

Stepping out to St. Benet's



8 miles



Walk Information

Start point: White Horse, 17 Chapel Road, Upton, Norfolk, NR13 6BT

Grid reference: TG 396127

Map: Ordnance Survey – Explorer OL40

Walking time: 4 hours

Walk Summary

This walk is one of a series of walks starting from the White Horse pub and is designed to help you explore the beautiful **Bure Valley Living Landscape**.

This particular route will take you past a broad, along dykes and the River Bure as well as crossing grazing marshes. It also passes the ruins of St. Benet's Abbey with distant views of drainage mills and churches.

Please note:

- Dogs are welcome on this walking route but should at all times be kept on a lead and under close control.
- At times this walk can be very muddy and the paths uneven.



Walk Notes

1 From the pub turn right and head down **Chapel Road**. Turn right down **Cargate Lane** and keep going along this road until you reach a crossroads. Turn left up **Hanging Hill**, signposted Acle 2½.

2 After approximately half a mile there is a dirt track on your right (you will notice on the left you are almost directly in line with Upton Church). Take this track, which eventually leads on to **Flowerdew Lane**.

3 At the crossroads turn right on to **Mill Road** (signposted Marshes). On the left you will pass a fine example of a smock mill (the only windmill to have been built in Norfolk in the 20th century).

4 At the next road junction take the public footpath on the left that diagonally crosses a field and follow it to a bank with a line of small trees. Then diagonally cross the second field heading towards the left-hand side of a hedge. At the hedge proceed towards the houses.

5 At the road turn right, just past the last house (opposite a red dog bin) take the footpath on the left. Follow the path as it bears sharp left, then right along the field edge. Half way along the field edge there is a footpath on the right. Take this passing through a kissing gate.

6 At the end of the footpath turn left onto **Marsh Road** (the main entrance to NWT Upton Broad and Marshes is just to the right). Walk along the road, passing Low Farm on the left. The road eventually turns into a track with views across the marshes.

7 At a T-junction turn left passing a cottage and shortly after take a footpath on the right. At the end of the path turn right (look out for the telephone box that is now a tourist information point). Continue down **Fleet Lane**, keeping South Walsham Broad on your left.

8 At the end of the road take the footpath straight ahead. This path opens out with **Fleet Dyke** on your left. Walk along the path until you get to the **River Bure**. Look out for the iconic remains of **St. Benet's Abbey** which is on the opposite bank of the River Bure. Walk along the bank for about 1 mile, passing the **first pump house**.

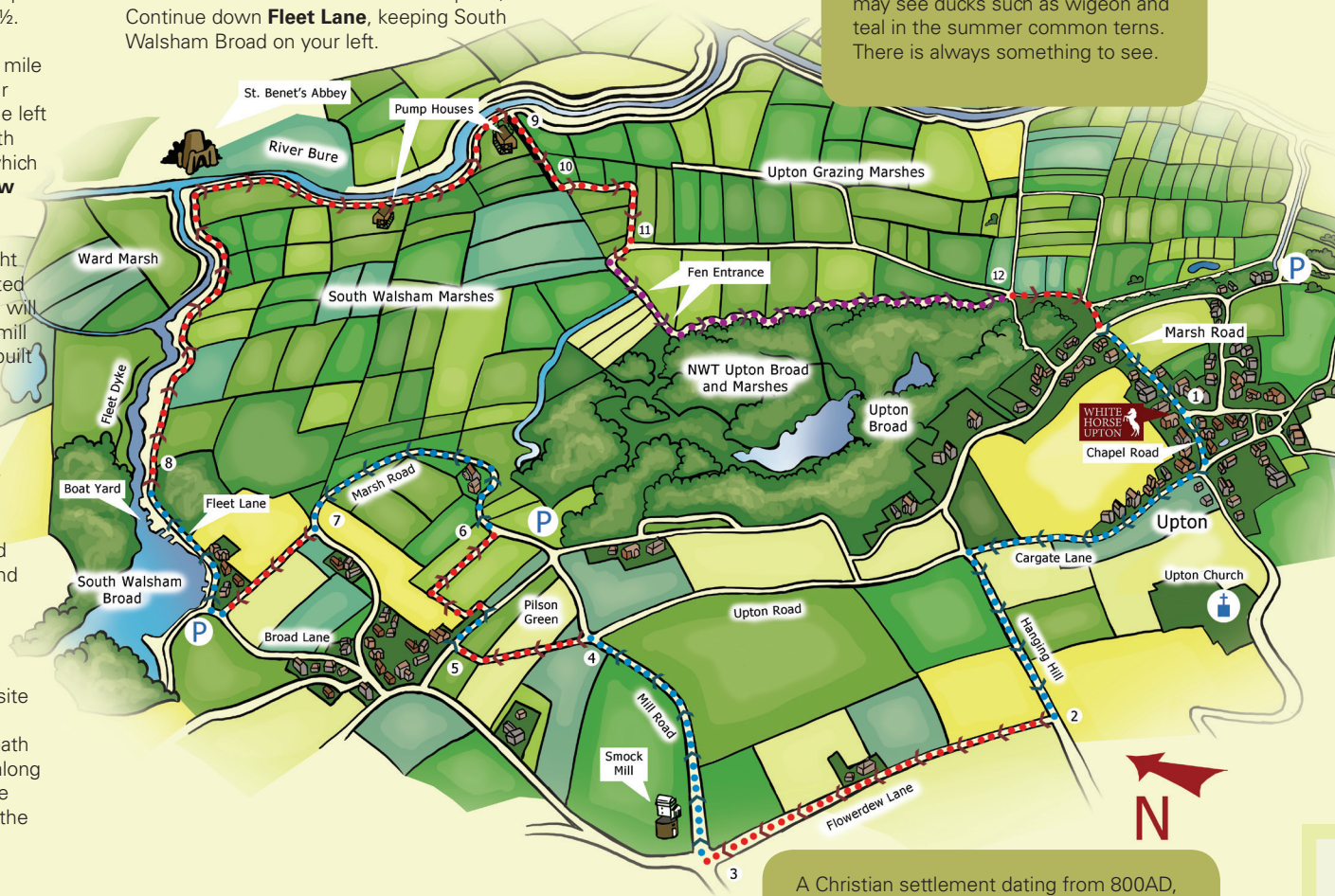
As you walk past **South Walsham Broad** stop and see what wildlife you can spot. In the winter you may see ducks such as wigeon and teal in the summer common terns. There is always something to see.

