Norfolk health, heritage and biodiversity walks

Coast Alive!
Walks in and around the King’s Lynn area
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Coast Alive aims to bring the benefits of two long distance international trails to our local communities by helping to stimulate activities along the coast to improve health and happiness.

With a range of partners and sub partners drawn from the North Sea region, the Coast Alive project aims to explore the best ways of encouraging people to use local paths and outdoor facilities for fitness and recreation. Funded by the European Interreg IVB programme, Coast Alive builds on two previous EU-funded projects that developed a total of around 12,000km of walking and cycling paths around the North Sea coastline. As well as promoting opportunities for people to enjoy regular activities on and around the trails, Coast Alive strives to preserve natural and cultural heritage, work with organisations and small businesses to boost local facilities and map out ways to attract new users.

The long distance trails are fantastic for visitors, but what about locals? Great for some but not everyone has the time, money or ability to enjoy the long distance trails. By creating a series of short circular coastal walks and encouraging people to fit regular walks in to daily life with friends and family, adults and children alike can take part conveniently with little or no cost and get a flavour of the charms of the North Sea route.

A repeated local walk for an hour or so followed by a cup of tea shared with friends is worth so much: free exercise, great social benefits, supporting local business year round, minimal travel and a feeling of ownership of “your local walk”; simply keeping the Coast Alive!

Find out more about Coast Alive at www.coast-alive.eu.

King’s Lynn: Discover a sea of maritime history

King’s Lynn is a west Norfolk town brimming with history. Situated on the banks of the River Great Ouse, King’s Lynn is an historic medieval port. Founded as Bishop’s Lynn at the end of the 11th century, Lynn was the fourth most important east coast port in 1204 and the eleventh wealthiest town in England in 1334.

There is a sea of maritime history to uncover as you explore the town on foot and every turn reveals a tale of times past, from the trading of the Hanseatic League to the building of the Custom House a classic reminder of King’s Lynn’s maritime prosperity.

King’s Lynn was home to Captain George Vancouver who famously charted the north-west coast of North America, declaring the land British Columbia. The city of Vancouver was of course subsequently named after the great man himself. Today, Vancouver is Canada’s largest port and the birthplace of container shipping.

Walking in the King’s Lynn area is a truly fascinating experience and not only for the historic buildings and local heroes of times gone by. In Roman times the coastline was very different and some settlements that we now think of as inland villages were on estuaries, such as Bawsey which was situated on the Gaywood River estuary.

The coastal landscape of north-west Norfolk is a highly valuable asset to our county in terms of heritage and biodiversity. The Wash, shared between Norfolk and Lincolnshire, is the largest tidal bay in Britain and the most important wetland site in the UK: the south-east corner of The Wash forms the largest National Nature Reserve in England. The Wash is also home to a large colony of seals and supports a whole host of other marine organisms, birds and plants. Huge numbers of migratory birds stop here, either to over-winter or while on their way to more distant destinations and many others are resident, some breeding here. All of this makes The Wash of national and international importance, so much so that it is recognised (with the Norfolk Coast) as a European Marine Site.
Walk information

Information about the walks includes details such as the start point, distances, path surfaces, gradients and facilities available. The following symbols will help you to decide if the walk is suitable:

<table>
<thead>
<tr>
<th>Start point</th>
<th>The start of the walk with Ordnance Survey grid references and Postcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parking</td>
<td>Nearest parking; not always the same as the walk start point</td>
</tr>
<tr>
<td>Distance</td>
<td>Distance of the walk</td>
</tr>
<tr>
<td>Details</td>
<td>Gentle gradient, 20% soft</td>
</tr>
<tr>
<td>Steps</td>
<td>Café nearby</td>
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<tr>
<td></td>
<td>Suitable for buggies/wheelchairs</td>
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<tr>
<td>Stile</td>
<td>Cattle (or other farm animals) could be grazing in some meadows</td>
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<tr>
<td></td>
<td>The route could contain muddy/uneven sections and stout shoes or boots are recommended</td>
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</table>

If you have not exercised for a while, it is better to start with the shorter routes before moving on to the more challenging walks. The variety of walks allows you to build up your physical activity levels gently.

Getting around

King’s Lynn is well served by public transport, so why not leave the car behind? Several bus services stop in King’s Lynn and the surrounding areas making it a good way to access many of the walks. For bus details, contact Traveline on 0871 200 2233 or visit www.travelineeastanglia.co.uk.

You can also reach King’s Lynn by train. The railway station is located on Blackfriars Road close to the town centre. For National Rail enquiries, call 08457 48 49 50 or visit www.nationalrail.co.uk.

Tread lightly and safely

Please respect the natural surroundings as you walk; stay on the designated footpaths and take any litter home. Some of the walks take you through nature reserves, County Wildlife Sites (CWS) and other areas designated for conserving or protecting vulnerable/rare species and habitats. Please take some time to read any advice about the area in which you are walking where this is provided.

Some of these routes pass through areas grazed by horses, cattle or sheep. Please keep your dog on a lead or under tight control and take care to shut gates behind you. Please also keep dogs under tight control between 1st March and 31st July during bird nesting season.
Why Walk?

These walks have been carefully selected to encourage exploration of your local area on foot, making it easy for you to discover and enjoy the natural and man-made heritage of Norfolk.

Exposure to nature simply makes us feel good. Nature is free therapy with no side effects. If there is blue sky, green vegetation and water in a scene, we like it even more. Contact with natural surroundings offers a restorative environment which allows us to relax, unwind and re-charge our batteries, improving our happiness and reducing our stress levels.

