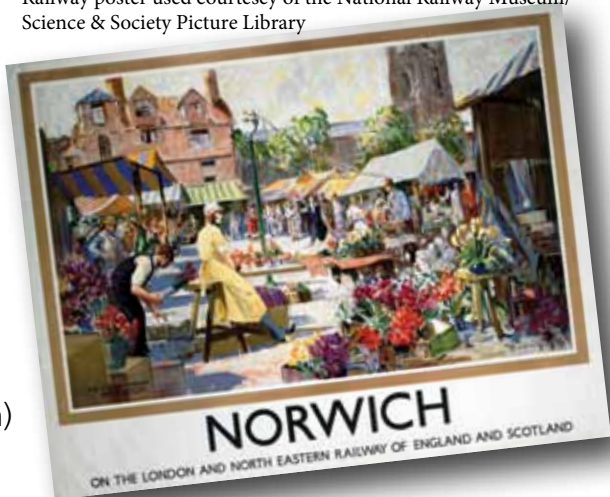


Distance	3 miles (4.8km)
Surface	75% hard, 25% soft - steps
Gradient	Moderate
Toilets	Norwich railway station
Refreshment facilities	Several pubs on route
Seating on route	Yes

Directions:

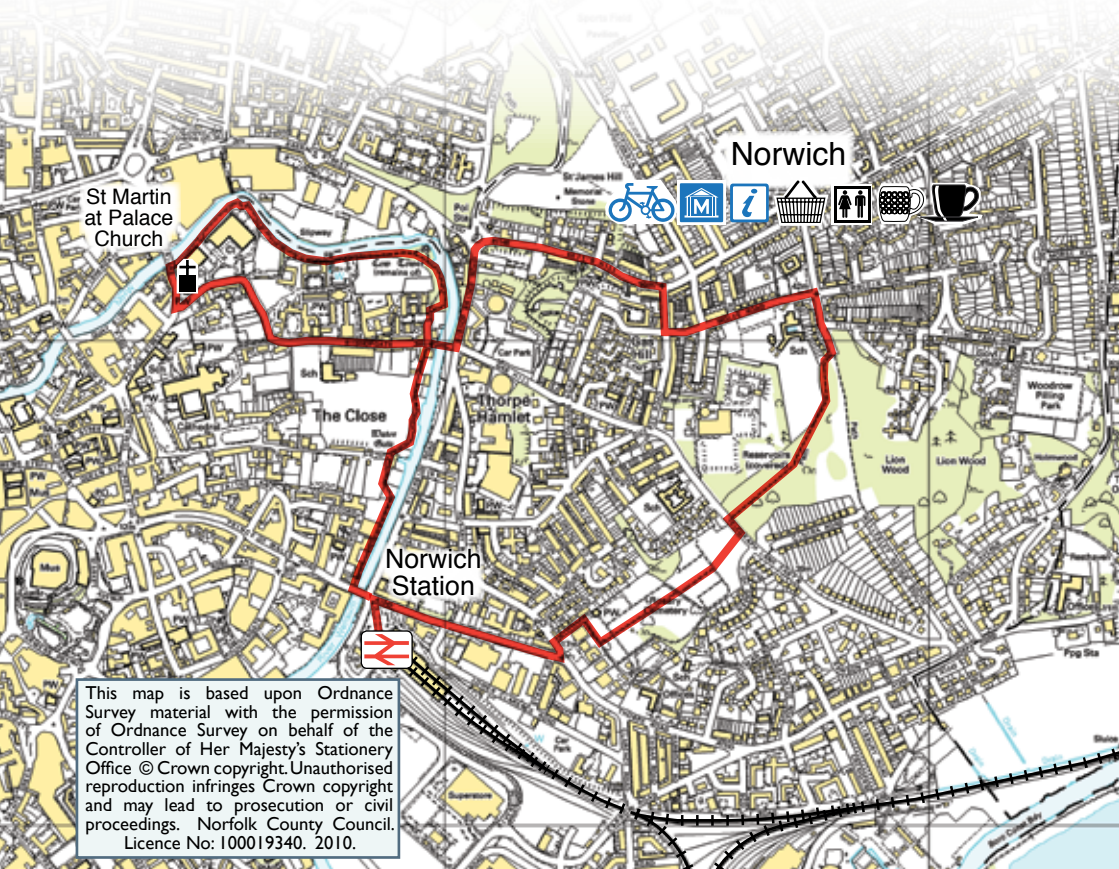
- 1 Leave the station and cross the road and River Wensum (Foundry Bridge) and head for the Compleat Angler Inn. Turn right onto the terrace and down the steps to the Riverside Walk. (NB this walk is closed daily at dusk).
- 2 Follow the path past Pull's Ferry and look across the playing fields to see great views of Norwich Cathedral. Continue along, passing the Red Lion Inn on your right and follow the sign to Cow Tower. Pass Cow Tower on your right and continue along the path through an iron gate in the flint wall, pass a public car park and the Law Court and Magistrate's Court on your left behind the wall.
- 3 Upon reaching the road, turn left and after passing St Martin at Palace Church, turn left towards the Law Courts. Continue into Bishopgate, passing the Adam and Eve Inn (the oldest inn in Norwich) on your left.

Railway poster used courtesy of the National Railway Museum/
Science & Society Picture Library



Follow the road as it winds back to the Red Lion Inn, passing the Great Hospital and walk straight ahead over the old bridge across the river.

- 4 Cross the road ahead (Riverside Road) at the pedestrian traffic lights. Turn left towards the roundabout.
- 5 At the roundabout turn right to walk up Ketts Hill. Turn right onto Quebec Road and then left onto Wolfe Road at the junction with the Quebec Inn.
- 6 After passing Lionwood Junior School, turn right at the crossroads onto Wellesley Avenue North. Continue straight ahead (ignoring Pilling Park Road) towards Lion Wood.



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- 7 After passing the gated entrance to the wood you will see two paths ahead - take the one to your right and walk over the hill, through the wood with the fenceline on your right until you meet Telegraph Lane East.
- 8 Cross the road and then turn left to find the gated entrance of the Rosary Cemetery in the wooden fence.
- 9 Wander through the cemetery taking in the peace and quiet following the labyrinth of trees, passageways and toppling gravestones to the exit in the far corner next to the chapel.
- 10 Turn left onto Rosary Road and then right onto Thorpe Road, which will take you back to Norwich station.

Cow Tower



Rosary Cemetery





Pull's Ferry

Points of interest:

- Riverside Walk along the Wensum;
- Cow Tower. One of the earliest purpose-built artillery blockhouses in England, this brick tower was built c.1398-9 to command a strategic point in Norwich's city defences;
- Lion Wood Local Nature Reserve. This is a remnant of the larger Thorpe Wood which was recorded in the Domesday Book;
- Rosary Cemetery, the oldest non-denominational graveyard in England. It was founded in 1821 on land which had been a market garden, from which it takes its name. The cemetery is rich with birdsong, butterflies and wildflowers creating a wildlife haven within the city.