

# Rush Meadow



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

Start point	Queen Mother's Garden (adjacent to Guildhall car park) Grid reference TF987132 • Postcode NR19 1XE
Parking	Any town centre car park Guildhall car park (2 hour limit) adjacent to start point
Distance	3.2 miles
Details	Moderate gradients, 50% soft 

N.B. This is best as a summer walk. As the name suggests, Rush Meadow is a naturally wet area and remains wet and muddy for much of the year – wellies are advisable, especially after wet weather and during the winter.

## Walk instructions

1. Start at the Guildhall car park and walk through the Queen Mother's Garden to the far right hand corner, taking the path between the buildings. Exit to Church Street and turn left. Bear right on the path past St Nicholas' Church.
2. Bear right on to Old Becclesgate. Cross Swaffham Road using the pedestrian crossing. Turn left and continue to walk down Swaffham Road using the pavement on the right hand side of the road.
3. Turn right onto Rush Meadow Road and continue along this road for just under half a mile, passing some houses as you walk.
4. Take the next right turn you come to, a lane leading to the sewage/water works. Take the footpath to the left of the sewage works and follow this straight on to Rush Meadow. Climb a stile and continue along the path for approximately 500 yards.
5. Bear right to the board walk following the path into the woodland. Keep following this path as it undulates through the trees.

6. The path opens out to a wide track on a gentle incline. Follow this straight on all the way to the road (Sandy Lane) and turn right. Sandy Lane becomes Colin McLean Road for a short distance before becoming Sandy Lane again.
7. Follow Sandy Lane back to Swaffham Road and cross to Old Becclesgate using the pedestrian crossing. Follow the lane back to the church and take the path to the right round the church past St Withburga's Well.
8. Walk straight on along Church Street for a short distance and turn right on to the path between the buildings opposite the Phoenix Court Hotel back to the Queen Mother's Garden.

## Did you know?

- Rush Meadow is a Site of Special Scientific Interest (SSSI).
- The reed beds here are an example of a habitat listed in the Norfolk Biodiversity Action Plan. The action plan identifies species of conservation concern and aims to prevent the further decline of these species by conserving the habitats that support them. Visit [www.norfolkdiversity.org](http://www.norfolkdiversity.org) for more information.



# Rushmeadow

An energising walk through Rushmeadow's tranquil haven of wildlife.



• Reed bunting  
Photograph by  
Marek Szczepanek



**Key**

Walk 

Parking 

Church 





Look out for...

- Reed Buntings

This map is based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Norfolk County Council. Licence No: 100019340. 2009.

# Rushmeadow

## Church of St Nicholas ▶

This is a large, grand Norman church which was extended and added to in the 13th, 14th and 15th centuries. The church has a separate bell tower which dates back to the 16th century. During the Napoleonic Wars, the bell tower was used as a prison and a gravestone in the churchyard commemorates the death of a prisoner, Jean De Narde, who was shot when trying to escape.



## St Withburga's Well ▶

The Holy Well is said to be the burial site of St Withburga, youngest daughter of the King of the East Angles. It is thought that when St Withburga died, she was buried in the churchyard but her body was later moved by the Abbot of Ely to be reburied at Ely cathedral. Legend has it that when her body was removed, a spring of pure water with healing properties sprang up in her grave.

## Rushmeadow Road County Wildlife Site

(No formal public access)

The site (seen on your right as you turn on to Rushmeadow Road) is an area of mainly semi-improved dry through to wet grassland on the eastern edge of East Dereham in the shallow valley of a tributary of the River Wensum. A range of flora can be found across this site.

## Dereham Sewerage Works Meadow County Wildlife Site

(No public access)

The main area of this site (on your right as you turn off Rushmeadow Road) gently slopes down to a tributary of the River Wensum and is a combination of damp unimproved grassland with some small areas of trees and scrub and a small area of relict dry fen with common reed, willow scrub and wet woodland.