Moderate physical activity such as a regular walk in the fresh air is a simple and enjoyable way of keeping fit. To gain maximum benefit, aim to walk at a pace where your heart beats a little faster, your breathing becomes a little heavier and you feel a little warmer. Regular exercise can help to prevent major conditions, such as coronary heart disease, type II diabetes, high blood pressure, strokes, obesity, osteoporosis, osteoarthritis, bowel cancer and back pain.

Walking from schools

Several of these walk routes pass close to primary or secondary schools providing ideal opportunities for teachers, parents and children to enjoy walking. The walks could also provide the basis for outdoor educational opportunities such as local school trips and projects as well as providing an additional and enjoyable form of physical activity.

Long Distance Paths

If you’re feeling like more of a challenge, you can find access to two long distance paths that meet in King’s Lynn: Fen Rivers Way and Nar Valley Way. To find out more about the routes, visit www.countrysideaccess.norfolk.gov.uk and click on “Long Distance Paths”.

County Wildlife Sites

Some of the walks take you through or past County Wildlife Sites.

• County Wildlife Sites (CWS) are areas rich in wildlife – together with Sites of Special Scientific Interest they represent the most important habitats in the county.

• Many of these habitats and their associated species will be priorities under the UK and Norfolk Biodiversity Action Plans (BAP). These plans set out strategies for conserving our most vulnerable wildlife. Visit www.norfolkbiodiversity.org for more information.
Walk instructions

1. Start at South Quay. Facing the river, turn right along the quayside.
2. Where the road bends right in to King’s Staithe Square, continue straight on, crossing the sluice.
3. Immediately after crossing the sluice, turn right on to Purfleet Quay, passing the statue.
4. When you reach Custom House (Tourist Information Centre), turn left on to King Street. Walk along King Street until you reach Tuesday Market Place.
5. Continue straight on past the Corn Exchange and then bear right around the Market Place.
6. Turn right onto St Nicholas Street. At the end of St Nicholas Street, you will see St Nicholas Chapel in front of you. Turn left onto St Ann’s Street.
7. At the end of St Ann’s Street, turn right on to North Street. At the end, turn right on to John Kennedy Road. Continue down this road (which becomes Railway Road) until you reach the cross road junction with Blackfriars Street and Blackfriars Road.
8. Cross to the corner of Blackfriars road and follow the path in to The Walks. Walk down to the fountain and then turn left on to a path that heads back up towards the road. This path takes you past St John’s Church and on to St John’s Walk. After passing the church, bear right off St John’s Walk and follow the path past the Red Mount Chapel.
9. At the crossroads, turn right along Broad Walk.
10. Cross the road to Millfleet passing the library on your right.
11. At the end of the road, continue straight on past Church Street to Nelson Street.
12. Turn left along St Margaret’s Lane and at the end, turn right to arrive back at South Quay.

The Green Quay
The Green Quay is housed in a warehouse with a 14th century ground floor and 15th and 16th century upper floors. Originally known as Marriott’s Warehouse, the building is now a discovery centre for The Wash. Here you can find out about the unique biodiversity of The Wash, discover how The Wash was formed and appreciate the future pressures on one of East Anglia’s most spectacular environments.
A tale of old awaits you round the next corner… Imagine the sights and sounds of King’s Lynn’s maritime past as you explore this historic medieval port on foot.

The Custom House
One of the most recognisable buildings in King’s Lynn is the Custom House built by Henry Bell in 1683 as a merchants’ exchange. The building was used as a customs house from the 18th century until 1989. It was the first classical building to be built in King’s Lynn, and it is now open to the public as a museum.

St Nicholas’ Chapel
England’s largest surviving parochial chapel, St Nicholas’ Chapel or the Fishermen’s Chapel was founded in 1146 as a chapel of ease to St Margaret’s Church. The roof of this Grade I listed building features a series of beautifully carved angels.
Red Mount Chapel

Red Mount Chapel is an unusual 15th century wayside chapel that was part of the Walsingham pilgrimage route. The chapel was also used by soldiers during the Civil War, who left interesting graffiti in the interior.

True’s Yard

A group of 18th and early 19th century brick houses, one of which contains an 18th century panelled room. The yard is the last surviving example of a fisherman’s yard in the North End, a close fishing community that declined and disappeared during the 20th century. The yard has been restored and is now a museum. Find out about the North End fishing community at www.truesyard.co.uk/northend.html or call 01553 770479.

The Walks

The Walks is the only surviving 18th century town walk in Norfolk. With support from the Heritage Lottery Fund, the 17 hectare parkland has been restored to its former glory with modern amenities added. In 1998, English Heritage designated The Walks a Grade II Historic Park.

The Walks are a significant area of the Town for:
• A number of historic buildings of interest including Red Mount Chapel, Gannock Arch and Bridges and St John’s Church.
• Part of one of the most complete systems of earthwork town defences in eastern England.
• Opportunities for walking, cycling, sport and recreational activity.
• Flood control.

Discover lots more about the landscape and buildings of The Walks at King’s Lynn and West Norfolk Borough Council’s website: www.west-norfolk.gov.uk (click on the link to Leisure and Public Space).

