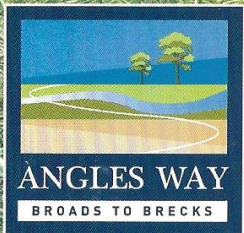
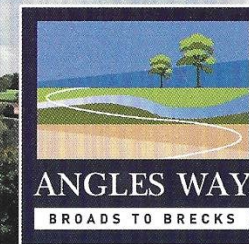


Waveney Valley Walks

Circular Walks along
the Angles Way





Introduction

From Great Yarmouth in the east to Knettishall Heath Nature Reserve in the west, the Angles Way passes through Suffolk and Norfolk by the picturesque village and Jacobean Historic Hall at Somerleyton, through Carlton Marsh Nature Reserve on the outskirts of Lowestoft, before passing through or close by the market towns of Beccles, Bungay, Harleston and Diss. From Redgrave and Lopham Fen National Nature Reserve the path ends at Knettishall Nature Reserve, just 6 miles east of Thetford.

Each of the walks in this guide has been carefully designed to help you explore the countryside along this beautiful and somewhat hidden valley, as well as some of its picturesque and vibrant market towns. Each walk uses sections of the Angles Way and within each walk you can discover some of the most scenic parts of Suffolk and a few hidden gems; discover where the Hovercraft was invented, watch marsh harriers, visit an ancient Saxon fishing port, shop in fine old market towns and wander around lush meadows looking out for Polish Tarpan horses and Exmoor ponies.

Be sure to take your binoculars when you walk to help you spot some of the rich and varied wildlife that abound along the Angles Way. You may also find OS Explorer maps 230 Diss and Harleston and OL40 The Broads very useful, especially if you want to explore the Angles Way in more detail. There is much to discover and something for everyone!

Walk information

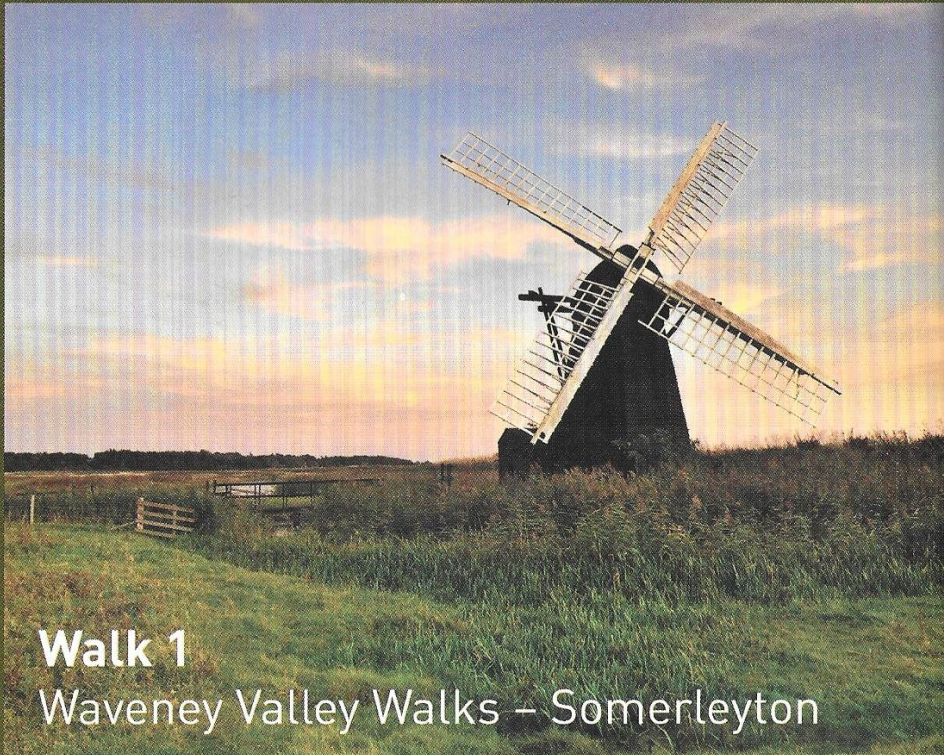
Each circular walk uses public rights of way, permissive paths and country lanes with road walking kept to a minimum. Each route has an introduction to help you choose the right walk for you. Most routes are described as easy to moderate but this will, of course, depend on your own experience of walking, so perhaps choose shorter routes first and build towards the longer routes later. In some cases there are some short cut options. We also describe some routes as Family Friendly; these are the walks which are predominantly level, using footpaths and tracks.

For each walk there is a set of directions to follow alongside a map. Some routes will include sections which at certain times of the year will be muddy. Walking boots or strong shoes are advisable. Remember there is no such thing as bad weather, just inappropriate clothing! It is always a good idea to carry water and sufficient food when out and about.

Please respect natural habitats as you walk; stay on footpaths and take any litter home. Please keep dogs on leads and shut gates behind you.

Getting around

For each walk there is suitable parking or local transport. For information on using local transport contact Traveline on 0871 200 2233 or visit www.travelineeastanglia.co.uk



Walk 1 Waveney Valley Walks – Somerleyton

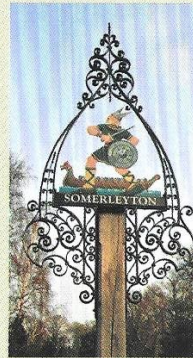
This walk starts and finishes in the picturesque village of Somerleyton. Somerleyton is named after a peace loving Viking, Sumarlithi, who arrived in the 10th century.

Adjoining the village is Somerleyton Hall. Originally a Jacobean residence, Somerleyton Hall was re-modelled in 1844 by Victorian entrepreneur Sir Samuel Morton Peto transforming it into a fine example of an early Victorian Hall in Anglo-Italian style, with magnificent carved stonework, fine state rooms and beautiful gardens. The Hall and gardens are open to the public. Sir Morton also had built the thatched redbrick estate cottages for his workers and the thatched village school all of which together contribute so much to this village's charm. Somerleyton is also famous as the birthplace of that great British invention, the Hovercraft. Christopher Cockerill experimented with his prototype hovercraft at Somerleyton Marina. It was also at Somerleyton that bricks were made for London Liverpool Street Station.

This walk starts in Somerleyton, skirts the Somerleyton Hall estate, visits the village of Lound and follows the Angles Way along the Waveney Valley back into Somerleyton.

FURTHER INFORMATION

Take the train to Somerleyton from Lowestoft. It takes just 13 minutes and allows you to leave the car at home and enjoy a stress free day out! For timetable information contact Traveline on **0871 200 2233** or visit www.travelineeastanglia.co.uk

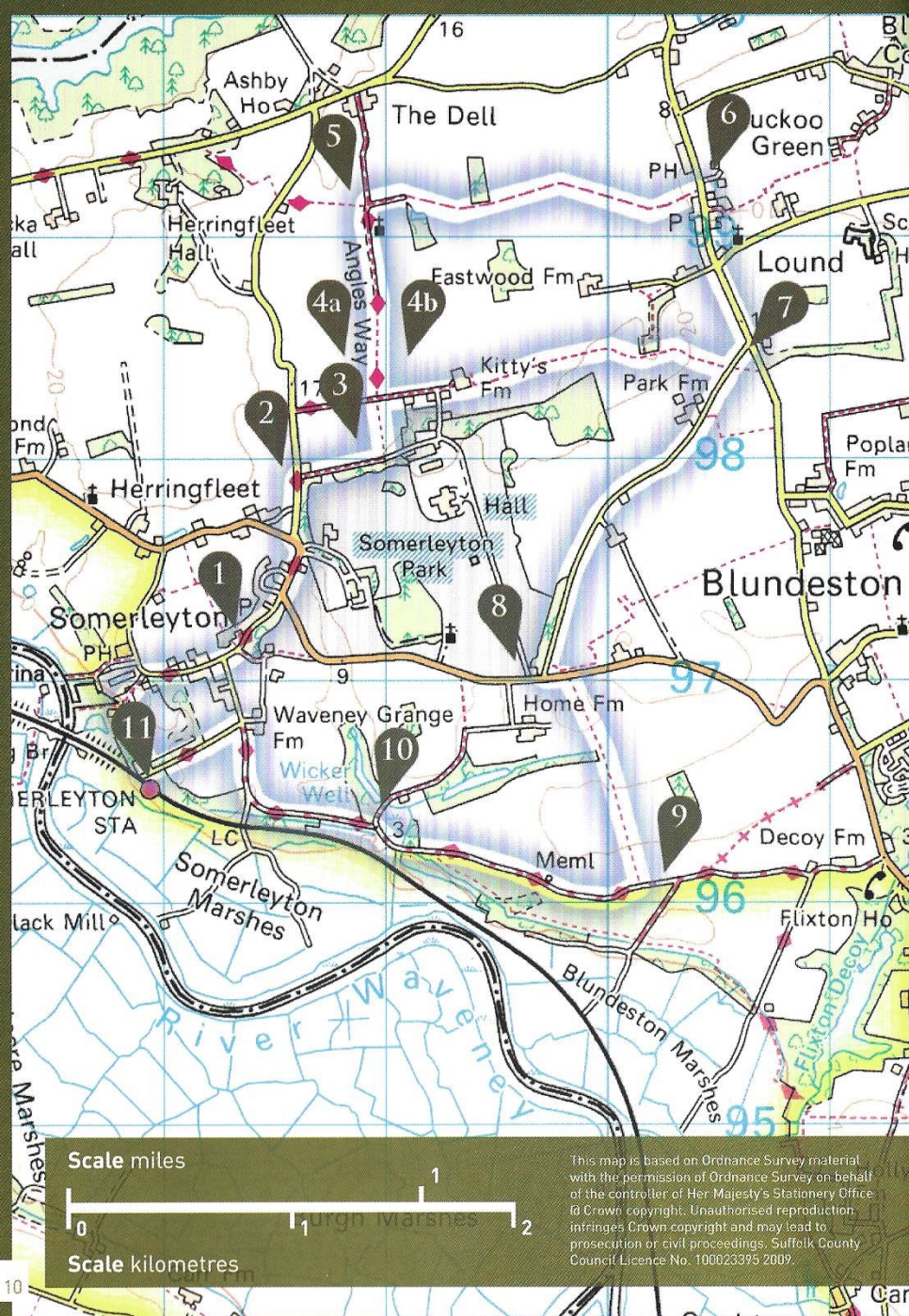


WALKING ROUTE INFORMATION

Car park	On street parking in the village close to the Somerleyton Post Office and Stores
Train	Somerleyton Station
Starting point	Somerleyton Post Office and Stores
Length of walk	7 miles or 6 miles with shortcut
Type of walk	Easy to moderate
Terrain	Mostly flat farm tracks, footpaths and quiet lanes. One slightly busier road section of approx 600m
Refreshment stops on walks	Lound – Village Maid Public House

WALK 1 – SOMERLEYTON

- 1 With Somerleyton Post Office and Stores at your back turn left and follow the pavement out of the village passing the village green and school on your left. As you reach the edge of the village you will come to a road junction. Cross the road to follow the road signposted Ashby. Continue along this road for 250m.
- 2 Turn right by a thatched cottage. This is the pedestrian entrance to Somerleyton Hall. After 400m you will come to a gap in the hedge on your left just before 2 tall pine trees. It is signposted as a circular walk.



