





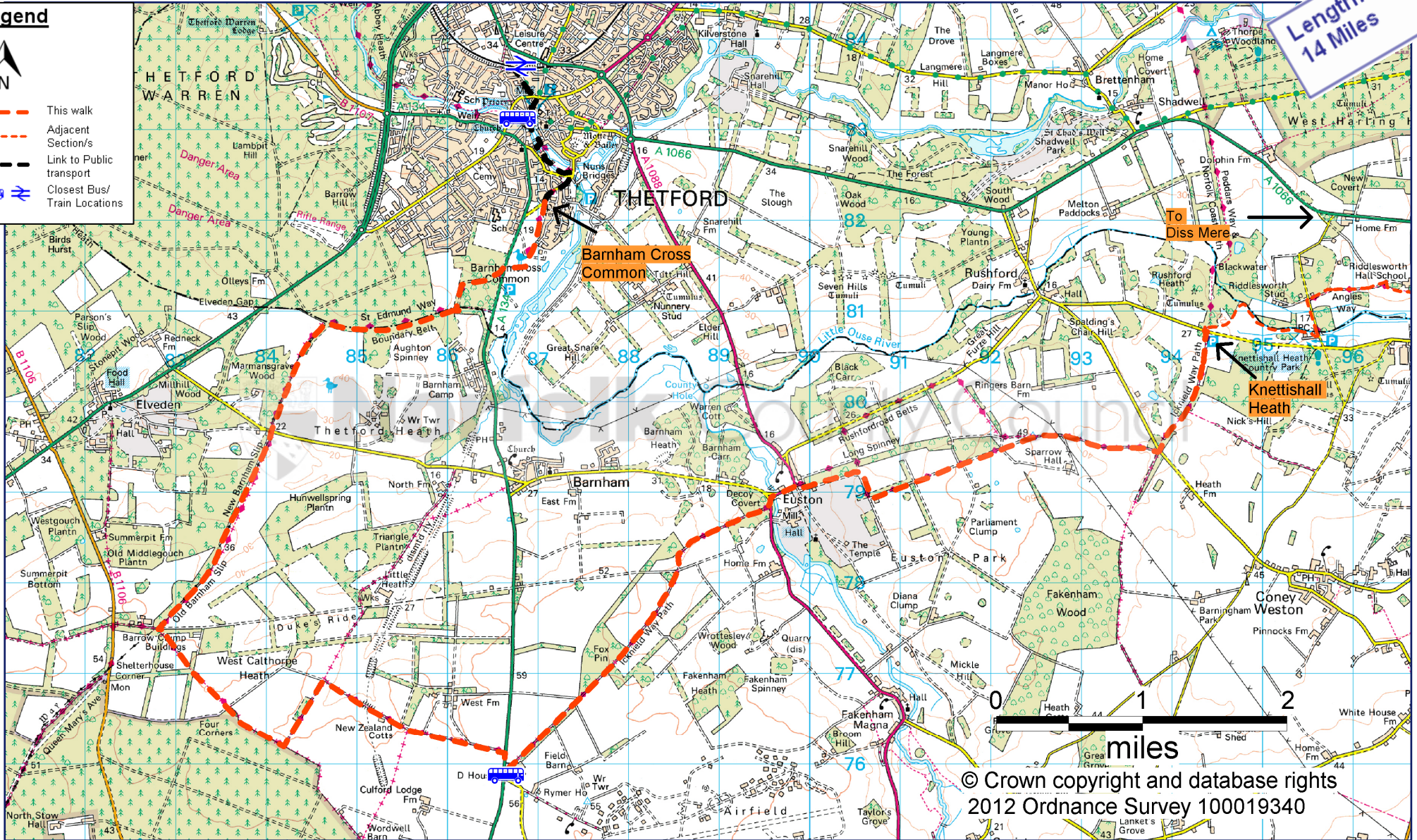
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# Angles Way Long Section 7 (of 7) Knettishall Heath to Barnham Cross Common

### Legend

-  This walk
-  Adjacent Section/s
-  Link to Public transport
-  Closest Bus/ Train Locations

Length:  
14 Miles



## Along the way

Angles Way follows the same route as the Icknield Way from Knettishall Heath towards Thetford. Icknield Way extends from Knettishall Heath to Ivinghoe Beacon in Buckinghamshire and is claimed to be "the oldest road in Britain". This section between Knettishall Heath and Thetford falls within one of our truly unique landscapes, the Brecks, and has a totally different feel to the Waveney river valley part of the walk.