Trinity Guildhall/Town Hall

The guildhall dates to the early 15th century. The building is of brick, but has a magnificent façade of chequered flushwork, with a 17th century porch. Next to the guildhall is the Town Hall, built in 1895 in the Elizabethan and Gothic Revival styles. It also has chequered flushwork to complement the façade of the guildhall. The complex includes a late 18th century courthouse and cell block, as well as a cell block dating from 1937, with many original fittings.
Walk instructions

1. Start at South Quay and facing the river, turn right along the quayside.
2. Where the road bends right in to King’s Staith Square, continue straight on, crossing the sluice.
3. Immediately after crossing the sluice, turn right on to Purfleet Quay, passing the statue.
4. When you reach Custom House (Tourist Information Centre), turn left on to King Street. After nearly 200 yards, turn left on to Ferry Lane. Walk to the end of the lane to the landing stage. There are steps down to the landing stage.
5. Catch the Ferry across the river. The journey takes around 5 minutes. The Lynn Ferry runs regularly and costs 70p* each way. This walk requires a one way ticket. *Price correct at time of printing.
6. On reaching the other side of the river, walk up the landing steps and bear left on to the riverside path. You will pass the waiting room building.
7. Follow the path for a mile to Clenchwarton Road and then turn left. Walk across the bridge and then take your first left on to the path along the east bank of the river. Follow the path for just under three quarters of a mile.
8. As you approach the town, follow the path as it bends to the right and then bear left over the sluice. The path exits to The Friars, almost opposite Whitefriars Road. Turn left on to The Friars and continue on past the Whitefriars Gate.
9. Continue to walk straight on to Bridge Street and then turn left on to Nelson Street. Turn left down St Margaret’s Lane and then turn right back to South Quay.

The Hanseatic League

The Hanseatic League, a powerful trading organisation made up of merchants from North Germany and neighbouring countries around the Baltic Sea, contributed greatly to King’s Lynn’s prosperity as trading privileges were established. The geographical position and inland waterway system made it ideal for European trading from Baltic and English Coastal ports.

Discover more about Hanseatic King’s Lynn on a self-guided trail. You can download the leaflet from [www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk) or pop in to the tourist information centre at Custom House to pick up a copy. You will also find information on other fascinating trails to try.

Alternatively, why not join the Town Guides on a historical guided walk? Please call Tales of the Old Gaol House on 01553 774297 for more information.
Walk 2
South Quay/West Lynn (via West Lynn Ferry)

Enjoy a short ferry ride across the river before observing the wonderful view of King’s Lynn’s historic townscape as you follow the western bank of the Great Ouse.

St Margaret’s House
St Margaret’s House was originally a Hanseatic warehouse. This quadrangular warehouse and domestic range were built as a trading base in about 1475. The east domestic range was rebuilt in the mid 18th century, possibly when ownership by the Hanseatic League ceased. The warehouse complex was restored in 1970 and is now used as offices for Norfolk County Council.

St Margaret’s Church and Benedictine Priory
A Benedictine Priory founded in 1095 and now a parish church. The church itself contains some Norman work but was rebuilt in the 13th century, the beginning of a series of almost continuous alterations. During the medieval period there was a chapel and charnel house close to the northwest tower.
Reffley Wood
Reffley Wood is 128 acres of ancient woodland, now designated a County Wildlife Site that was planted with a variety of conifers in the 1950s and 60s. The Woodland Trust has been carefully restoring the woodland by gradually removing these conifers and allowing the native trees to regenerate, so Reffley wood will eventually be restored back to a broadleaf woodland.

Reffley Wood originally contained many veteran trees and pollards and was thought to have been wood pasture. Twenty-eight of these veteran trees survived the conversion to coniferous woodland and can still be seen today. (Woodland Trust, 2010)
A short trail through Reffley Wood, 128 acres of ancient woodland that provides a restorative sense of calm in a world where urban pressures so often steal our time to think and relax.

The Reffley Wood Volunteer Group
The aim of the Reffley Wood Volunteer Group is to enjoy, maintain, and encourage others to use Reffley Wood for the benefit of the whole community. Events are currently held on a consecutive Sunday and Monday every month.

Creative Sundays are suitable for families and individuals and previous events have included an Easter egg hunt, treasure hunt and bear hunt as well as making clay creatures (now hidden in the wood), dens and giant birds’ nests.

The following Monday is called “Woodland Workout” where maintenance in the wood is carried out such as coppicing or rhododendron clearance. It’s fun, very friendly and helps get you active and fit.

Sign up to receive information by emailing reffleywood@googlemail.com or via the website: www.reffleywood.co.uk. Telephone 07712 567479 if you would like to find out more.

Temple
In the 18th century there was a red brick temple at Reffley Wood with an obelisk marking the spring. Here the ‘Reffley brethren’ (an ancient royalist club) met for drinking parties where the spring water was mixed into the punch.
Walk 4

Marsh Lane/Riverside

Start point
Lynnsport, Greenpark Avenue
Grid reference TF631209 • Postcode PE30 2NB

Parking
Lynnsport Car Park

Distance
1.4 miles

Details
Minor gradients, 15% soft

Walk instructions

1. Starting from the Lynnsport car park, with Lynnsport in front of you, bear right out of the car park and take the path that runs alongside the athletics track.

2. Bear right at the fork in the path to pass the bowling green. Turn left at the car park along the grassy track to follow the course of the Gaywood River (you will pass Beulah Street on your right).

3. Continue along riverside and then turn left and immediately left again on to Marsh Lane.

4. Walk all the way to the end of Marsh Lane and then continue straight on along the cycle path. At the end turn left to follow the cycle path towards Lynnsport.

