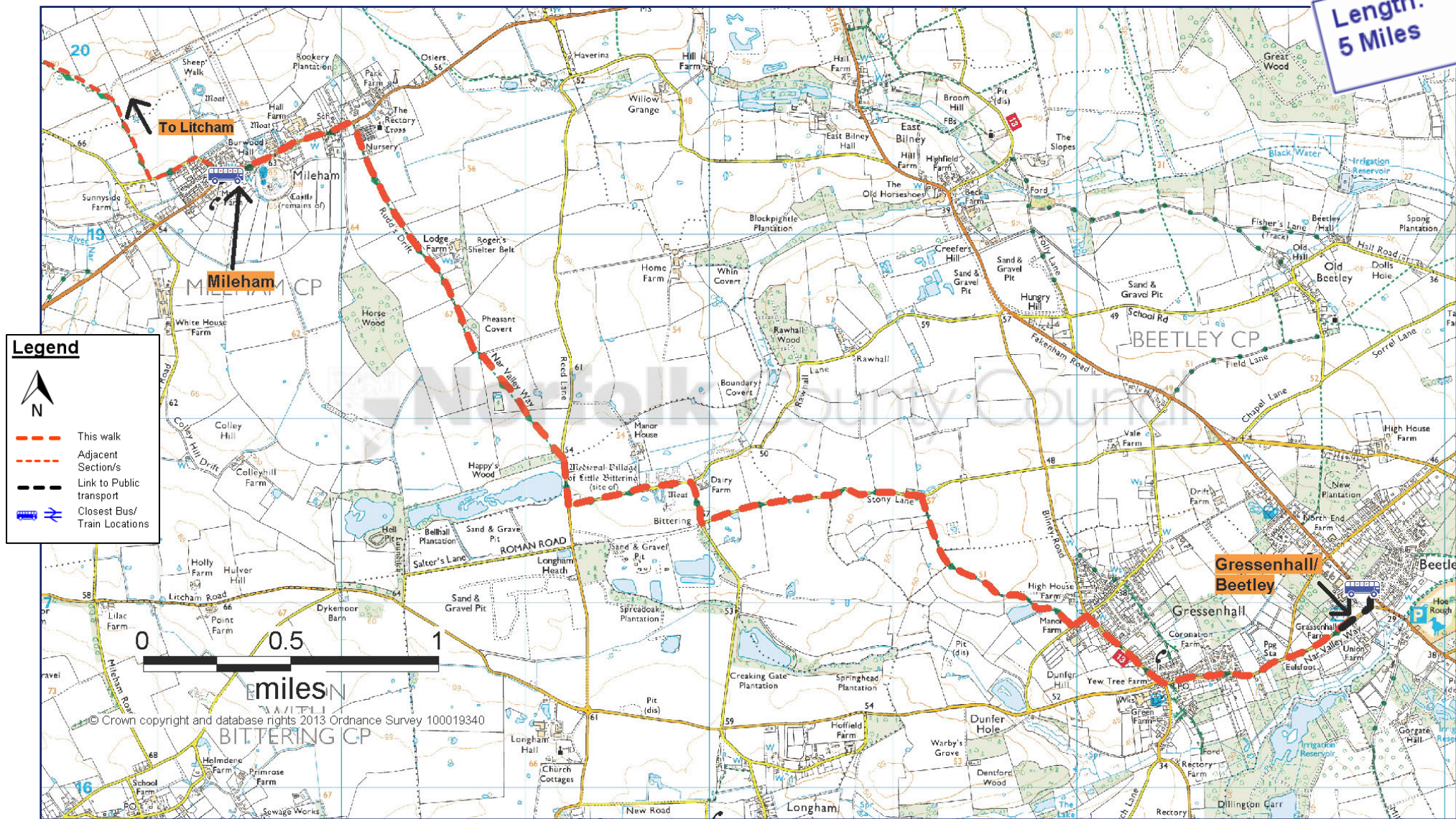


## Nar Valley Way Short Section 9 (of 9) Mileham to Gressenhall/ Beetley

Length:  
5 Miles



## Along the way

The route begins in the central Norfolk village of Mileham. Just off the main road in the village the remains of a Norman castle can be seen, constructed in about 1100, one of the largest motte and bailey castles in Norfolk. The extensive remains consist of earthworks, a moat surrounding the flint fragments of a keep, two baileys and a rectangular enclosure on the other side of the main road that now contains farm buildings and 18<sup>th</sup>-century Burwood Hall. The castle was abandoned in the early 14<sup>th</sup> century.

Leaving Mileham and heading southeast, this section runs through the rolling farmland of central Norfolk, making use of the network of quiet country lanes and footpaths that are characteristic of the area.

As the route continues it joins a Roman road and passes the medieval village of Bittering. The site of the abandoned medieval village of Little Bittering is now only visible as earthworks in the fields. These earthworks include a moat, a row of village properties (formerly known as 'tofts') and drainage ditches. Bittering is these days just a tiny hamlet but the overgrown moat that used to surround the manor house can still be seen next to the road, as can the small flint church that lies a little to the south of it.

The Nar Valley Way ends at the Gressenhall Farm and Workhouse museum. This large imposing building used to be a workhouse for the poor but now serves as a museum depicting the rich history of the workhouse and those who worked here as well as other aspects of rural Norfolk's social history.

Gressenhall Farm across the road from the main building once used to grow food for the workhouse inmates. Now it is farmed using traditional techniques and uses Suffolk Punch horses to plant, harvest and plough. The farm is also home to many other traditional East Anglian breeds of animal such as Red Poll cattle, Norfolk Horn, Southdown and Suffolk sheep, and Norfolk Black Turkeys.

## Walk summary

Start or finish Nar Valley Way with a gentle 5 mile through the farmlands of rural Norfolk.

## Getting started

This section is between Mileham at the entrance of Back Lane (TF913193) and Gressenhall Rural Life Museum (TF975169).

## Getting there

**Bus service** Carters Coaches 1 or 8 or Swaffham Flexibus (Mileham)

## Bus stop

Mileham, opp Litcham Road

Beetley, opp Beech Road

Traveline enquiries: 0871 200 2233

[www.travelineeastanglia.org.uk](http://www.travelineeastanglia.org.uk)

## Maps and guides

Ordnance Survey Explorer Map 238, Dereham & Aylsham, available from Ordnance Survey shop [www.ordnancesurvey.co.uk/oswebsite](http://www.ordnancesurvey.co.uk/oswebsite)

## What to expect

Pavements in villages and on B1145, footpaths and small rural roads in between villages. No stiles on this section.

## Facilities

Parking at Gressenhall Rural Life Museum, which includes a café.

Shop with post office in Gressenhall. Post office and shop in Mileham