- 3 Turn left along this farm track for about 200m reaching a junction of track and path. At this point there is a choice of routes. For the longer walk go to 4b and for the slightly shorter walk go to 4a.
- 4a Turn right along farm track toward farm buildings. Follow the track all the way through the farm buildings until reaching bungalow/cottage on right. The track finishes at this point – keep straight ahead onto grassy path keeping right going around the edge of a field. Keeping the hedge on your right continue into next field and at end turn right towards woodland. Follow the path towards the woodland and then to the left keeping woodland and hedge on your right. Continue around a small pond and straight through small woodland. As you emerge out of the woodland cross a stile and then look for a gap in the hedge to your right and bear half left on to a cross field path to reach a lane (please note that on occasions the field may be ploughed – please follow field edge to lane). When reaching lane turn right – rejoin long walk at 7.
- 4b Continue straight ahead and after approx 800m reach the isolated Ashby Church, St Marys, with its impressive round tower and thatched roof. Look out for a memorial to a British bomber crew in the fence close to the gate.
- 5 Just after the church turn right. Continue along the farm track towards the village of Lound passing several fields and woodlands. Eventually pass through a gate and into the village. The Village Maid pub is on your right and the village pond opposite.
- 6 Turn right and walk through the village along Flixton Road until reaching Green Lane on the right – 400m from edge of Lound (please take care on this slightly busier road as the pavement finishes at the boundary of the village).
- 7 Turn right into Green Lane and follow for 1 mile with views to the right of Somerleyton Hall.
- 8 Just before the end of the lane turn left along a footpath, then turn right through the gap in the wall. Cross this busy road and over the stile opposite. Walk straight ahead with the hedge on your left for approx 800m.
- 9 At the wooden gates turn right following a track. You will soon pass a memorial to United States Air Force airmen on your right. To your left are great views of the Waveney Valley.
- 10 At the fork in the path take the left path, Angles Way. Where a track comes from the left keep walking straight ahead until reaching a lane. Turn left and walk towards the bottom of the hill.
- 11 Opposite the entrance to the station turn right along a footpath that brings you to the remains of the Somerleyton brickworks. After the brickworks you can turn left to reach Somerleyton Marina before retracing your route back to the brickwork cottages before reaching the road. Turn right and back into the village to end the walk.



Walk 2

Waveney Valley Walks – Carlton Marshes

Carlton Marshes lies at the southern tip of the Norfolk and Suffolk Broads and comprises over 100 acres of grazing marsh, fens and peat pools. It is the Broads in miniature.

Flower studded marshes drained by a system of dykes and grazed by cattle in summer, create a paradise for wintering wading birds and birds of prey, including the hobby. Water vole may be seen in and around the dykes along with special plants including the rare and protected water soldier. In early summer wet fen meadows around Sprat's Water are bursting with ragged-robin, southern marsh orchid, lesser and greater spearwort and bogbean. Both Sprat's and Round Water are the result of peat digging carried out long ago.

Carlton Marshes is one of the best places in the UK for a range of freshwater snails which reflects the good water quality in the dykes. The reed and sedge beds along the river wall make ideal nesting cover for reed and sedge warblers, bearded tit, Cetti's warbler and marsh harrier. An astounding 15 kinds of dragonfly have been spotted here including the rare Norfolk hawkler.

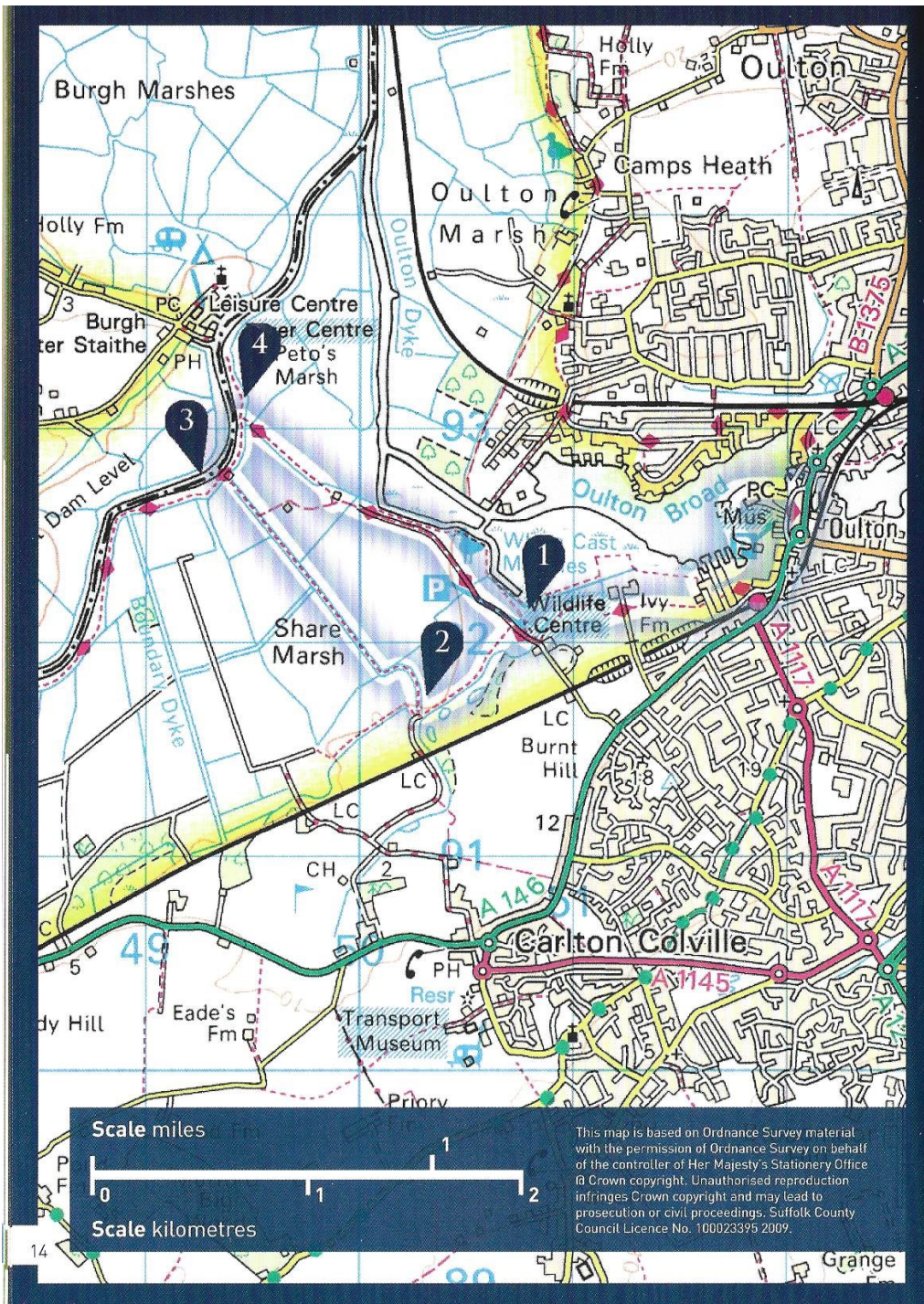
The walk starts from the Visitor Centre across the marshes to the River Waveney and returning along the Angles Way. The management of the Marsh is the responsibility of the Suffolk Wildlife Trust who also organise a series of events during the year. For full details visit their website: www.suffolkwildlife.co.uk

It is also possible to walk into Oulton Broad from the same starting point.



WALKING ROUTE INFORMATION

Car park	Suffolk Wildlife Trust Visitor Centre
Train	Oulton Broad Station
Starting point	Visitor centre car park
Length of walk	3 miles
Type of walk	Easy – family friendly
Terrain	Marshland, tracks and footpaths
Refreshment stops on walks	None



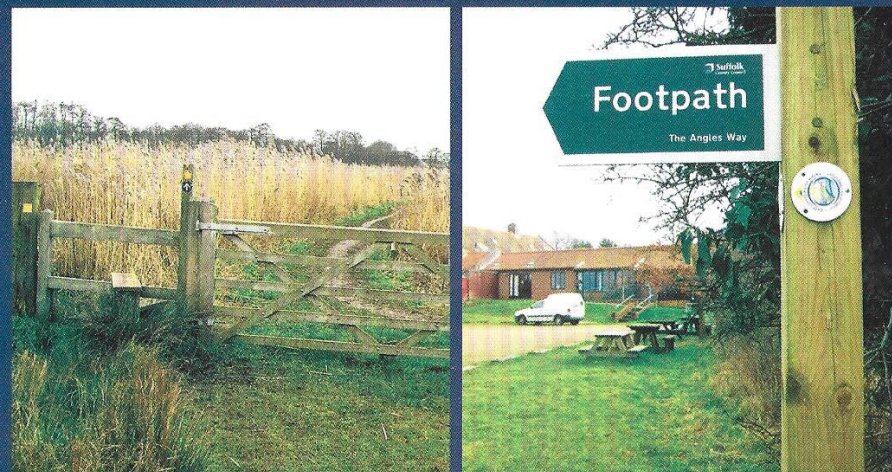
WALK 2 – CARLTON MARSHES

- 1 The walk starts from the Visitor Centre car park. With the Visitor Centre at your back, head towards the Marsh. Immediately after passing through the gate turn left and cross the stile to follow the gravel footpath. After 300m through gate and then cross stile onto path bordered by reeds on left and woodland on right. Sprat's Water is on your left. Keep following footpath until reaching a junction of footpaths.
- 2 Turn a sharp right and continue to follow the track for approximately 1 mile on the way to the banks of the River Waveney.
- 3 When reaching the river bank turn right and continue for approx 400m to reach steps down on the right.
- 4 Turn right down steps and follow signs for Angles Way. After 800m you will reach stile on the right. Cross the stile and turn immediately left and head through the gates ahead. Continue on the track which will eventually return you to the Visitor Centre.

