Norfolk health, heritage and biodiversity walks

Walks in and around the Thetford area

Norfolk County Council at your service
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- Song thrush
  Photograph by John Harding
Contact with natural surroundings offers a restorative environment which enables you to relax, unwind and recharge your batteries, helping to enhance your mood and reduce your stress levels.

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.

Moderate physical activity such as a regular walk in natural surroundings 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.

These circular walks have been carefully designed to encourage you to explore the local countryside, discover urban green spaces and to enjoy the heritage of Norfolk, both natural and man-made.

Thetford: East Anglia’s Ancient Capital

The town of Thetford is one of the most ancient settlements in Norfolk, with a wealth of history and activity dating back to Neolithic times over 4500 years ago. Thetford was once the Saxon capital of East Anglia and has many stories to tell about its ancient roads, buildings and communities through time. Explore Thetford further by visiting www.exploretetford.co.uk

The Brecks: A great natural area of Britain

Thetford lies within the Brecks, an area of over 370 sq miles/940 sq kms spanning the border of Norfolk and Suffolk. The Brecks is a beautiful and distinctive area of East Anglia with twisted pines and several habitats and species that depend on the open conditions, sandy soils and historic land use. The Brecks is famous and internationally significant for its heather and grass heath as well as its fens and woodland, along with the plants and animals that they support. These habitats have their own ‘Biodiversity Action Plans’. The Norfolk Biodiversity Partnership aims to conserve, enhance and restore the County’s biological diversity. On these walks you will be able to see many aspects of the rich and varied biodiversity Norfolk has to offer. More details can be found at www.norfolk biodiversity.org

To discover more about the Brecks, visit the website www.brecks.org

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:

- **Start point**: Bridge Street car park • Grid Reference TL868830
- **Parking**: Free public car park
- **Distance**: 0.9 miles
- **Details**: Gentle gradient, 20% soft steps

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

Thetford can be reached by public transport, so why not leave the car behind? The bus station is located in the Bridge Street car park (the start point for the town walks).

- For bus details, contact Traveline on 0871 200 2233 (calls cost 10p per minute plus network extras) or visit www.travelineeastanglia.co.uk

The railway station is also only a short walk away from the town centre, located on Station Road.

- 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 footpaths and take any litter home. Some of the walks take you through nature reserves and other areas designated for conserving or protecting vulnerable/rare species and habitats. Routes may also pass through areas grazed by cattle. Please keep dogs on a lead and shut gates behind you.

Did you know?

- 43% of the Brecks area is protected at a national or international level for its wildlife or for geological interest
- There are 54 Sites of Special Scientific Interest (SSSI) including Thetford Forest
- There are 4 National Nature Reserves – Thetford Heath, Brettenham Heath, Cavenham Heath and Weeting Heath
- Breckland is a Potential Special Protection Area under the EC Birds Directive on the basis of three species: the stone curlew, woodlark and nightjar

Some of the walks include sections of way marked permissive path which the landowners have made available for you to use and enjoy, for example, within the Nunnery Lakes reserve. This is owned by the British Trust for Ornithology (BTO). If you would like to find out more about the reserve and the work of the BTO please visit the website www.bto.org or phone 01842 750050.

Please help to keep the Brecks special and be especially careful through Thetford Forest Park. Parts of the forest may sometimes be closed due to felling operations or particular specialist pursuits. Please observe the warning signs and diversions for your own safety. Information panels at start points also provide helpful advice about recreation within the forest. You can find details of this and lots more information by visiting the Forestry Commission website www.forestry.gov.uk, contacting the Forest Offices on 01842 810271 or by popping in when you visit Santon Downham. Please also be considerate of other forest users.

According to the season you may encounter wet and muddy conditions or long vegetation, so dress accordingly.

Be safe and plan ahead.
Walk instructions

1. Start at the Bridge Street car park and cross the three-way bridge, bearing right to Butten Island (signposted). Follow the left hand path straight on, passing the statue of Maharajah Duleep Singh.

2. At the gap in the wall, turn left down Bridges Walk, passing the old coffee mill and turn right in to Nether Row.

3. Walk past the old flint cottages following the road to the end.

4. At the end of Nether Row, turn right into Old Market Street and continue straight on. Bear left down Ford Street crossing to the pavement on the left hand side. When you reach the end of the pavement at Castle Lane, turn left on to the hard surface path towards the Castle Earthworks.

5. Continue along the path, past the earthworks to Castle Street and turn left past the old cottages and free public car parking area.

6. Turn left down Rampart way, passing the public car park on your right. At the road junction, cross Old Market Street back in to Nether Row. Follow Nether row and turn left in to Bridges Walk.

7. Turn right after the old coffee mill through the gap in the wall. Walk across Butten Island and back over the bridge to the car park.

