### Walk instructions

From Bure Valley Railway Station, walk through the car park to start the walk at the Bure Valley Way sign. Follow the footpath beside the railway track to the road; walk through the gate and turn right, walk alongside the A140 for a few paces, and turn right again into the Bure Valley Lane. Follow the road initially left, then bearing right to continue up Buxton Road.

Before reaching the top, turn left onto a tarmac path between the house numbers 20 and 16 and just before the ‘give way’ sign, and continue ahead onto Clover Road.

Turn right at the T-junction into Copeman Road

Turn left at the next T-junction into Norwich Road; cross the road at the bus stop and take the tarmac path opposite the bus stop. Continue right along Crompton Road, turning left at the T-junction into Hungate Street.

Just before the Henry Page Road turn right to follow the tarmac pavement winding its way through the trees and ignore all other paths. Cross Ray Bond Way and Howard Way before turning right into Mileham Drive.

Then immediately bear left onto Marriott’s Way, and after a very short distance, walk down the steps on the right into Stonegate Lane.

To avoid the steps, turn right at Mileham Drive, cross Marriott’s Way, bear left into Proudfood Way and then right into Stonegate Lane.

Stay on the path, turning right at the end on to the B1145, cross the road and take the first left into Pound Lane, walking straight ahead at the cross roads into Sandy Lane.

Turn right into Heydon Road, cross Blickling Road into Rawlinsons Lane opposite the junction. Turn right at the T-junction into Peterson’s Lane, and at the next T-junction turn left into Cromer Road.

Take the second right turn into The Meadows and follow this to the end, continuing along the narrow footpath when the road finishes. Turn right into Milligate and walk up the hill using the pavements where available.

Turn left on the corner at the top of the hill into Oakfield Road (just before White Hart Street). Turn left at the T-junction into Burgh Road; cross the road after a short distance and take the first tarmac path on the right (just after the trees)

Continue into Parmeter Close, keeping right into another path as the road bears left.

Cross the road and continue ahead into Wrench Close, and bear right into another path (almost hidden between numbers 14 and 12). Turn left at the Norwich Road and return to the start.
An interesting town walk linking the new with the old, following recently created tree lined paths beside open green spaces plus attractive lanes and footpaths around the older areas of the town.

- A mill at Aylsham is mentioned in the 1086 Domesday Book. Development of the area continued over the centuries, with Millgate becoming a hub of industrial activity particularly once the Aylsham Navigation was opened. British Oil & Cake Mills were the last millers, leaving the mill in 1967.