● FURTHER INFORMATION

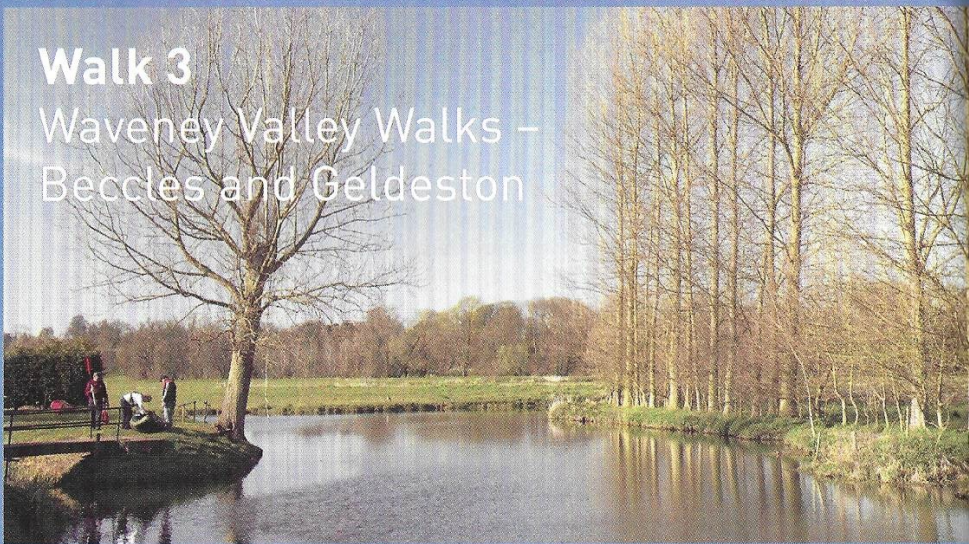
Oulton Broad Trail – 1.5 miles

In addition to the Carlton Marsh walk you can also walk to Oulton Broad from the same car park. With your back to the Visitor Centre take the footpath on your right. Keep following this footpath over several stiles, through the Broadland Holiday Village until eventually reaching Oulton Broad railway station on your right. Keep bearing left into Bridge Street. Opposite the Lady and Lake Public House turn left into Oulton Broad park with a number of visitor facilities. Retrace route back to car park.



Walk 3

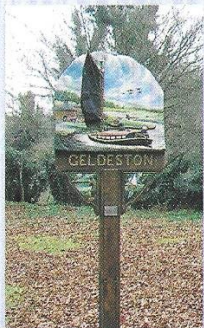
Waveney Valley Walks – Beccles and Geldeston



Beccles is an historic market town, at one time a busy Saxon fishing port (it even paid its taxes in herrings!) reputed to have been founded in 960 AD. Granted its charter in 1584 by Queen Elizabeth I, its history has recently been added to by an important and exciting archaeological find of an Iron Age 'roadway' on the river below the town.

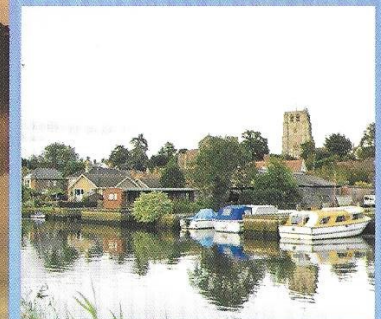
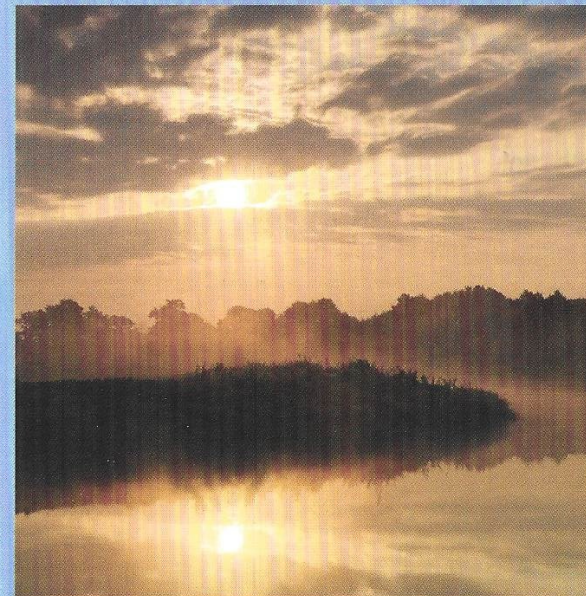
Today Beccles is a thriving modern community but still very much in touch with its history with a well preserved square, narrow streets and fine Georgian buildings. The Bell Tower dominates the town and the surrounding countryside and the splendid views from the top make climbing the many steps worthwhile.

This walk starts in Beccles, going alongside the River Waveney to the charming village of Geldeston before crossing the marshes and then returning to Beccles along the Angles Way.



WALKING ROUTE INFORMATION

Car park	Beccles – Car park off Fen Lane
Train	Beccles Station
Starting point	Beccles – Information Centre, The Quay
Length of walk	7 miles
Type of walk	Easy to Moderate – flat with one steep incline
Terrain	River bank slightly uneven in parts, quiet lanes, pasture/marsh (can be boggy at certain times of year), farm tracks and pavement/roads in Beccles
Refreshment stops on walks	Geldeston – Farm shop, Wherry Inn, Lock Inn