5. Shortly after you cross the drain, turn left past the pond on to the hard tarmac path between two hockey pitches. Follow this path round passing the hockey pitch and sports centre on your right.

6. You will reach a choice of 3 paths. Take the right hand path to walk around the outside of the athletics track back to the Lynnsport car park.

Lynnsport and Leisure Park

Lynnsport is owned and managed by the Borough Council of King’s Lynn & West Norfolk. The facility was opened in 1991 by the Queen; set in over 70 acres of parkland it is one of the most impressive sports, leisure and business conferencing facilities in the East of England.

Lynnsport is home to the largest of four Bodyworks Fitness facilities offered by the Borough Council. These all offer state of the art fitness equipment such as treadmills so even in the event of bad weather there is an alternative option to support your enjoyment of a good walk.

Telephone Lynnsport on 01553 818001 for details of centre facilities and fitness classes.
An easy short walk, great for building your physical activity levels if you are just starting out. Pop in to Lynnsport to discover the excellent range of facilities on offer to help incorporate variety into your everyday activities.

Let’s Get Active Campaign
Let’s Get Active is a campaign launched by King’s Lynn and West Norfolk Borough Council and other key partner organisations to help people in West Norfolk enjoy the benefits of a varied, active lifestyle. Visit [www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk) for more information and calendar of events.
Walk instructions

1. Starting at South Wootton village hall on Church Lane, turn left out of the car park and then turn left on the public footpath just after the first house on your left which is adjacent to the village hall.

2. The path opens out to fields on the left. Follow the path along the field edge. You will climb 3 stiles as you follow the path straight on to Nursery Lane. If you want to avoid climbing stiles, you can turn left out of the village hall car park and walk straight down to the road junction where you can turn left on to Nursery Lane and continue along the road until you adjoin the mapped route.

3. Turn left along Nursery Lane and continue for nearly a third of a mile before turning left, still following Nursery Lane.

4. Continue along Nursery Lane for almost half a mile and then follow the road round to the right at All Saints Church. This is now Manor Road.

5. At the junction, turn left still following Manor Road. At the next junction, turn right on to Priory Lane.

6. After approximately 100 yards, turn left on to a public footpath between number 48 and the village hall. The footpath exits to Buckingham Close. At the end of Buckingham Close, cross the road to the public footpath slightly to the left on the other side (between numbers 42 and 66).

7. Cross the footbridge and turn right on to the public footpath along the edge of Ling Common. Follow the footpath for nearly 700 yards and at the end, where the path forks, turn right past the houses and follow the drain.

8. Cross Priory Lane to St Augustine’s Way. After approximately 350 yards, turn right on to Clare Road.

9. At the end of Clare Road, walk through the bollards and then turn left on the tarmac path. Follow this path all the way to Avon Road. Turn right on to Avon Road and then turn left on to Nursery Lane.

10. After approximately 200 yards, turn right on to Church Lane and continue back to your start point at the village hall.

From North Wootton you can walk to the Castle at Castle Rising. Surrounded by its massive earthworks, this is one of the most famous and important 12th century castles in England. Visit www.castlerising.co.uk for more information.

St Mary’s Church at South Wootton ▲
The earliest building still standing in the parish is St Mary’s Church. This church has 11th century origins. Inside, there is a stupendous 11th century Norman font carved with fearsome masks, a 13th century chancel and a wonderful 17th century bier. The tower was rebuilt in 1890, the same date as the vestry.
A pleasant route around the pretty villages of North and South Wootton. Take some time to visit the village green and duck pond, a place to sit, relax and reflect – perfect on a warm and bright day.

All Saints Church at North Wootton
A church of 1852 in an Early English style by Anthony Salvin for the Honourable Mrs Mary Howard, built at a cost of £2,200, about half a million pounds in today’s money. It replaced a medieval church on the site that had fallen into disrepair. The tower has a southwest turret which is capped in a Scottish baronial style popular at the time.

The Priory
Of the post medieval buildings to survive in the parish, probably the earliest is The Priory sometimes known as Church Farmhouse. This is a double pile two storey carrstone and brick house with a date plaque of 1718 on its central columned doorway, though the front of the building is later 16th or early 17th century.

Ling Common
Ling Common is a County Wildlife Site. Now an area of oak/birch and scot’s pine, the site’s light sandy soil and name hints at a former heathland past. Ling is a medieval word in common usage in East Anglia to describe a heath.
Walk instructions

1. Starting at the car park and keeping Centre Point on your right, turn right on to a tarmac path between the community centre and Fairstead Primary School.

2. Continue along this path past the play area. Take the first left after the play area to walk alongside the Oaks. Turn right on to Winston Churchill Drive and then take the next left turn.

3. Walk past Telford Close which is on your left and then take the right hand path (to the right of the road) bearing right past the wood (Mr Edward’s Wood). This path is called Bridge Way.

4. Continue along the path past Pulkey Wood on your left. The path bears a sharp right away from Pulkey Wood and takes you past some houses on your right. Continue along past the Gaywood Plantation and into the Rookery.

5. As you approach the end of The Rookery, the path takes a sharp left (signposted Hardwick Industrial Estate and Town Centre). You will then walk past a playing field before following the path as it bends right along the Swaffham Belt. Follow the Swaffham Belt for just over half a mile.

6. At the cycle path junction, turn right. King Edward VII School and playing field is on your left and The Park High School and playing field is on your right. Follow the path all the way to Gaywood Road.

