



## THE ROUTE NOTES

### *Bigod's Castle*

The remains of Roger Bigod's Castle rebuilt on the site of previous castles, in 1294, form the focal point for all the walks described in this leaflet.

### *Bigod Way (10 miles)*

The main loop encircles Bungay and can be reached from Bigod's Castle along any of the access paths shown on the map. The Bigod Way passes through areas of outstanding natural beauty. The route offers a variety of wildlife, rare plants and many sites of historical interest. At rambling pace, this walk can be completed in 4/5 hours.

### ➔ 1 *Bath Hills Walk (5.5 miles)*

These lovely hills are steeped in history and are arguably one of the most attractive areas in England. South facing, they have been vineyards for centuries, even in Roman times. Roger Bigod had extensive vineyards here in 1240. In Georgian times, a cold spring bath existed close to Bath House and Bungay was a famous spa town. The "stinking iris", a rare plant, is also to be found in this area.

### ➔ 2 *Rabbitskin Run (2.6 miles)*

This short walk is associated with George Baldry, local folk hero whose life story is featured in the book "The Rabbitskin Cap". At the foot of the Bath Hills and on the edge of Outney Common the footpath crosses the Waveney by two narrow footbridges. Here stood the Mill House where George had his boats, workshops and strove for the secret of perpetual motion.

### ➔ 3 *Mettingham Castle Ramble (5 miles)*

At its eastern extremity, the Bigod Way passes close to the ruins of Mettingham Castle. In 1342 John de Norwich castellated his residence and added a massive gateway with portcullis. It is this structure that remains and is visible from the northern approach.

### ➔ 4 *Scotchman's Lane (4.8 miles)*

After leaving Bungay over the Joyce Meadows this walk links with Scotchman's Lane, a former track leading to Mettingham Castle. For many years this track has been blocked and overgrown. Recent clearance work has revealed a most attractive footpath.

### ➔ 5 *Constitution Stroll (4.6 miles)*

This route takes in high ground just to the south of Bungay and includes Constitution Hill. From this vantage point impressive views of the town are visible, as well as a magnificent view of Earsham Church across the marshes.



### ➔ 6 *Outney Common Riverside Walk (4.5 miles)*

The Outney Common Riverside Walk is a mainly concessionary route by permission of the Common Owners and represents a wonderful addition to the Bigod Way network. Starting at Bigod's Castle the route follows the yellow way-markers in a westerly direction along Earsham Street before turning right into Outney Road and at the end of the road crossing the footbridge to the Common car parks. Cross the right hand car park to the pond, keep to the right of the pond and turn left for a short distance along the gravel path before turning right (north) over the meadows towards Ditchingham. Do not cross the new bridge but bear left along the southern side of the river bank marked by green way-markers. To your right the walk now affords excellent views of Ditchingham Lodge, Cold Bath House, Bath Hills and to the left Outney Common. This walk must surely be one of the most beautiful riverside walks in England.

\*All walkers are urged to keep their dogs on leads when in the vicinity of the cattle which graze on a large area of the common.

### *Follow the Country Code*

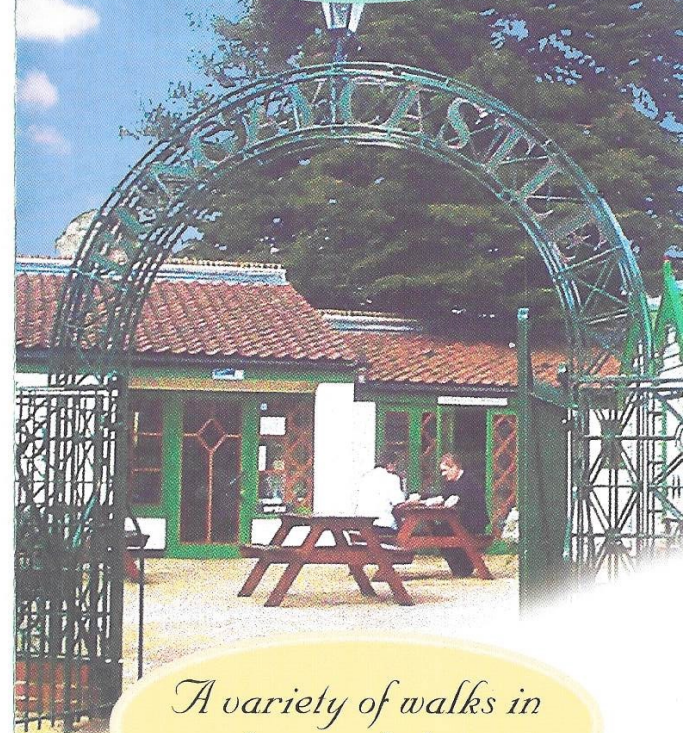
- \* Leave no litter
- \* Guard against all risks of fire
- \* Protect wildlife, plants and trees
- \* Respect the life of the countryside
- \* Keep to paths
- \* Keep dogs under proper control
- \* Fasten all gates
- \* Avoid damaging fences, hedges and walls
- \* Go carefully on country roads
- \* Safeguard water supplies

### *Bungay Castle Visitors Centre*

The remains of Bigod's Castle makes a dramatic starting point for all the walks described in this leaflet. Nearby stands the Castle Visitors Centre which was officially opened in July 2000. The Centre will provide a warm welcome for walkers at the start and finish of your journey. Facilities at the Centre include licensed cafe, tourist information, toilets and access to Bigod's Castle.

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# BUNGAY THE BIGOD WAY



*A variety of walks in  
and around the town*

*A Town Council project with financial  
assistance from  
Waveney District Council and  
Bungay Chamber of Trade.*

# BUNGAY THE BIGOD WAY



Cold Bath House



Earsham Queen  
Real ales, fine food



Earsham Church  
View from Constitution Hill



Bungay  
View from Constitution Hill

- ### KEY TO WALKS
1. Bath Hills Walk (5.5 miles)
  2. Rabbitskin Run (2.6 miles)
  3. Mettingham Castle (5.0 miles)
  4. Scotchman's Lane (4.8 miles)
  5. Constitution Stroll (4.6 miles)
  6. Outney Common Riverside Walk (4.5 miles)



### KEY

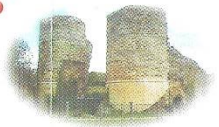
- Main route
- XXXX Concessionary links
- Access paths
- Bigod's Castle start
- Bigod Way markers, yellow on brown
- Outney Common Riverside Walk. Concessionary paths by permission of Common Owners, green way markers.



Visitors Centre



Mettingham Castle



Bigod's Castle Towers