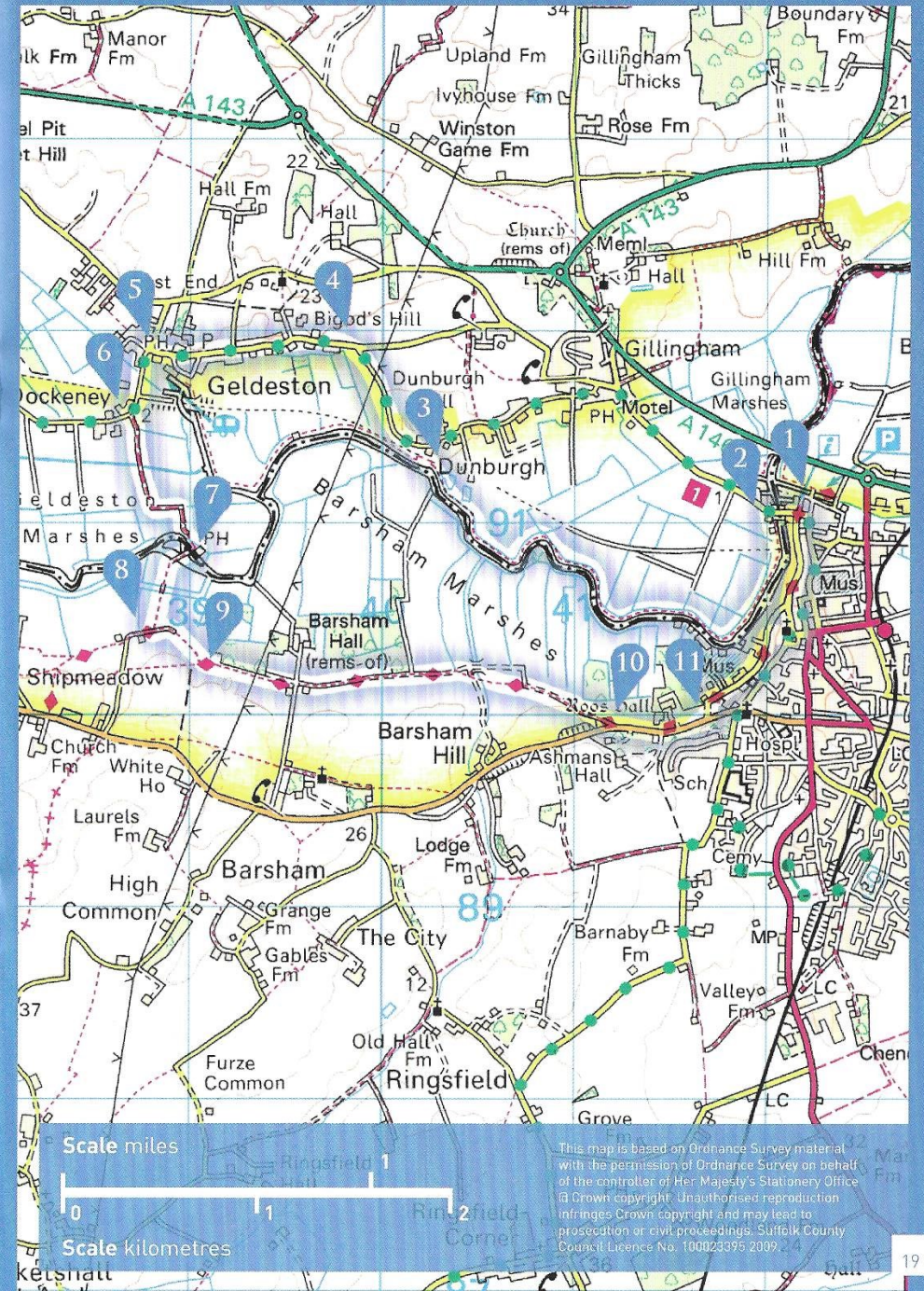


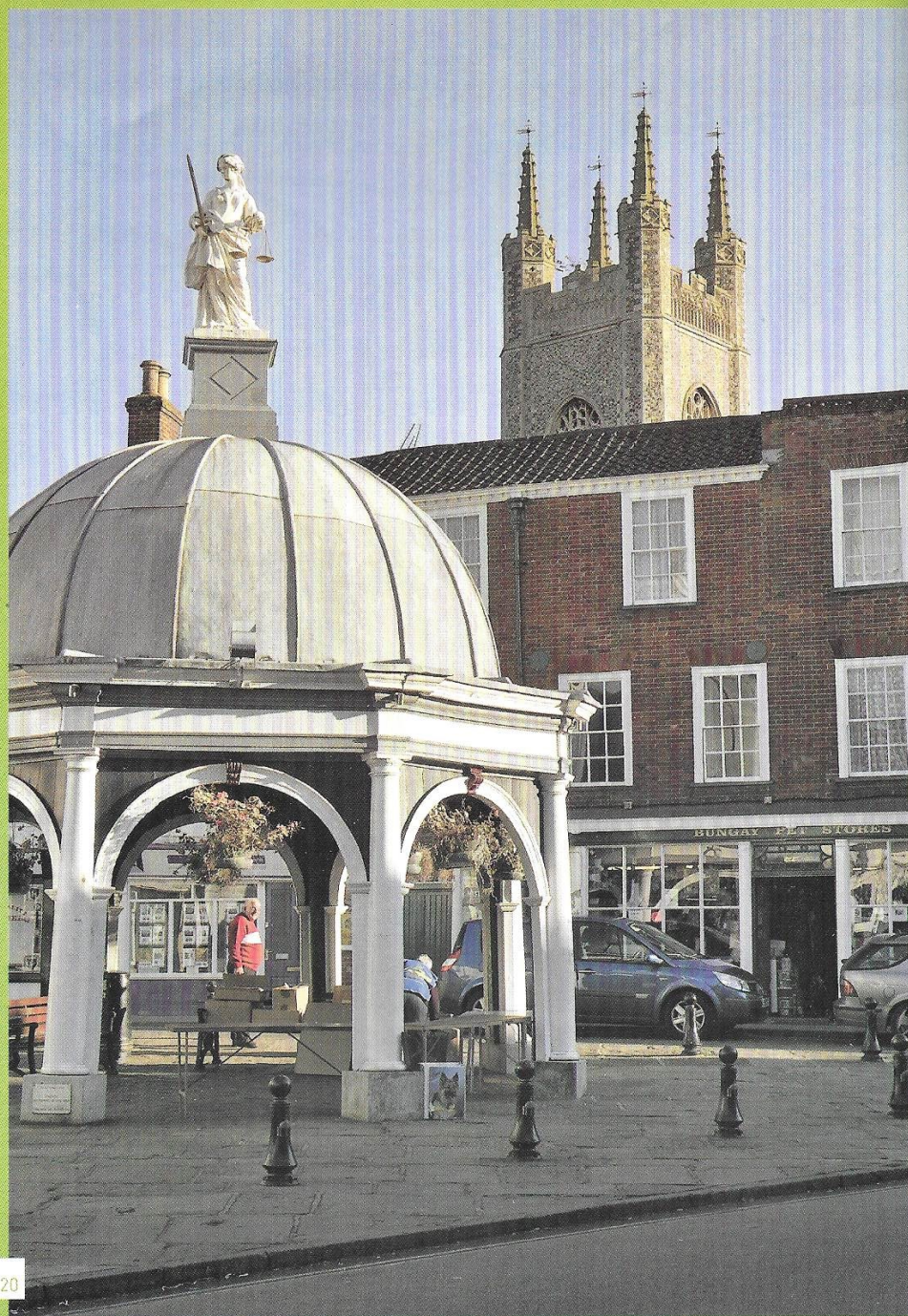
WALK 3 – BECCLES AND GELDESTON

- 1 The walk starts from the Information Centre close to the car park. With the Information Centre at your back head towards the town centre along Fen Lane and after 50m turn right towards the road bridge following the footpath on the right and over the bridge.
- 2 Once over the river, cross the road and take the footpath by Big Dog Ferry, through the yard and along the river bank. This is the Norfolk bank. Follow this path for approx 1.5 miles. Along the river bank you will have views of Beccles and the houses that meet the river.
- 3 The path turns slightly inland towards an elevated house amongst the trees overlooking the river. At the footpath junction turn right and head uphill until reaching a quiet lane and turn left. Proceed down the quiet lane until reaching the busier road heading towards Geldeston.
- 4 Turn left and follow the road into Geldeston where you will find some lovely village homes, a farm shop and the Wherry Inn, an ideal refreshment stop.
- 5 Shortly after the Wherry Inn the road comes to a T-junction. Turn left down Station Road where you will see the distinctive old station house on the right.
- 6 50m after crossing what was the old railway line and just as the road curves to the right you will see a track to the left signposted Lock Inn. Follow the track until you reach Lock Inn. On a clear day as you look far to the left you should be able to see the Bell Tower of Beccles dominating the skyline.
- 7 At the Lock Inn, another possible refreshment stop, head to the right over two bridges and head across the marsh over a wooden bridge towards an iron gate/stile (please note that the marsh can flood and become impassable at certain times of the year).
- 8 Once over the stile turn left along the track over a fence/stile and a further stile on the right gives access to a field. Turn left and follow the edge of the field to the next stile.
- 9 Turn left at the stile and keep straight ahead over another stile. Follow the field edge past cottages on the right and keep straight ahead until reaching cottages by the main Bungay to Beccles road.
- 10 Turn left and walk on the grass verge passing Elizabethan Roos Hall on your left until you reach Puddingmoor Lane.
- 11 Turn left down Puddingmoor Lane and follow lane below town until reaching steps on your right which will take you up to St Michaels Church and the Bell Tower. Turn left and follow Northgate back to the Information Centre.

● FURTHER INFORMATION

Beccles Marsh Trail – As a shorter alternative to the 7 mile Beccles and Geldeston walk, Beccles Town Council have created 3 walks of 1.5, 3 and 4 miles to view the Beccles Marsh. All walks can be accessed from the same starting point. A leaflet describing the walks is available from the Broads Information Centre.





Walk 4

Waveney Valley Walks

Bungay – The Bigod Way

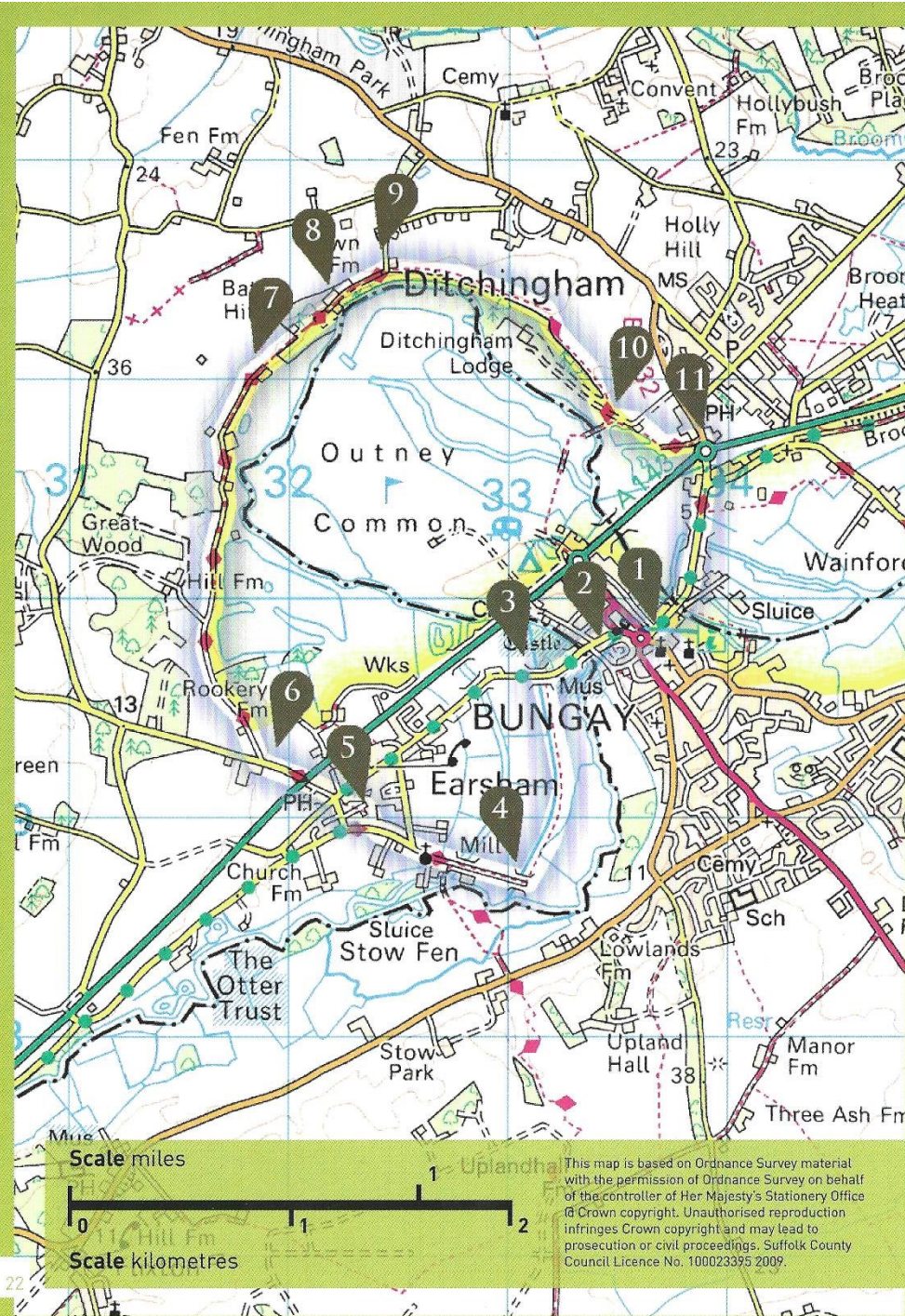
Bungay is a fine old market town rich in history and the town centre is officially recognised as a conservation area by English Heritage. At the centre are the remains of Roger Bigod's castle rebuilt in 1294 on the site of previous castles.

This walk starts in Bungay, follows the river valley to Earsham before ascending historic Bath Hills overlooking the valley, joining the Angles Way and then dropping back to Bungay.



