



Start point	The Pavilion in The Park, adjacent to Diss Mere Grid reference TMI 15797
Parking	Pay & display car park, Park Road
Distance	2.1 miles
Details	Moderate gradient, 100% firm surface 

Walk instructions

From the pavilion; pass The Mere on your left and turn left into Mere Street to walk up to the town. Walk through the Market Place, keep left at the museum to walk up Market Hill and continue to the junction.

Go over the pedestrian crossing beside the crossroads to Roydon Road. Pass Diss Auction Rooms and turn first right into Louie's Lane.

Just before reaching the water towers turn right to walk along the pathway between the houses (opposite Orchard Grove). Continue on the path in the same direction until reaching Shelfanger Road, passing a play area on the right.

Turn left at Shelfanger Road and then right into Sunnyside.

At the end turn right onto Mount Street and walk down the hill using the raised pavement beside the road; cross the road at the seat (just after the raised pavement finishes) and continue down the hill.

Turn left to walk through the churchyard and then left at the end onto Church Street. Shortly after passing the library and job centre turn right into The Entry.

On reaching Rectory Meadow turn left to walk clockwise around three sides of the meadow. Exit the meadow via the gap in the hedge turning left again onto The Entry. At the end, turn right onto the main A1066 and shortly afterwards right again onto Mere Street. Turn left at The Mere and return to the start point.

- We are recommended to walk 10,000 steps every day; this walk of just over two miles takes approximately 4,400 steps – a daily walk such as this can help towards that goal!
- A visit to Diss on a Friday will find the town full of the hustle and bustle of a modern market day carrying on the tradition of street markets - there has been a market in the centre of Diss for well over 500 years. Look up to appreciate some of the many historic buildings surrounding the market place, for example the fine 16th century timber framed Dolphin House (above).



- The Mere is one of the deepest inland lakes in the country with the water level maintained by a number of underground springs. Hidden within the layers of mud are individual pollen grains dating back to the prehistoric period.