7. Cross Gaywood Road to the path opposite. After a short distance, cross the footbridge over the Gaywood River and then turn right on to Swan Lane.

8. Walk to the end of Swan Lane and then turn right on to River Lane.

9. At the end of River Lane, turn right on to Wootton Road and then take your first left on to Gayton Road. After almost 50 yards, turn right on to Orchard Lane. This is unmade road which becomes a path.

10. Follow Orchard Lane to Church Belt, a grassy, wooded area. You will see St Faith’s Church on your left as you approach Church Belt. Follow the path left so that the Church is on your left.

11. At the end of the path, cross Gaywood Hall Drive and walk straight across the grass past the pavilion. Turn right briefly before turning left on to a path past the top end of the cemetery. There will be houses to your left.

12. Bear right on this path around the outside of the cemetery into the housing estate. After approximately 100 yards, turn left on to a path that takes you straight through the housing estate. Keep following this path straight on and then cross Winston Churchill Drive.

13. Continue along Mallow Way opposite and follow this path all the way back to the car parking area at Centre Point.
This walk is based on some of King’s Lynn’s excellent green infrastructure, providing opportunities not only for walking but also for cycling and jogging.

Gaywood
Gaywood, now a suburb of King’s Lynn was once a village in its own right with 13th century almshouses, 14th century church, a medieval moated bishop’s palace and large areas of common.

Gaywood Plantation
This is a County Wildlife Site which is owned and managed by the Woodland Trust. Tree species include oak, hazel coppice, ash, elm and field maple. Listen for the drumming of a greater spotted woodpecker or the cackling laugh of his relative, the green woodpecker.
Walk 7

Leziate/Ashwicken

<table>
<thead>
<tr>
<th>Start point</th>
<th>Leziate, Bawsey and Ashwicken village hall on Brow-of-the-Hill Grid reference TF680191 • Postcode PE32 1EN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parking</td>
<td>Free village hall car park Please avoid parking at the village hall or along the roadside when the village hall is busy</td>
</tr>
<tr>
<td>Distance</td>
<td>5 miles</td>
</tr>
<tr>
<td>Details</td>
<td>Some long but gentle gradients, 95% soft</td>
</tr>
</tbody>
</table>

Walk instructions

1. Starting at the village hall, go through two kissing gates at the rear of the car park and follow the path between the paddocks.

2. At the end, turn right on to a restricted byway and follow along the edge of the field.

3. Walk for a little over 500 yards and then turn left along a track. Follow this track for approximately three quarters of a mile. You will exit to East Winch Road.

4. Turn left along the road and after 250 yards, turn right on to a public footpath between the houses (between number 67 and 69).

5. Follow the footpath uphill along the edge of the field. Turn left through the gap in the hedge where you will see a waymarker post and then turn right to follow the track. You will come to an open area.

6. Bear left and head across to the hedge line of the church boundary. Turn right to follow the hedge line and then, following the waymarker, bear right to walk diagonally across the grassland towards the road. You will see a finger post at this end of the path.

7. Go through the gate and turn left along Church Lane. After approximately 150 yards, turn right on to a public footpath through Hall Farm. Bear left past the farm buildings to follow the footpath.

8. The footpath will take you between open fields. Look out for a left turn (waymarked) which takes you along a cross field path to the B1145.

9. Cross the road to Fen Lane. Follow Fen Lane and then at the right hand bend, turn left on to a restricted byway. Follow this for a little under three quarters of a mile until you reach the road.

10. Just before you reach the road, turn left on to a footpath that runs alongside the hedge, the hedge being between you and the road.

11. At the end, exit to the road. Cross the road and walk for a few yards before turning right on to a restricted byway. Bear left at the open grassy area to follow the path between the hedge lines of the fields.

12. Turn left at the end and follow the track until you reach the B1145. Cross the road to Brow-of-the-Hill and follow the footpath along the left hand side (set away from the road).

13. Turn left past the country club and follow the footpath straight on. After a little under 300 yards, the track makes a sharp right turn. Keep following the path until you turn right on to the public footpath between the paddocks retracing your steps back to the village hall.
A long walk full of variety. From the sandy soils of Leziate’s restored quarries to the peaceful farming community of Ashwicken, this walk will really help boost your energy and stamina.

The Lost Villages
The medieval village of Leziate was once much larger with several other surrounding villages such as Holt, Gloresthorp and Bawsey. Thomas Thursby, an infamous landowner, enclosed large areas of common for sheep grazing, forcing tenants off his land leading to a Government inquiry in 1517.

All Saints’ Church ▲
All Saints’ Church in Ashwicken dates back to the 13th century, and has a west tower with a pyramidal tiled roof. The church was restored in the 19th century and the chancel and the south porch were completely rebuilt.
Leziate Quarries

The Leziate area is important for sand extraction. Valuable silica sand which is used in glass making, ceramics and computer components is mined here.

The mixture of woodland, heathland and arable habitats at Leziate makes the area very attractive to bats. Noctule bat, daubenton’s bat and both common pipistrelle and soprano pipistrelle hunt and breed in the area.

The woodland and open ground is also home to three types of owl, barn owl, tawny owl and short eared owl.

The open areas and adjoining fields provide insects and seed for bird species such as linnet, yellow hammer, meadow pipit, skylark as well as song thrush, green woodpecker and wood lark.