WALKING ROUTE INFORMATION

Car park	Car park Bungay – there are several car parks in Bungay all suitable for joining the walk
Starting point	Bigod's Castle in the centre of Bungay
Length of walk	5.5 miles
Type of walk	Easy to moderate – mostly flat with gradual incline of Bath Hills
Terrain	River bank, quiet lanes, footpaths and farm tracks
Refreshment stops on walk	Earsham – Earsham Queen Public House, Ditchingham – Duke of York Public House



WALK 4 – BUNGAY – THE BIGOD WAY

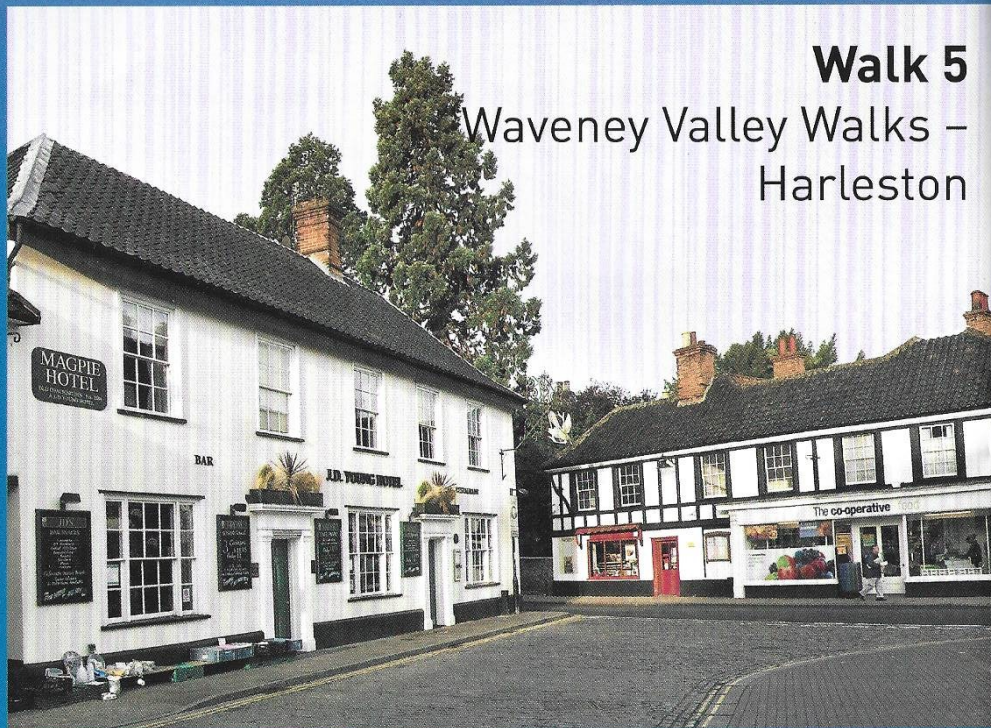
- 1 The walk starts from Bigod's Castle in the centre of Bungay. With your back to the Castle take the footpath signposted Castle Inn to your right. The footpath opens up into the Castle Inn courtyard/car park before reaching Earsham Street.
- 2 Turn left on Earsham Street and head out of Bungay. Keep on the footpath on the right. Go over the first bridge on the edge of Bungay and onto the second bridge.
- 3 At the start of the bridge cross the road and take the track/footpath keeping the stream on your right. Follow for approx 800m until you see a footbridge across the stream.
- 4 Cross the footbridge and follow the track into the village of Earsham, past some cottages on your left and then also the impressive All Saints Church until reaching Lodge Cottage on the right.
- 5 In between Lodge Cottage and No 20 follow the footpath signposted 'Angles Way Beccles'. This footpath takes you through the village past the village hall crossing the old A143 to the Earsham Queen into Station Road until you reach the bypass. Take care here to cross the busy road again into Hall Road.
- 6 After 200m turn right to follow Bath Hills Road. Pass an old water filled quarry on the right before reaching the main quarry. Continue along the small lane.
- 7 At Valley Farm and Cottage keep walking ahead along the track through the wooden gate. Bear left along the track with hedges either side and continue through into woods.
- 8 Pass through the gate and walk up the drive ahead.
- 9 At the top of the hill near 'The Wood House bungalow', bear right signposted 'Bigod's Way Bungay 2 miles'. A pleasant walk through woods and fields to the left, before reaching a stile and dropping down toward a driveway. Cross the driveway through gate into woods.
- 10 In to woods take the footpath signposted to the left which eventually reaches the village of Ditchingham with the Duke of York public house on the left.
- 11 Turn right and take care to go cross roundabout with old Maltings buildings on left and follow Falcon Road back into centre of Bungay.



● FURTHER INFORMATION

Whilst in Bungay take time also to explore the town with the town trail or the Real Ale trail. Both leaflets are available from the Tourist Information Centre.

Consider walking along the Angles Way 7 miles to Beccles and get the bus back. For timetable information contact Traveline on **0871 200 2233** or visit www.travelineeastanglia.co.uk



Walk 5 Waveney Valley Walks – Harleston

Harleston is an ancient market town situated at the southern tip of Norfolk, separated from Suffolk by the River Waveney. In its earlier days the town was nothing more than a collection of market traders.

The market prospered, houses replaced the stalls, and the town grew. Its future was assured when, in 1259, it was granted the right to hold a fair and a market. It is now a vibrant and lively town with several lovely shops catering for every taste. It has a small museum, several eating places and five friendly pubs.

This walk starts in Harleston, takes in some beautiful countryside, visits the village of Redenhall and its impressive church and follows the Angles Way back into Harleston.

Visitors may also want to explore Harleston – a discovery trail leaflet is available from the information centre.



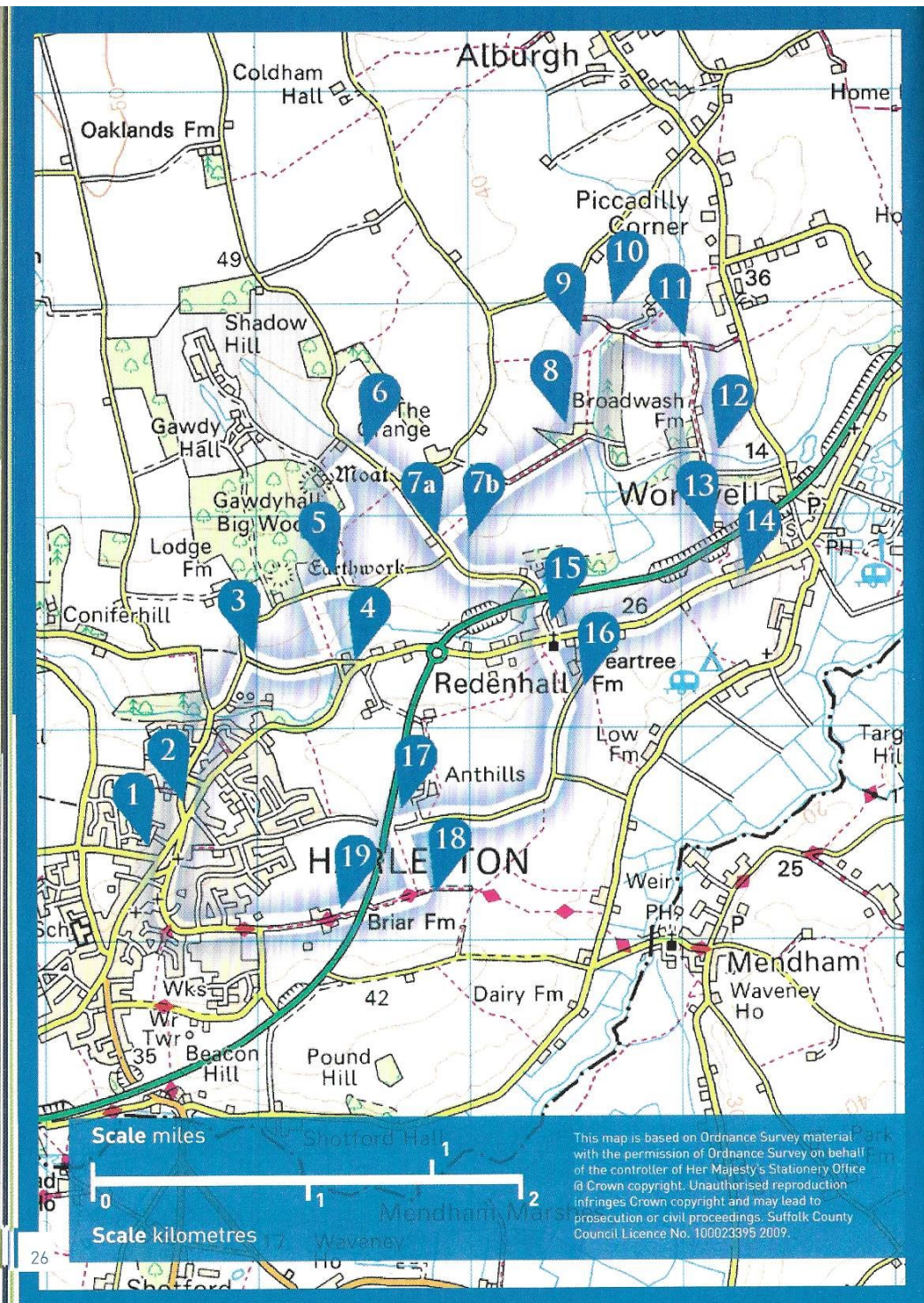
WALKING ROUTE INFORMATION

Car park	Harleston town centre. Parking in Bullocks Fair Close, just off 'The Thoroughfare' by Budgens supermarket
Starting point	Harleston – Bullocks Fair Close
Length of walk	6.5 miles or 5 miles with shortcut
Type of walk	Easy to moderate – mostly flat
Terrain	Farm tracks, footpaths and quiet lanes. Busy A143 to cross at two points of walk
Refreshment stops on walk	Slight deviation to Wortwell Bell Public House



WALK 5 – HARLESTON

- 1 With the supermarket at your back walk from the car park straight ahead and out onto 'The Thoroughfare' where you take a left turn and follow for 400m.
- 2 At the fork in the roads take the left fork up Station Hill. You will pass Blackburn Construction on your right before descending the lane. Continue over the river bridge and then take the right fork up the hill before coming to a road junction.
- 3 At the junction turn right. Walk for approx 800m and just before the bridge and cottages there will be a footpath on the left by a telegraph pole and along a line of trees.
- 4 Head uphill on the footpath until reaching the lane and turn right. Proceed along the lane for 200m until coming to a private drive on the left to a cottage backing onto the woods. There is a footpath on the right side of the drive.
- 5 Take the footpath towards the cottage and skirt the fields past the cottage and keeping the woods on your left. Follow the field all the way until reaching an opening with a cottage in front. Turn right and head down field until reaching a lane.