9 When you come to a **second pump house** on your right, turn right here down on to the track leading away from the river.

10 Just before the **wind pump**, take a sharp right onto a footpath. This will take you past a sluice, where the path bears left. The footpath is bordered by hedgerows and is a good place to look out for small birds feeding. At the end of hedge, take the path on the left. Don't go through the gate. Follow this path which shortly turns sharp right.

11 Where the path forks, follow it as it bears right (ignore the gateway to the left at this point). The path leads onto a flood wall and passes two entrances into **the fen** (if you have time and do not have a dog you may like to explore the fen). You will pass two interpretation boards with environmental information.

12 Continue along the flood wall until you reach **two bridges**, cross these and turn right on to a concrete track. At the end of the track you will reach a road junction, continue straight ahead on to **Marsh Road** and back to the pub.



A Christian settlement dating from 800AD, **St. Benet's Abbey** was endowed by King Canute and was the only religious house in England not closed by Henry VIII during the dissolution. It was completely abandoned by 1545 and all that remains now is part of the gatehouse, in which a redbrick drainage mill was built in the 18th century. To find out more visit www.stbenetsabbey.org

Key

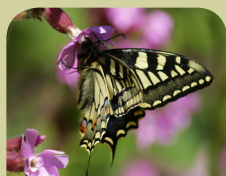
- P Parking
- Public right of way (walk route)
- Public road (walk route)
- Permissive (walk route)

Putting wildlife on the map

Help us protect the wildlife of the **Bure Valley Living Landscape** by telling us what you see whilst you are on this walk. Wildlife records are really important as they help us build a picture of what is out there. Keep your eyes peeled for the eight animals below, and tick the box if you see them. If you see any other animals or plants please add them in the white box.

Date you did the walk: ___/___/___

Contact email:



Swallowtail

☐


Water vole

☐


Barn owl

☐


Brown hare

☐


Common crane

☐


Chinese water deer

☐


Norfolk hawk

☐


Lapwing

☐

Other animals and plants seen on the walk:

To submit your wildlife sightings for this walk:

Email: wild@norfolkwildlifetrust.org.uk tell us what you saw, when you saw it and where you saw it.

Phone Norfolk Wildlife Trust: 01603 598333

Post: the completed walk leaflet in the wildlife record box at the White Horse Pub in Upton.

Submit your sightings online: visit www.wild-walks.org.uk

This walk was produced by Norfolk Wildlife Trust and Upton Walking Group. A great deal of care has gone into the production of this walk leaflet, but the people involved in the design of this walk cannot accept any responsibility for the misinterpretation of route descriptions nor for any accidents resulting from this walk.

