Indications of the earlier history of the town can be glimpsed throughout the village.

Remains of 19th century cobbled streets are visible as pavements which disappear under modern road surfaces. There are many fine examples of medieval timber-framed jettied buildings overhanging the streets, some of which were guesthouses providing bed and board to the pilgrims of their day.



Walsingham Farms

When walking through the North Norfolk countryside, you can't help but notice a wide variety of agricultural activity. Malting barley grows well on the light soils and is used for making excellent local real ales. In Walsingham, beef is produced from the cattle which graze the meadows beside the River Stiffkey, whilst milk and cheese is provided from local cows.




A great partnership between local farms and a variety of food producers has resulted in the Walsingham Farms Shop on Guild Street. In addition to the above, the fruit and vegetables come from many different local growers, including village allotment holders. Buying locally means that your money stays in the local economy, less transport means less oil which in turn means less greenhouse gas emissions and as the food has had less time to travel, the fresher and tastier it will be!

Visit www.walsinghamfarmsshop.co.uk to see where all the local produce comes from and opening times.



- The farms partnership have put together a series of walks exploring the rural landscape around Walsingham using a network of permissive paths, public rights of way and quiet country lanes. Call in at the farm shop or the information centre for a set of Walsingham Walks leaflets.



Start point	Bus stop, Walsingham Road, Burnham Thorpe Grid ref: TF853414
Bus stop Parking	Walsingham Road, Burnham Thorpe Burnham Thorpe church car park
Distance	3.5 miles
Details	Moderate gradient, 75% soft 

Walk instructions

From the bus stop – (on Walsingham Road) start with the bus shelter on your right, walk to the village sign and turn right onto Lowe's Lane, signposted to the Memorial Hall. Take the first left turn beside the playing field and walk to All Saints' Church. Return to the road after visiting the church, turn left and then immediately right onto the stony track on the corner.

From the car park – (behind the church) turn right onto the road, walk to the corner and continue ahead up the stony track from the corner.

For both – walk up this stony track, cross the road and continue on the opposite track for almost a mile. Pass a flint barn on the right and continue to the wood.

Turn right at the wood and keeping the flint wall of the Holkham Estate on your left, walk for a short distance along the route of a Roman Road. Shortly after passing a gate in the wall, bear right at the junction of tracks. Follow this public byway; it is initially a tree lined track, then a grass track and finally a sandy track over the hill and down to the road.

Cross the road onto another byway opposite.

Bear left at the end on reaching the quiet country lane, then right at the junction onto Creake Road signposted to Burnham Thorpe and the site of Nelson's birthplace; look out for the commemorative plaque on a stone wall after a short distance on the left.

Turn first right just after the 30mph signs into Garners Row then left at the T-junction with Walsingham Road. The bus stop is a short distance along the road (continue a little further for refreshments from either the public house or shop).

To return to the car park, pass the bus shelter on your right, walk to the village sign and turn right onto Lowe's Lane signposted to the Memorial Hall. Take the first left turn beside the playing field and walk to the church. The car park is on the north side of the church.

- Admiral Lord Nelson, Britain's greatest maritime commander, was born in Burnham Thorpe in 1758. He learned to sail in the creeks around the Burnhams before joining the navy at twelve years old. To find out more about Nelson, call in at All Saints' Church, where Nelson's father was rector. The church retains the right to fly the white pre 1801 style ensign flag from the tower.
- All Saints' Church dates back to the 13th century. There is an unusually complete brass in the chancel commemorating William Calthorpe, who died in 1420. This brass shows him underneath a canopy, with two small dogs at his feet and two hawks above his head.




Peaceful rural walk passing the site of Nelson's childhood home.



● When you are walking alongside the flint wall around Holkham Estate, you will be following in the footprints of Romans by walking on a short stretch of a major Roman road to the natural harbours of the Burnhams. Visible on aerial photographs and maps, it passes through many parishes on its way up to an unknown finishing point; some sections of this Roman road can still be traced today as parish and field boundaries or farm tracks.

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Start point	Bus stop, Wells Road, Holkham Grid ref: TF893440
Bus stop	Please note this is not a circular walk Catch the Coasthopper bus from Wells to Holkham www.coasthopper.co.uk
Distance	3.7 miles
Details	Minor gradient, 50% soft 

Walk instructions

From the bus stop, cross the road and turn right into Lady Anne's Drive. This tree lined road leads to Holkham NNR (National Nature Reserve), the beach and is also part of the waymarked national cycle trail.

Pass a World War II pillbox on the left and continue to the end of the road, crossing the line of the dismantled West Norfolk Junction Railway, which ran from Heacham Junction with the Lynn and Hunstanton Railway to Wells. Walk up a short incline, an old sea embankment, to the junction of three paths.

*Take the right hand path and follow both the cycle trail and Norfolk Coast Path acorn waymarks. Keep the trees on the left and follow the coast path for 2.75 miles to Wells, ignoring all side paths; there are a few seats to rest weary legs along the way. Shortly after passing a caravan site on the right go through the gate and walk along the track on the left of the car park.

Walk up the slope between the café and toilets and turn right onto The Bank; there is easy access to the beach from this point on the left. Return to Wells along the top of The Bank which has good views of salt marsh on one side and agricultural land on the other.