- 6 At the lane turn right and continue until reaching two cottages on the right. At this point there is a choice of routes. For the longer walk go to 7b and for the shorter walk go to 7a.
- 7a Continue straight ahead down the lane until reaching main road A143. Cross the road up the lane marked 'Access Only'. This will eventually bring you to Redenhall Church. Turn right to just past church. Rejoin the longer walk here at 15.
- 7b Opposite the cottages on your left is a footpath bordered by telegraph poles. Continue uphill until the last telegraph pole at which point go straight ahead keeping the hedge on the left and out onto a farm track. Proceed down the track until reaching the woods.
- 8 As the track sweeps to the right take a left turn through the woods and over a stile into a pasture. Keep right and head towards the stile in the far right corner of pasture.
- 9 Cross over two stiles to the right and follow the path through the field until reaching another stile.
- 10 Cross over the stile and over the footbridge and follow the track up to the right. Continue along track for 400m until reaching large oak trees with field on right.
- 11 Turn right and follow track down into woods past house on your left. Walk through the gate and into copse. Pass a farm on your right and then straight over bridge.
- 12 Straight after the bridge fork right and follow the footpath up a steep incline and then over a stile into fields. Go diagonally left across to three buildings. At the edge of the field, stop to cross busy road.
- 13 Cross the road with care and go straight ahead, then right and left along edge of field until reaching another road (Wortwell Bell PH is 600m to your left at this point).
- 14 Turn right and keep on footpath until reaching Redenhall Church on your left.
- 15 Just past the church cross the road and go into the churchyard. The path goes straight ahead through the churchyard with church on your left and out onto the edge of a field. Proceed along path until reaching quiet lane.
- 16 Turn right and follow lane keeping right at next junction. The lane sweeps round to the right. Keep on lane for approx 800m and then just as you see a footpath and farm buildings on right, look for a footpath signpost on the left.
- 17 Turn left along the path which follows the line of telegraph poles with hedge on left until coming to track.
- 18 At the track – part of Angles Way – turn right and follow until reaching busy road.
- 19 Cross busy road with care and then follow track and then road back into Harleston.

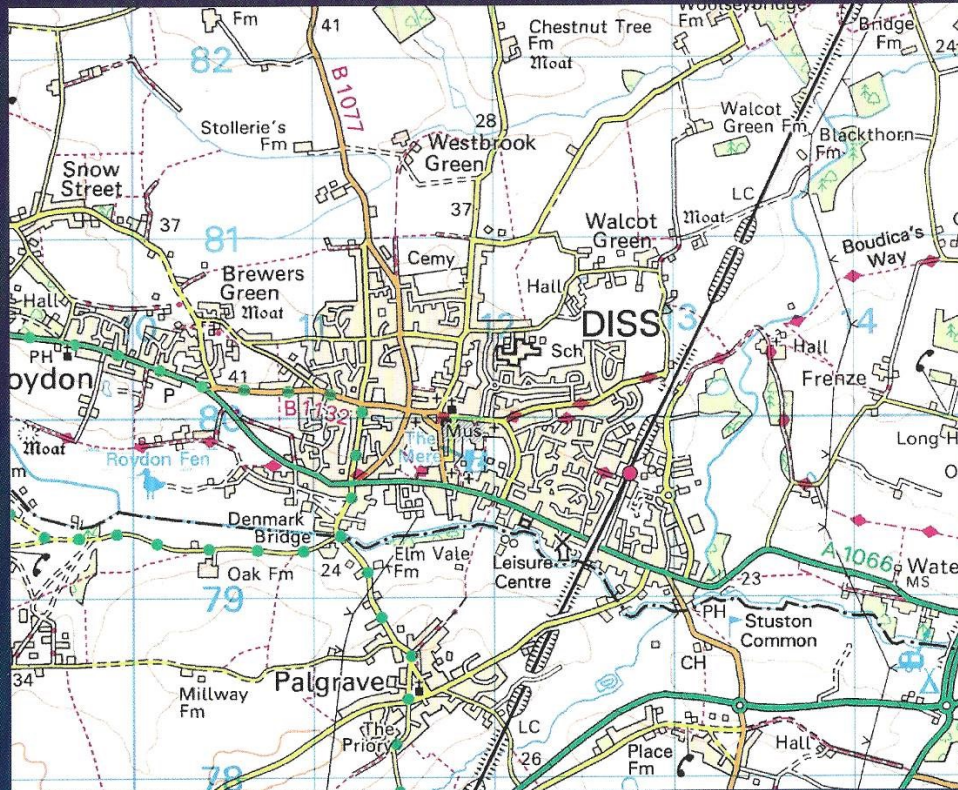
Walk 6 Waveney Valley Walks – Diss

The picturesque market town of Diss lies on the Norfolk – Suffolk border. Mentioned in the Domesday Book as a moderately sized Royal Manor, the importance of Diss increased when a market was established which brought wealth to the town. Flemish weavers came across the Channel and throughout the 16th and 17th centuries wool, hemp and linen were the chief industries.

A focal point of the town is the 6 acre Mere and in fact, Diss gets its name from 'Dic' or 'Disce' which is Saxon for ditch of standing water. The thriving and bustling town has grown up around the Mere and retains a great sense of history with its 13th century church, old buildings and busy Friday market.

Diss is now part of the Cittaslow movement. A worldwide movement which respects and supports the local traditions, protects the environment and the unique character of the town. The direct translation of Cittaslow is 'slow town' where local distinctiveness is acknowledged and maintained and the quality of life is enhanced.

Visitors to Diss are encouraged to join in the 'slow' lifestyle by exploring the town with a 'Snail trail'. The snail trail is unique in that it incorporates wildlife, history, shops and restaurants. The trail begins at the Mere car park and is displayed on the information boards in the town and within a leaflet available at the Tourist Information Centre.



Scale miles

Scale kilometres

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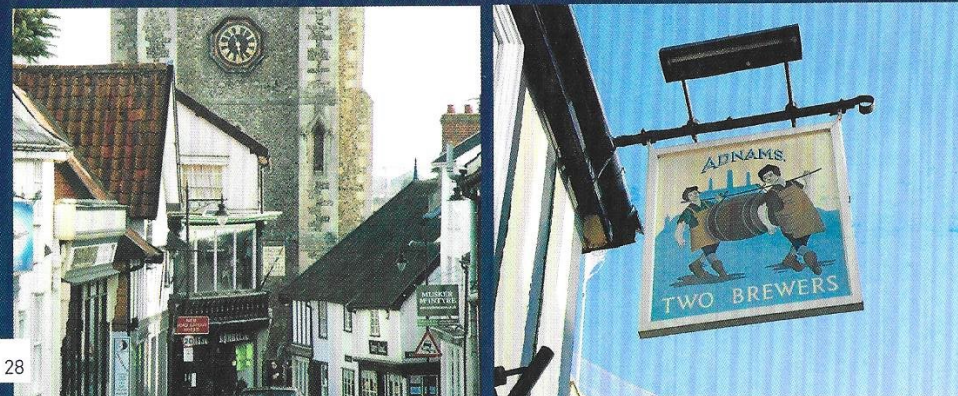
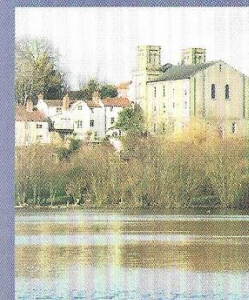
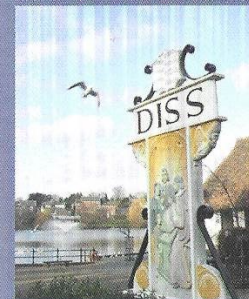
WALKING ROUTE INFORMATION

Car park	The Mere car park off Park Road A1066
Train	Diss Station
Starting point	The Mere car park
Length of walk	1 mile
Type of walk	Easy – family friendly
Terrain	Footpaths and pavements
Refreshment stops on walk	Throughout the town

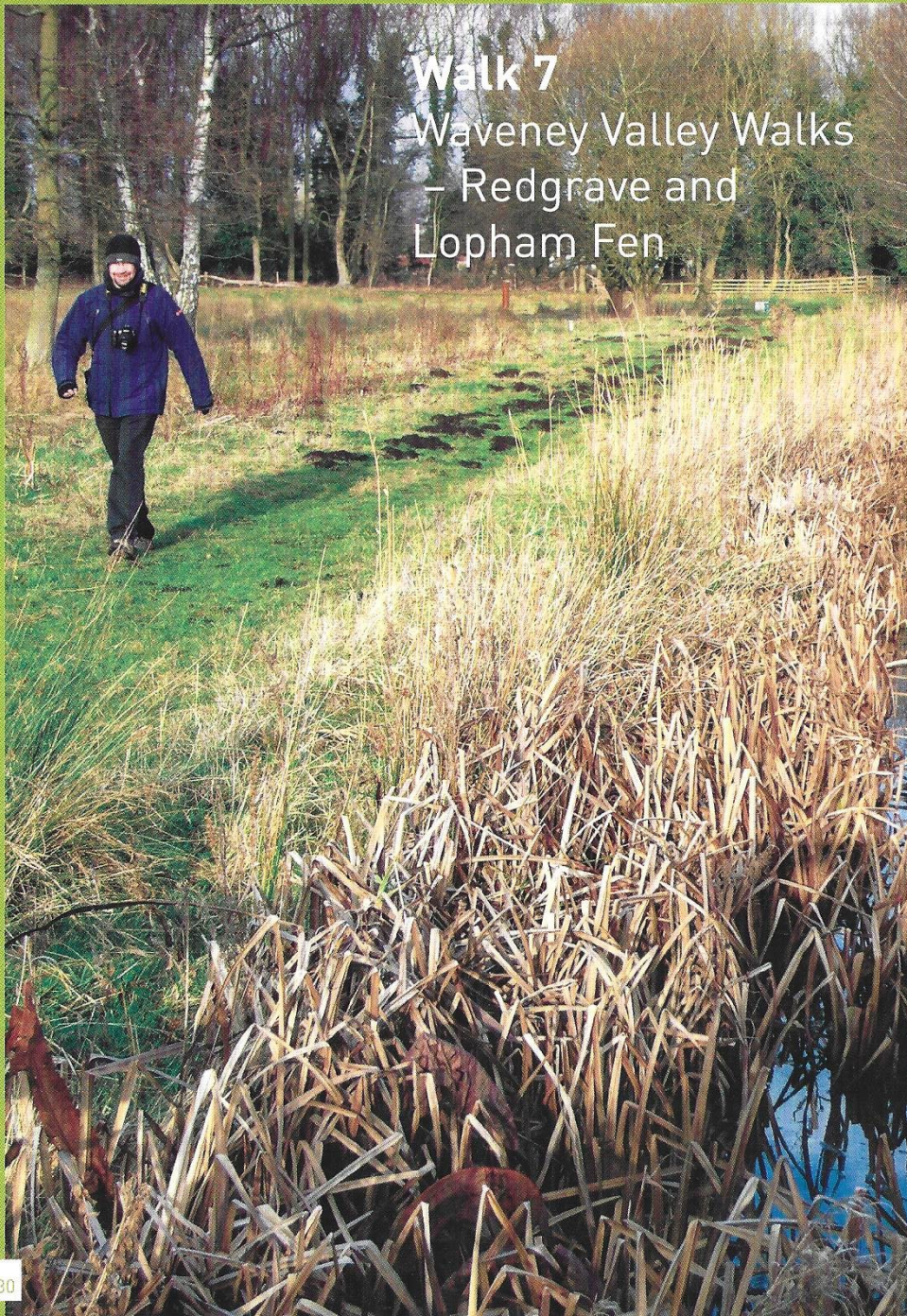
FURTHER INFORMATION

Diss have also created three walking routes starting and finishing from the town centre. Details of these walks are available in a leaflet available from the Tourist Information Centre. The Angles Way long distance footpath also winds its way through Diss.