Did you know?
- House sparrows and starlings are declining nationally and have their own UK action plan.
- Plane trees are often associated with London. The mature plane trees on Butten Island provide hardy and pleasant urban greenery and have a mottled flaky bark.
A short but eye opening and energising walk on a firm surface. This route takes you round East Anglia’s tallest medieval earthwork.

Look out for...

1. Plane trees on Butten Island
2. The old coffee mill at Bridges Walk
3. The medieval gaol house on Old Market Street
4. Castle Hill Iron Age defences
   - Birds nesting on Butten Island during the nesting season (March to August)
   - House sparrows and starlings in built up areas
   - Ducklings, goslings, cygnets in spring

The old coffee mill
Originally a medieval pit mill, the old coffee mill operated as a flour mill until the 1920s. In 1936 it became part of the premises of the Ibex coffee company, and at this time the turbine powered stones ground coffee. This closed in 1956 and it became a masonic lodge some time afterwards.

Castle Hill earthworks
This is the largest earthworks of its kind in East Anglia and second only to Silbury Hill, Wiltshire in the UK. The earthworks are the result of two separate periods - Iron Age defence ramparts built by the Iceni tribe and a Norman motte and bailey castle built after the Norman Conquest.
Information

Start point  Bridge Street car park  •  Grid Reference TL868830
Parking  Free public car park
Distance  1.1 miles
Details  Minor gradient to bridge, 100% hard surface

Walk instructions

1. Start at the Bridge Street car park and walk towards the entry by Town Bridge.
2. Cross directly over the road to the footpath/cycle path and walk straight on, continuing along this path and walking under the A1075, London Road bridge.
3. Proceed to Blaydon Bridge turning right and walking over the bridge. Follow the hard surface path and bear right. At the junction of the path, turn right signposted “Town Centre” (walk/cycle route).
4. Keep heading towards the town centre, bearing right. At the end of the cycle route, there is an option to turn left through a gap in the wall by a very small parking area to the remains of the Cluniac Priory.
5. To continue back to the town, walk under the subway to Minstergate. Continue straight on passing the Charles Burrell Museum on your right.
6. At the end of Minstergate, walk through the bollards and turn immediately right on to Bridge Street. Walk over Town Bridge and cross the road back to the car park on your left.

Thomas Paine

Thomas Paine was born in Thetford in 1737. He was a radical thinker and became a controversial writer, whose work was hugely influential in both the American and French Revolutions.

Remains of the Cluniac Priory

Situated by the river, Thetford Priory was once one of the town’s most important religious houses and the third largest in Norfolk.

Charles Burrell Museum

The museum is home to the world-famous Burrell’s steam traction engines, built by Charles Burrell and sons. Part of the old works can be found on one side of Minstergate with the museum opposite, housed in what was the wooden paint shop.
A short, easy walk; flat and firm all the way following Haling Path along the Little Ouse river to Blaydon Bridge before returning to the town centre.

Look out for...

1. The remains of the old 12th Century Cluniac Priory before you walk under the subway.
2. The Charles Burrell Museum in the former Burrell works paint shop on Minstergate.
3. The Town Bridge which you will cross as you walk back to the Bridge Street car park.
4. The statue of Thomas Paine. If you take a detour into the Town you will find the bronze statue outside Kings House, King Street.

- Swans, ducks, canada geese, coots and moorhens on and around the river.
- Kingfishers that may be seen shooting along the river in a haze of blue or perching close by.
Walk instructions

1. Start at the Bridge Street car park and walk towards the entry by Town Bridge.

2. Cross directly over the road to the footpath/cycle path and walk straight on, continuing along this path and walking under the A1075, London Road bridge.

3. Proceed to Blaydon Bridge turning right and walking over the bridge.

4. Follow the hard-surface path, bearing right. At the junction of paths, turn right signposted “Town Centre” (walk/cycle route). Part of the way along this path is a sign to the station. Turn left here between a set of railings.

5. Cross the road to the pavement (note: no road name here) following the sign that directs walkers straight on and walk up a slight incline turning right at the “Thetford Connect” signpost.

6. Follow the path down to the remains of the old Gatehouse on your right, exiting to the residential area of Abbeygate. Continue to walk along Abbeygate. Just before the subway, there is an option to turn right and visit the remains of the Cluniac Priory. To continue back to the town, walk under the subway.

7. You are now in Minstergate. Continue straight on, passing the Charles Burrell Museum on your right.

8. At the end of Minstergate, walk through the bollards and turn immediately right on to Bridge Street. Walk over Town Bridge and cross the road back to the car park on your left.

Did you know?
- Bats often hunt along rivers because of the high number of insects.
An extension to the Haling Path Walk; flat and firm, passing the remains of the old gatehouse before returning to the town centre via Minstergate.

Look out for...