Cross The Quay at the end and walk up Tunns Yard and Clubbs Lane to the Station Road bus stops.

*Add an extra two miles by turning left at the end of Lady Anne's Drive onto the hard surfaced path signposted 1 mile to the Tower (Jordan) hide. Pass a lagoon on the left, a boardwalk leading to the beach, the George Washington bird hide and Meals House. The Tower (Jordan) hide is signposted at the junction of paths in the wood. From the tower hide looking south there is a fabulous view over Holkham Fort, another Iron Age hill fort, just five miles from Warham Camp. This might have been the site of a battle between the Iceni and the Romans in AD47. These enclosures are called hill forts even when located in low-lying areas. Whilst there are many in other parts of England and Wales, there are very few in Norfolk. Retrace your steps to the end of Lady Anne's Drive.



Holkham to Wells via Norfolk Coast Path

Take the bus for a walk and enjoy the Norfolk Coast Path National Trail through Holkham National Nature Reserve.



- This walk starts close to the entrance of Holkham Hall, a private estate with seasonally permitted pedestrian access. There are several beautiful waymarked permissive walks in the sweeping parkland surrounding the stunning Palladian style mansion. For more information, seasonal opening times and details of park walks, check the visitor section on the website at: www.holkham.co.uk. Refreshment and toilets are available throughout the year at the Victoria Hotel or Rose Garden Café, close to the bus stop at the start point.



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Holkham NNR is an extensive, diverse and dramatic nature reserve with windswept tidelines, a maze of creeks and saltings, miles of dunes and sandspits, shady pinewoods, green pastures and marshes. The reserve is internationally important for the rare habitats and wildlife it supports.

The mud-filled mouth of Wells channel hides hordes of small invertebrates, which in turn provide food for wading birds. Carpets of eel-grass and algae grow on low muddy shores which attract thousands of migrant winter waders sheltering from the harsh northern winters; they feed in the shallows and roost on the wide open mudflats and sands.



Pine trees planted on sand dunes in the nineteenth century create a shelter-belt protecting farmland from wind blown sand. Between the narrow belt of trees and the road lies an area of freshwater grazing marsh, reclaimed from the salt marsh. Until the 1940s, this was pasture for grazing sheep and cattle. In the Second

World War, some areas were ploughed for arable crops resulting in the water table of the marsh gradually lowering and making it unattractive to wildlife. A series of dams and water control points introduced by Natural England, the Holkham Estate and its tenants ensures the water table is now at a suitable level to attract wildlife; the result being a dramatic increase in breeding birds such as lapwing and redshank. Wintering wildlife has made an astonishing come-back, with regular winter counts of 50,000 pink-footed geese, 7,000 brent geese and 6,000 wigeon, highlighting the importance of Holkham.

Visit www.naturalengland.org.uk or www.holkham.co.uk or visit the Wells Tourist Information Centre for more information.

The Norfolk Coast Path is a 47 mile long National Trail from Hunstanton to Cromer; contact the National Trail office for more information on 01328 850530 or visit www.nationaltrail.co.uk. The Coast Hopper bus service makes this easy an introduction to long distance walking; for timetable information, visit www.coasthopper.co.uk. For other Norfolk walking ideas, look on the Norfolk County Council website; www.countrysideaccess.norfolk.gov.uk.

To find out more online information about the biodiversity of Norfolk visit www.norfolkbiodiversity.org and for local heritage information visit the Norfolk Heritage Explorer website www.heritage.norfolk.gov.uk or the Norfolk online Access to Heritage (NOAH) website at www.noah.norfolk.gov.uk.

Acknowledgments

This publication has been partly funded through the Coast Alive Interreg IVB North Sea Region Programme. Thanks also go to Wells and Fakenham Town Councils, Natural England, the Hawk and Owl Trust, Walsingham Estate and Holkham Estate, Norfolk Coast Path National Trails, Fakenham Museum and Active Norfolk for their input and support in the development of these walks.



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 Partnership

www.norfolkbiodiversity.org

Other walking ideas:

Norfolk County Council

Countryside Access

www.countrysideaccess.norfolk.gov.uk

National Trails

www.nationaltrail.co.uk

Active Norfolk

www.activenorfolk.org/fittogether

Public transport:

Traveline 0871 200 2233

www.travelineeastanglia.co.uk

Coast Hopper

www.coasthopper.co.uk

Norfolk Green

www.norfolkgreen.co.uk

Other:

Norfolk Coast Partnership and Area of Outstanding Natural Beauty

www.norfolkcoastaonb.org.uk

Wash and North Norfolk Coast European Marine Site

www.esfjc.co.uk

Natural England

www.naturalengland.org.uk

Hawk and Owl Trust

www.sculthorpemoor.org

Holkham Estate

www.holkham.co.uk

Walsingham Farms Shop

www.walsinghamfarmshop.co.uk

Wensum Valley Trust

www.wensumvalleytrust.org.uk

North Sea Cycle Trail

www.northsea-cycle.com

National Cycle Network

www.sustrans.org.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

- All information correct at time of going to press (February 2011)
- Printed on recycled paper using vegetable based inks



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



The Interreg 1VB
North Sea Region
Programme