Diss is easy to get to by public transport with rail connections to Norwich and Ipswich and bus services to Beccles, Bungay and Thetford making it an ideal location to start exploring the Angles Way. For information on getting to Diss by public transport contact Traveline on 0871 200 2233 or visit www.travelineeastanglia.co.uk



Walk 7 Waveney Valley Walks – Redgrave and Lopham Fen

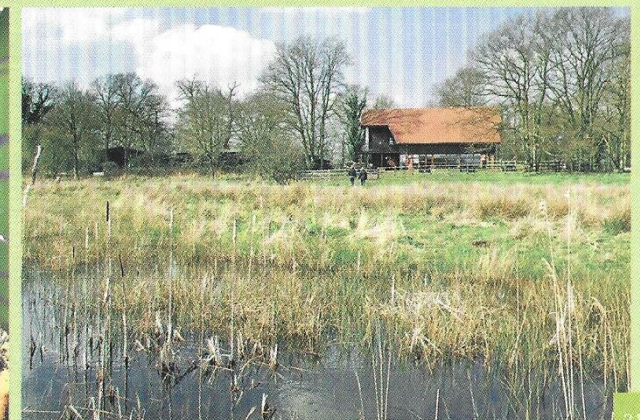


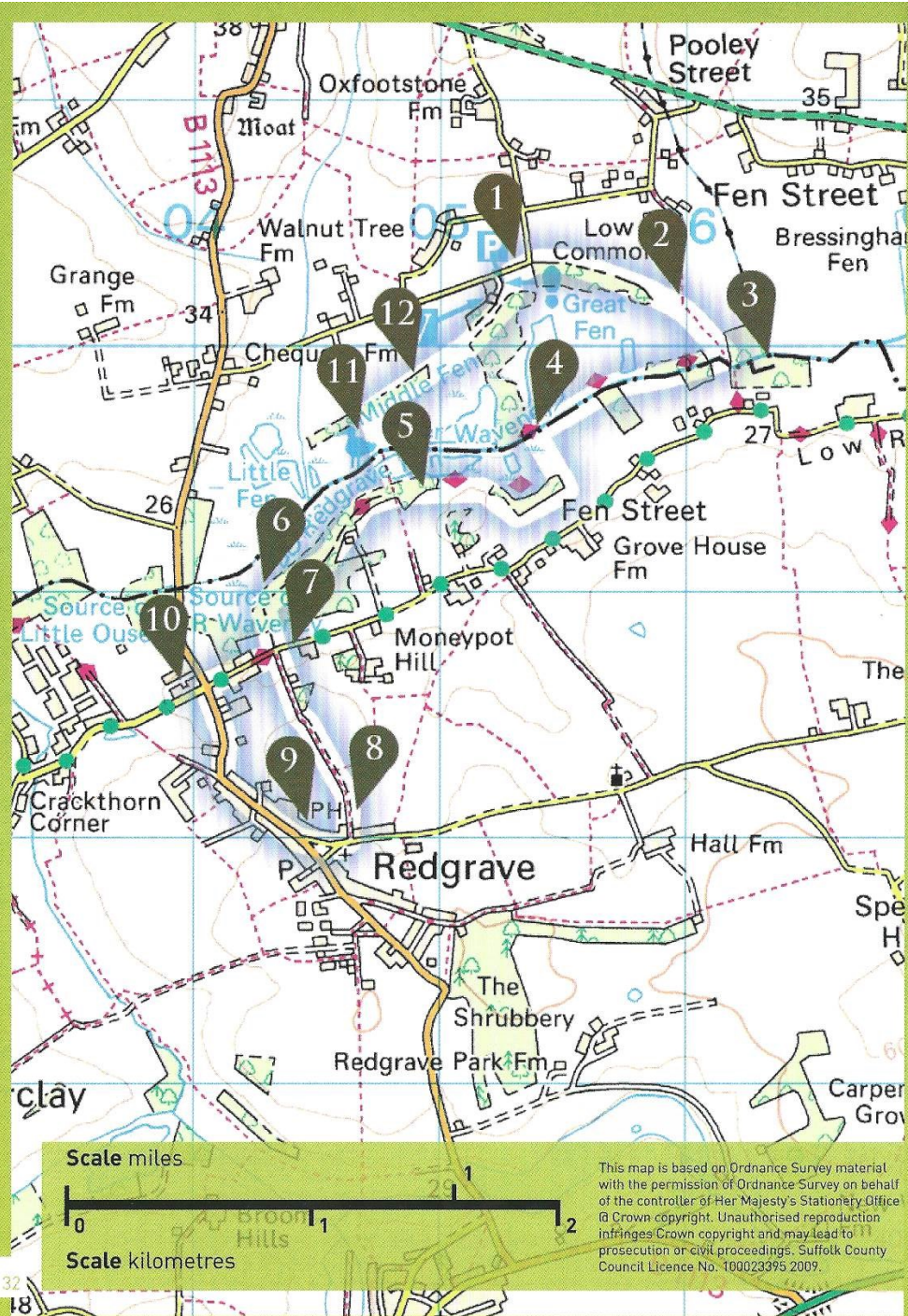
Redgrave and Lopham Fen is an internationally important wetland site with recently restored fen, lush meadows, heath, woodland, pools and the source of the River Waveney. It is the home of the rare fen raft spider. Polish Tarpan horses have been introduced to graze the fen to help control invasive scrub vegetation. The fen is open daily, the Visitor Centre, from where the walk starts and finishes, is open weekends and bank holidays and additional days during the school holidays.

This walk follows waymarked trails that have been set out by Suffolk Wildlife Trust. It covers sections of each of the trails including the Angles Way and also visits the nearby and picturesque village of Redgrave. A leaflet is also available from the Visitor Centre.

WALKING ROUTE INFORMATION

Car park	Suffolk Wildlife Trust Visitor Centre, north of Redgrave
Starting point	Visitor Centre
Length of walk	5 miles or 3 miles with shortcut
Type of walk	Easy – family friendly
Terrain	Heathland, pasture, tracks, footpaths and quiet lanes. One small section on road through Redgrave.
Refreshment stops on walk	Community stores and The Cross Keys Public House in Redgrave.





WALK 7 – REDGRAVE AND LOPHAM FEN

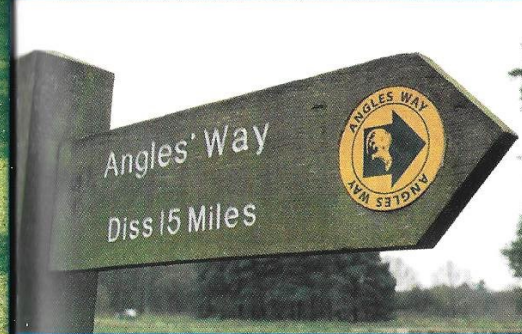
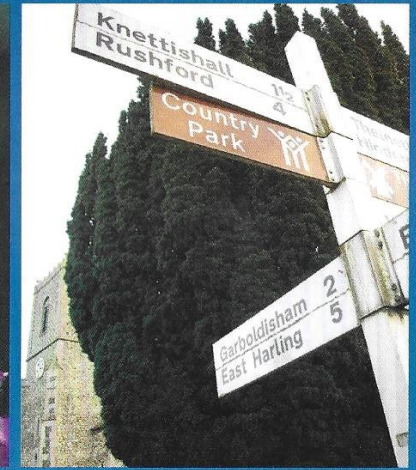
- 1 The walk starts from the Visitor Centre close to the car park. With the Visitor Centre at your back walk through the gate straight ahead and take an immediate left to follow the 'Great Fen Trail'. The trail takes you through woodlands to the north of Great Fen until reaching a stile at the far end of the woodlands.
- 2 Cross the stile and turn right and then cross another stile straight ahead into a plantation of trees. Follow the path through the trees and into the reeds before reaching another stile.
- 3 Cross the stile and turn right to follow the Angles Way with the river on your left. Continue following the riverside path ignoring the Great Fen trail sign pointing to the right and keeping straight ahead until reaching a sluice and bridge.
- 4 Turn left over the bridge and follow path into woodlands. This is now the Woodland Trail. Keep following the path for approx 800m until reaching a gate.
- 5 At this point there are two options. Continue towards Redgrave by following the path which bears left through the woodlands to point 6 or returning towards the Visitor Centre by taking the track to the right towards point 11 – a wooden bridge.
- 6 Reaching a sign which says 'No Entry' turn left through double gates until reaching a lane – Fen Lane.
- 7 Walk across the road and up the track/footpath straight ahead passing a house on the left and then along the edge of a field before descending into the village of Redgrave.
- 8 Turn right at the road into the village and within 100m arrive at the village green with duck pond and village store to your left and The Cross Keys Inn to your right.
- 9 Turn right through the village on the pavement on the right hand side. Keep on the pavement until finishing just before the Business Centre on right. Keep to the grass verge on right until reaching crossroads.
- 10 Turn right along Fen Street until reaching point 7 – at which point retrace your route to point 5. When reaching point 5 turn left for 100m to reach a wooden bridge.
- 11 Turn right immediately over the bridge and follow signposts for 'Waveney and Woodland Trails'. After 600m you will come to a gate on the left. This is the Spider Trail.
- 12 Turn left through gate and within 100m you will arrive at the Spider viewing platform from which you may glimpse the rare fen raft spider. Continue following the path which then turns right and back to the visitor centre.



FURTHER INFORMATION
 Redgrave and Lopham Fen is managed by Suffolk Wildlife Trust who organise a series of events throughout the year. For full details of these and for more information on the fen visit their website: www.suffolkwildlife.co.uk



Walk 8 Waveney Valley Walks – Knettishall Heath Nature Reserve



The open landscape of Knettishall Heath was created about four thousand years ago when our bronze age ancestors cleared the forest for cultivation and grazing livestock. Since then the land has been used for sheep and rabbit grazing.

In 1950 there would have been virtually no woodland. When myxomatosis virtually wiped out the rabbit population in 1953 and following the decline of sheep grazing in the 1960s, tree seedlings invaded the open heathland and developed into the mature woodland you can see today. Suffolk County Council established the Country Park in 1974 to maintain its value to wildlife and to make it an enjoyable place to visit. Look out for the resident herd of Exmoor ponies as well as Black sheep and Jersey cattle.