The water bodies that are created as a result of mining can provide safe banks for water voles to create burrows. Water voles are a Biodiversity Action Plan species and have been recorded around the lakes at Leziate.

Bee orchids can be seen on open sandy areas that have previously been disturbed.

Quarries provide a rare opportunity to create heathland in Norfolk. Lowland heathland is a priority habitat for restoration in the UK and Europe and provides perfect conditions for many reptiles, insects, birds and bats.

Quarries were traditionally restored to lakes or open bodies of water, particularly where gravel extraction followed the river valleys. However, open water habitats are generally not as species rich as woodland, heathland or grassland, so the trend now is to fill excavated areas with inert material such as concrete rubble and restore the land to a more biodiverse habitat.
Walk instructions

1. Starting at Church Farm, turn left and proceed up the track towards the remains of the church.
2. Continue past the ruins and follow the track. Go past the first crossway and continue on to Spot Farm. Turn right on to a hard tarmac track (go through a gate/over a stile) past the buildings which will now be on your right. Continue along the tarmac track.
3. You will reach a fork in the track. Bear right following the soft track straight ahead past Grimston Warren.
4. Walk for just over half a mile before turning a sharp right on to a permissive path where you will see a “permissive access” signboard.
5. At the end of this path, turn right on to the wide open track back towards the remains of the church.
6. At the end of the track, turn left past the remains of the church and head down the hill back to Church Farm.

Church Farm
Church Farm is a family owned and run farm south of King’s Lynn. It was originally drained for intensive arable production in 1975 and produced a range of products, selling to open markets and supermarkets. Later on market conditions and legislation brought about a change in production and some of the difficult land was put in to Countryside Stewardship. Since this time, the farm has diversified and now the land is managed for environmental benefit under Natural England’s Higher Level Stewardship (HLS) scheme. This allows the creation and enhancement of habitats that support bird species such as snipe, lapwing and marsh harrier, insects such as dragonflies and damselflies as well as a variety of wildflowers, some of which are listed under the Norfolk Biodiversity Action Plan. Investment in a 50 strong herd of red poll cattle, a regional native breed, has helped to create an optimal wet grassland environment for breeding waders.

This is working farmland. Please take care and be aware while you are walking, keeping dogs on a lead or under tight control to prevent disturbance of wildlife, livestock or other visitors.
Standing amongst the church ruins on top of the hill, looking out over the present-day landscape, imagine a time when you would have stood at the centre of a thriving fishing village, when Bawsey was once situated on the edge of the Gaywood River estuary.

Bawsey Ruins and Settlement
Known as St James’, this isolated and ruined medieval church once stood at the centre of a thriving fishing village which grew on the edge of the Gaywood River estuary during the Middle to Late Saxon period and during the Medieval period. The surviving sections of the tower and nave date to the 11th or 12th centuries, whilst the remaining part of the chancel is 14th or 15th century. It is an unusual building as it is built of local carrstone and iron conglomerate with occasional flint and limestone dressings, rather than mostly of flint.

The village of Bawsey gradually declined as a result of landowner Thomas Thoresby’s behaviour in the 16th century leaving only the church as a landmark to the once thriving community here.
Sandringham Country Park

| Start point          | Sandringham Visitors Centre  
| Grid reference TF689288 • Postcode PE35 6EH |
| Parking              | Free car parking at visitors centre |
| Distance             | 1.6 (Blue Nature Trail) • 2.9 (Yellow Nature Trail) |
| Details              | 90% soft |
| Blue Trail           | Minor gradients |
| Yellow Trail         | Moderate gradients |

Walk instructions

These walks follow the country park’s well waymarked nature trails.

From the visitors centre, head across the open grassy area to the children’s playground. Both trails start here. After a short distance, the trails part ways. Follow the yellow trail for a longer walk or the blue trail for a shorter walk.

You can get a bus directly to Sandringham Country Park. Visit Traveline (www.travelineeastanglia.co.uk) for local timetables.

Sandringham Estate

Sandringham is the much-loved country retreat of Her Majesty The Queen, and has been the private home of four generations of British monarchs since 1862. The house, set in 60 acres of stunning gardens, is perhaps the most famous stately home in Norfolk and is at the heart of the 20,000-acre Sandringham Estate, 600 acres of which make up the woodland and heath of the Country Park, open to the public free of charge every day of the year. The Country Park is planted with a mixture of evergreen and deciduous trees, mainly Corsican and Scots pine mixed with oak, sweet chestnut and birch, and supports an abundance of animals, birds and plants.

The Sandringham Estate is a thriving mixed landscape, including the tidal mudflats of the Wash, woodland and wetland, arable, livestock and fruit farms, and commercial and residential properties; it is managed to a high standard and sustainably with the aim of always being financially self-sufficient. (Information sourced from www.sandringhamestate.co.uk, 2010) visit the website above for lots more information. Call 01553 612908 for general enquiries.
Discover Sandringham Country Park and catch an awe-inspiring glimpse of The Wash en route.

The Wash

The Wash is one of Norfolk’s key biodiversity assets being of both International and European importance in terms of nature conservation and protection. This coastal habitat consists of intertidal mudflats, sand dunes, sand banks, coastal cliffs, reedbed, salt marshes and coastal grazing marshes, many of which are identified as priority habitats under the UK Biodiversity Action Plan. These in turn support an array of animals and plants such as common seals, samphire and over 300,000 water birds not to mention an abundant variety of marine life, including shellfish, worms and sea anemones that live in and around the reefs beneath the surface of The Wash. The expanse of habitats and wealth of wildlife here is breathtaking.