The soils of the Brecks are sandy, free draining and nutrient-poor. The region has low rainfall in common with much of East Anglia and has a semi-continental climate with great extremes of temperature. As a result plants and animal species more commonly associated with steppe or Mediterranean regions can be found here. This combination of drought-prone soil, low rainfall and cold winters has strongly influenced human land use.

Before the advent of irrigation and chemical fertilizers the soils only supported limited agriculture with small areas (Brecks) being cultivated for a couple of years before being allowed to revert to heathland. Extensive livestock farming in the form of sheep grazing and rabbit warrening were the predominant land uses until the 20<sup>th</sup> century. During the 20<sup>th</sup> century large areas of forest were planted forming the largest lowland forest in the UK. Recent agricultural techniques mean that the area is now able to produce profitable crops such as carrots and onions.

Much of the arable area of the Brecks is designated as SSSI for the internationally significant population of Stone Curlews which breed on the ground during the summer months.

Thetford is one of the most ancient settlements in Norfolk with a wealth of history and activity dating back to Neolithic times over 4,500 years ago. Set at an important crossing point of the Little Ouse River, the name of Thetford is derived from the Anglo-Saxon *Theodford* or *peoples ford*. The nearby River Thet was named after the town.

Take time to explore the town by visiting one of several town museums, have a look at the impressive historic earthworks in Castle Park or the Cluniac Priory in Abbeygate or simply enjoy the hustle and bustle of the Tuesday or Saturday markets.

*Further information on this walk is available in two short sections, including more detailed maps. See Short Section S17; Knettishall Heath to Rymer point and S18; Rymer point to Barnham Cross at [www.norfolk.gov.uk/anglesway](http://www.norfolk.gov.uk/anglesway)*



[www.norfolk.gov.uk/trails](http://www.norfolk.gov.uk/trails)



### Walk summary

Start or finish Angles Way with a 14 mile walk between Knettishall Heath and Barnham Cross Common, Thetford, through the distinctive Breckland landscape of twisted pines, sandy soils and heathland

### Getting started

This section is between Knettishall Heath (TL943807) Thetford Road, the junction of three long distance paths; Angles Way, Peddars Way and the Icknield Way and Barnham Cross Common, Thetford (TL870822).

### Getting there

**Bus services** For Knettishall Heath, use the Suffolk Link Brecks dial-a-ride service between Thetford bus or train station and Knettishall Heath. Telephone 01638 664304 to book your journey up to a week in advance.

Travelline enquiries: 0871 200 22 33.

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

**Bus stops** Thetford Road, Knettishall Heath and Thetford Bus Station, Riverside Walk.

**Train** Thetford Rail Station, Station Road, Thetford.

National Rail enquiries: 0871 200 2233

[www.nationalrail.co.uk/](http://www.nationalrail.co.uk/)

### Maps and guides

Ordnance Survey Explorer Map Diss and Harleston 230 and Thetford Forest 229, available from Ordnance Survey shop

[www.ordnancesurvey.co.uk/oswebsite](http://www.ordnancesurvey.co.uk/oswebsite)

### What to expect

Footpaths, sandy byways, heathland, common and two busy roads to cross, the A1088 and A134.

### Facilities

Parking and toilets at Knettishall Heath and Thetford.

Accommodation, pubs, cafes, shops (Thetford only.)

Further information about planning a break in this area is available from [www.brecks.org](http://www.brecks.org)



Waveney Valley