This walk follows the waymarked trails that have been set out in the country park. The walk covers sections of each of the trails. A leaflet is also available from dispensers in the car park. Be sure to take your binoculars on this walk. Knettishall is at one end of the long distance footpath 'The Angles Way'.



WALKING ROUTE INFORMATION

Car park	Knettishall Heath Nature Reserve – main car park
Starting point	Car park
Length of walk	4 miles or 3 miles with shortcut
Type of walk	Easy – family friendly
Terrain	Heathland, pasture, tracks, and footpaths – all contained within the Nature Reserve
Refreshment stops on walk	None

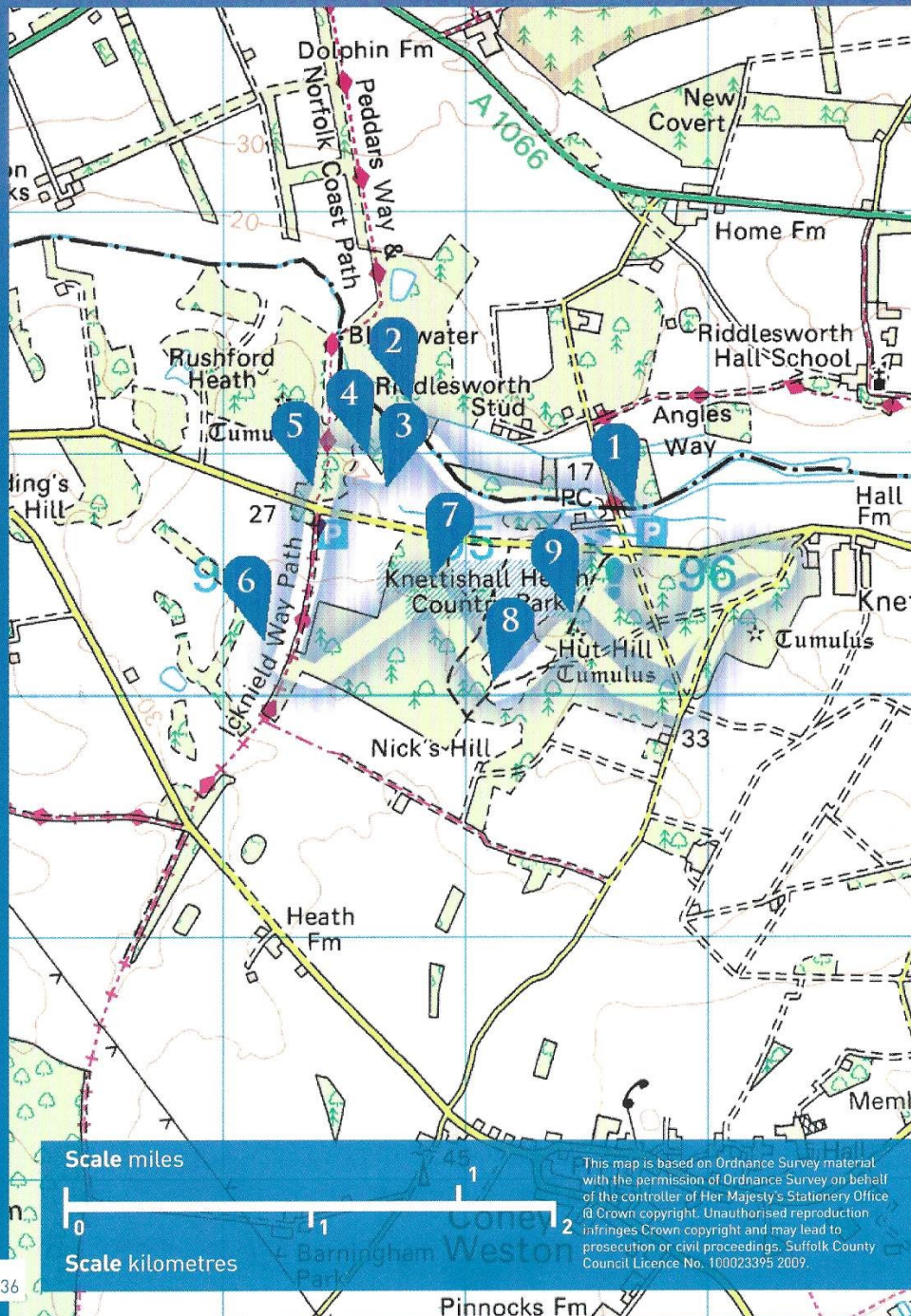
WALK 8 – KNETTISHALL HEATH NATURE RESERVE

- 1 The walk starts from the car park. Head towards the information office and toilet block. To the left you will see the start of the Riverside Trail (Blue). Take the right fork and follow the path along the river bank for about 800m. Continue until the path turns a sharp left away from the river bank.
- 2 Turn left with meadows on your left and woodland on your right and keep straight ahead until reaching a footbridge.
- 3 Cross the footbridge and walk straight ahead ignoring the Riverside Trail which turns left at this point. Keep ahead until reaching the Heathland Trail (Green). Confusingly the waymark trails only point in one direction and you are walking in the opposite direction.
- 4 Turn right at the waymark and follow footpath through woodland, turning left at a footpath junction and eventually crossing a road to a car park.
- 5 Keep straight ahead through car park with open heathland on your left and farmland on your right until reaching a line of trees.
- 6 Turn left along the edge of the trees and then bear left to continue following the Heathland Trail for approx 200m until reaching a junction of footpaths.
- 7 Turn right passing an 18th century rabbit warren on your left and then straight ahead at footpath/track crossroads. With heathland on your left walk slightly uphill until reaching path from your right.
- 8 Turn left and continue on this path. You will pass Hut Hill on your right – a bronze age burial mound – easily identified by the lone Scots Pine at its summit. Continue walking down the hill until reaching a junction with a sharp right. This is the Woodland Trail (Yellow). At this point you can return to the main car park by walking straight ahead.
- 9 Turn right and follow the woodland trail as it weaves through the woods and across two roads until eventually returning you to the car park.



● FURTHER INFORMATION

A number of events are organised at Knettishall Heath, managed by the Suffolk Wildlife Trust, including children's treasure trails, heritage events, nature study events and ranger guided walks. Details of all events can be found on the website: www.suffolkwildlifetrust.org/reserves



Scale miles

Scale kilometres

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Acknowledgements:

Many thanks to Suffolk County Council, Norfolk County Council, Broads Authority and NHS Great Yarmouth and Waveney for their support in producing this guide. Many thanks to Trevor Hayward for researching and compiling each walk.

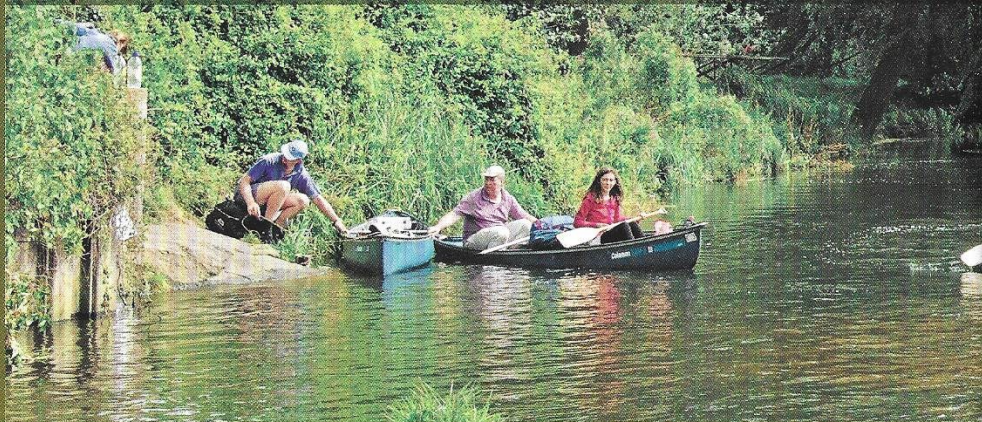


Photo credits:

David Falk, Malcolm Farrow, Trevor Hayward, Broads Authority



Enjoy...

The Countryside Code

The Countryside Code is dedicated to helping members of the public respect, protect and enjoy the countryside. When out and about in the countryside:

- Be safe, plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals and take your litter home.
- Keep dogs under close control.
- Consider other people.

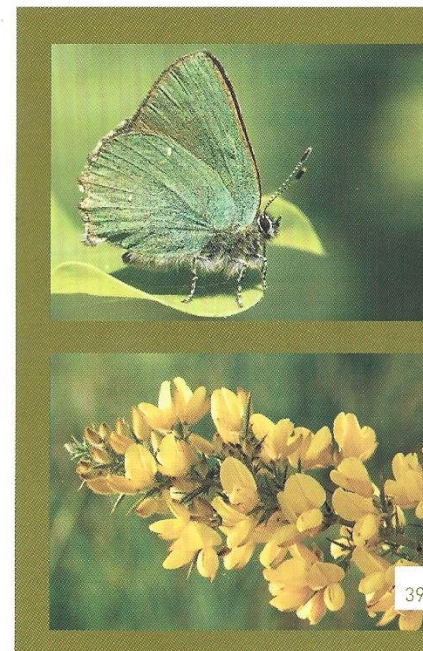


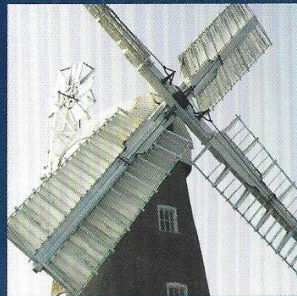
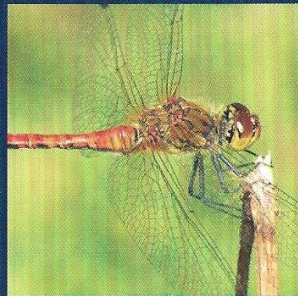
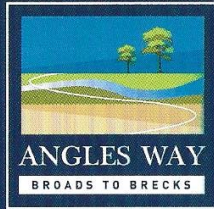
...and see more

If you would like to explore other parts of Suffolk then visit www.discoveresuffolk.org.uk


The website has over 50 circular walks throughout the county plus ideas for cycling and outdoor activities and great advice on exploring the countryside from people who live and work in Suffolk.

For ideas on walking in Norfolk visit www.countrysideaccess.norfolk.gov.uk






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