People have made lives for themselves by The Wash for many years, drawn by the fertile arable land, bountiful sea shore and fisheries. As you make your way through Sandringham Country Park you will witness just this; an environment flourishing in the rural hinterland of The Wash.

(Information sourced from the Wash Estuary Management Plan, 2004)

It is important to be aware of the sensitivity of the species and habitats in this area, so please read The Wash and North Norfolk Coast EMS Good Practice Guide at www.esfjc.co.uk/ems.htm
Roydon Common

Start point  Roydon Common (car park adjacent to Lynn Road, near Knight’s Hill) • Grid reference TF680229
Parking  Free parking
Distance  4.3 miles
Details  Long, gentle gradients over common, 90% soft

Walk instructions

1. Starting at the car parking area, walk to the road. Cross the road, turning left to walk along the right-hand side. After approximately 150 yards, turn right on to a public footpath.

2. After just under 100 yards, turn right on to a public footpath following the edge of the field. Note that part way along this footpath, the path moves from one side of the hedge to the other into the adjacent field. Continue straight on until you reach Hall Farm. Turn left on to the road and then turn right at the junction on to Church Lane.

3. After almost 200 yards, the roads bends left. Turn right here on to a restricted byway (Hall Lane). Follow the restricted byway to the end and then cross Stony Road and go through a gate to enter a field in front of you.

4. Cross the field and go through another gate. You will see a large warehouse building to your left. Walk alongside the building and follow the footpath straight on to Station Road.

5. At Station Road, turn right, crossing to the pavement on the other side. At the end, cross Lynn Road and continue along the tarmac path through the grassy area to Chapel Road. Continue along Chapel Road and after a short distance, turn right on to a public footpath opposite Chequers Road.

6. Follow this path for almost a mile. You will pass through some gates en route.

7. At the end of the path, you will come out at the end of Cliff-en-Howe Road. Turn right here on to a track towards Roydon Common. Follow the track for approximately half a mile before turning right through a wooden gate to cross the common (there is a motorcycle prevention box in front of the gate and you will also see a large metal gate here as well).

8. Follow the path across the common. At the end, turn right on to the track and walk back to the car parking area, passing through a gate en route.
Take in the breathtaking views from one of the most important remaining heathland areas of Norfolk where flowering heather during late summer embraces the landscape with a spectacular blanket of purple. An exhilarating walk.
Roydon Common
Roydon Common (National Nature Reserve and Site of Special Scientific Interest) is one of the most important remaining heathland areas in Norfolk. Managed by Norfolk Wildlife Trust, the wildlife is very diverse because of the mixture of wet and dry habitats. The area supports a number of rare species including woodlarks, nightjars, black darter dragonflies, sundews, adders and raft spiders.

In late summer the heathland turns a spectacular purple with flowering heather. In winter the area provides hunting grounds for birds of prey including harriers, buzzards and merlins. In spring, look for butterflies including beautiful small coppers and enjoy the songs of skylarks, woodlarks and even the ‘laughing’ call of the green woodpecker. At any time of year the open landscape here evokes a real sense of wildness and there are many sandy pathways to explore.

This area is important because more than 80% of Norfolk’s heaths have been lost: sometimes ploughed up to create farmland, sometimes planted with conifers as happened at nearby Grimston Warren or simply left unmanaged and neglected allowing trees to invade the open heath.

Norfolk Wildlife Trust manages the site by grazing. Look out for rare breeds of sheep and the Dartmoor ponies which help maintain the open heath by preventing young trees, especially birch, becoming dominant.

In some areas it is necessary to manage the heath by clearing back bracken or cutting down trees. This work, which might seem damaging at first sight, is essential to maintain populations of rare species which depend on open habitats.

At nearby Grimston Warren, Norfolk Wildlife Trust is actively restoring former heathland which had been converted to forestry plantation. This work will recreate, restore and reconnect the two heathland areas creating a Living Landscape of national importance.

(Norfolk Wildlife Trust 2010)

Visit www.norfolkwildlifetrust.org.uk for more information about other reserves managed by Norfolk Wildlife Trust.
Walk instructions

1. Starting from the village hall, walk along side the village hall and edge of the recreation area and make your way up to the footpath following the riverbank.

2. Turn left along the riverbank and continue for approximately 350 yards before exiting to the road. Turn right along the road, crossing a bridge over the Middle Level Drain.

3. Cross another bridge over Mill Basin passing a pumping station and sluice.

4. Just before the next drain (Smeeth Lode), turn left through a rambler gate on to a public footpath which follows the bank of Smeeth Lode Drain. Continue along this path for just over half a mile. Look out for a left turn up the bank where the footpath crosses Mill Basin via a footbridge. After crossing the footbridge, follow the path straight on towards St Mary’s Church.

5. Walk through the gap in the hedge and follow the path round to the left through the churchyard and past Wiggenhall House. Go through the gate to the left of the house and turn right on to Church Road.

6. Walk to the end of Church Road and then turn left on to Sluice Road. Follow Sluice Road all the way back to the village where you will see the village hall directly in front of you.

St Mary the Virgin’s Church

St Mary the Virgin’s Church is now redundant and in the care of the Churches Conservation Trust. Two Early English style doorways survive on the south and north sides of the nave, although the rest of the building appears to be Perpendicular in style and date. The church is host to what may be the most complete collection of early 15th to early 16th century bench ends in the county, and has an interesting large eagle lectern dating to 1518.

WW2 Gun emplacement

On the west side of the road between the 1877 and 1934 Middle Level Main Drain courses (on your left shortly after crossing St Mary’s bridge) is the site of a World War Two gun emplacement, sunk in the grass. It sits next to a sunken diesel store built in the 1930s, although the emplacement was intended to guard the bridge, rather than the store.
Take an invigorating walk alongside the River Great Ouse before returning via the quiet and pretty village of St Mary the Virgin. Look out for different types of birds, particularly waders.

Middle Level Drain
A short stretch of the Middle Level Drain and its bank side vegetation either side of Sluice Road as you cross St Mary’s Bridge is designated a County Wildlife Site (CWS). Listen carefully and you may be able to hear the chattering song of a sedge warbler from the reed-fringed edges of the dyke.

Sedge Warbler
Photograph by Dawn Balmer

Great crested grebe
Photograph by Jill Pakenham

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Are you interested in walking with a group?

**Walking for Health**
The West Norfolk Walking for Health Scheme delivers a series of led walks in the King’s Lynn area. Call 01603 697011 or email info@activenorfolk.org for more information and contact details.

**King’s Lynn Town Guides**
If you are interested in finding out more about King’s Lynn’s rich and fascinating history, why not join the Town Guides for a tour of the town? The Town Guides provide an excellent service with a range of organised walks. Tours start outside Tales of the Old Gaol House, Saturday Market Place. Advance booking is advisable. Tickets and details from Tales of the Old Gaol House (01553 774297).

**Useful contacts**

- **Active Norfolk**
  www.activenorfolk.org

- **Borough Council of Kings Lynn and West Norfolk**
  www.west-norfolk.gov.uk

- **Castle Rising**
  www.castlerising.co.uk

- **Coast Alive**
  www.coast-alive.eu

- **Water Management Alliance**
  www.wlma.org.uk

- **Environment Agency**
  www.environment-agency.gov.uk

- **National trail/long distance paths**
  www.nationaltrail.co.uk

- **Natural England**
  www.naturalearth.org.uk

- **NHS Norfolk**
  www.norfolk-pct.nhs.uk

- **Norfolk Biodiversity Partnership**
  www.norfolk-biodiversity.org

- **Norfolk Churches Trust**
  www.norfolkchurches.co.uk

- **Norfolk Countryside Access**
  www.countrysideaccess.norfolk.gov.uk

- **Norfolk County Council**
  www.norfolk.gov.uk

- **Norfolk Heritage Explorer**
  www.heritage.norfolk.gov.uk

- **Norfolk Online Access to Heritage**
  www.noah.norfolk.gov.uk

- **Norfolk Museums**
  www.museums.norfolk.gov.uk

- **Norfolk Wildlife Trust**
  www.norfolkwildlifetrust.org.uk

- **North Sea Cycle Trail**
  www.northsea-cycle.com

- **North Sea Trail**
  www.northseatrail.org

- **Open Access**
  www.openaccess.gov.uk

- **Permissive walks and rides**
  http://cwr.naturalengland.org.uk

- **Sandringham Estate**
  www.sandringhamestate.co.uk

- **Visit West Norfolk**
  www.visitwestnorfolk.com

- **Wash and North Norfolk Coast European Marine Site**
  www.esfjc.co.uk/ems.htm

- **Walking for Health**
  www.whi.org.uk

- **West Norfolk Mind**
  www.westnorfolk-mind.org.uk

- **Woodland Trust**
  www.woodland-trust.org.uk

**Public transport**

- **Traveline** 0871 200 2233
  www.travelineeastanglia.co.uk

- **Network Rail** 08547 48 49 50
  www.networkrail.co.uk
Acknowledgements

Many thanks to the following organisations for their support of the Health, Heritage and Biodiversity Walks project; for their help in developing the walking routes and their general input to the publication: Active Norfolk; West Norfolk “Fit Together” Walking for Health Scheme and their volunteers; Borough Council of King’s Lynn and West Norfolk (BKLWN) including Lynnsport; NHS Norfolk; West Norfolk Mind; local parish councils; local landowners; Church Farm Landrovers at Bawsey; Norfolk Wildlife Trust; Woodland Trust; University of Herfordshire in partnership with BKLWN (Do Something Different); King’s Lynn Town Guides; Ramblers Association; Sandringham Country Park.

Further information

The King’s Lynn Tourist Information Office is located at The Custom House, Purfleet Quay, King’s Lynn, PE30 1HP.
Pop in to pick up local area information or call 01553 763044.

Download

You can download a copy of this booklet at www.countrysideaccess.norfolk.gov.uk click on the link to ‘Health, Heritage and Biodiversity Walks’.

Contact

If you have any comments regarding these walks, whether good or not so good – tell us what you think!

Write to: Norfolk County Council, County Hall, Martineau Lane, Norwich, Norfolk NR1 2SG
Email: environment@norfolk.gov.uk
Phone: 01603 222769

• All information correct at time of going to press (August 2010)
• Printed on recycled paper using vegetable based inks
Going for a walk in natural surroundings is one of the easiest and most enjoyable ways to maintain good health, to relax, unwind and re-charge your batteries. This book has 12 walks of varying lengths, ideal to fit in with daily life. The locations have been chosen to help you enjoy and appreciate our Norfolk heritage, both natural and man-made, linking history to nature and health.

Enjoy the walks!