1. The 14th Century Gatehouse as you enter Abbeygate
2. The remains of the 12th Century Cluniac Priory before you walk under the subway
3. The Charles Burrell Museum in the former Burrell works paint shop on Minstergate
4. The Town Bridge which you will cross as you walk back to the Bridge Street car park
5. The statue of Thomas Paine. If you take a detour into the Town you will find the bronze statue outside Kings House, King Street

• Bats along the river in the evening

The Old Gatehouse

The 14th Century flint-knapped gatehouse was the main entrance into the Cluniac Priory now in the grounds of Abbey House.
### Walk instructions

1. Start at the Bridge Street car park, walking over the three-way bridge and bearing right to Butten Island (signposted). Keep left and follow the path straight on, passing the statue of Maharajah Duleep Singh.

2. At the end of the path, turn right through the opening in the wall and walk over the footbridge. Turn immediately left towards Nun’s Bridges. You are now walking along Spring Walk.

3. Follow Spring Walk round to the left over the sluice gate. You will pass the information plaque on your right showing the Spring Walk timeline, Thetford’s Spa Fountain of Health.

4. Pass The Lady Gentle Memorial Meadow on your left and as you approach Nun’s Bridges Road, there is an information plaque about Icknield Way over to your left.

5. Cross the road to the path opposite and follow straight on. Turn right over the footbridge, walking back towards Nun’s Bridges Road through a small parking area and turn left down Nuns Bridges Road, crossing Nunnery Drive.

6. Walk a short distance to the end of the pavement before crossing the road to a green area and following a little path up in to Nunsgate. Bear right at the first junction (note: there is no road sign).

7. Turn left at the next junction (again, no road sign). Follow this road to the path at the end that leads down on to Mill Lane and bear left on to Mill Lane following the pavement.

8. Walk straight on following the pavement for a short while before turning right into Bridges Walk past the Thetford and District Ex-Service and Social Club.

9. Walk over two footbridges, turning left immediately after the second one through the opening in the wall and walk back across Butten Island, crossing the bridge to the car park.

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**Did you know?**

- Song thrushes used to be common but are now in national decline and have their own UK action plan. Look out for them in open grassy areas.

- The greater spotted and lesser-spotted woodpecker may be heard hammering in the trees and the green woodpecker may be seen feeding on the ground on Butten Island.
A very pleasant walk crossing Butten Island and following the river down Spring Walk until you reach Nuns Bridges, the crossing point of the ancient Icknield Way. The route brings you back to Bridges Walk and Butten Island via Nunsgate and Mill Lane.

Look out for...
1. The statue of the Maharajah Duleep Singh on Butten Island
2. The old coffee mill and Bridges Walk
3. Nuns Bridges and the Icknield Way

Statue of Maharajah Duleep Singh
At five years old, Duleep Singh became the last maharajah of the Punjab, a kingdom larger than Great Britain. He was the first sikh settler in Britain and in 1863, Duleep bought the 17,000 acre Elveden Estate near Thetford with money from the British government.
British Trust for Ornithology (BTO)
Nunnery Lakes Walk

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<th>Start point</th>
<th>Bridge Street car park • Grid Reference TL868830</th>
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| Parking           | Free car parking in Bridge St car park
                  | Free parking opposite Mill Lane
                  | Free parking at BTO                                      |
| Distance          | 2.6 miles                                           |
| Details           | One short moderate gradient, 70% soft, 30% hard surface |

Walk instructions

1. Start at the Bridge Street car park, walking over the three-way bridge and bearing right to Butten Island (signposted). Keep left and follow the path straight on, passing the statue of Maharajah Duleep Singh.

2. At the end of the path, turn right through the opening in the wall and walk over the footbridge. Turn immediately left towards Nun’s Bridges. You have entered Spring Walk.

3. Follow Spring Walk round to the left over the sluice gate.

4. Pass The Lady Gentle Memorial Meadow on your left before you approach Nun’s Bridges Road.

5. Cross Nun’s Bridges Road to the path opposite and follow straight on, passing a bridge to your right.

6. Walk through the kissing gate and take the right hand track at the fork following the river. You have entered the BTO reserve and are now using a BTO permissive path. Please keep dogs on leads.

7. Walk through the next gate and turn left signposted Arlington. After a short distance turn right through the kissing gate on to the permissive path.

8. On reaching the clearing, there is a seat and an information board. Take the track to the right, crossing the wooden bridge and following a wider grassy path.

9. At the junction of tracks, turn left. Walk through the gate, shutting it behind you (keep dogs on leads as there may be livestock grazing) and continue straight on. The wide grassy track bears left.

10. Walk through the gate and through a shady woodland area. The path becomes a boardwalk. The boardwalk comes to an end and you climb a very short moderate incline.

11. Exit back to the clearing with the information board and seat, turning right and returning the way you came. Exit the BTO permissive path through the gate and turn left.

12. Turn right just before the large bridge where it is signposted Town Centre and Nuns Bridges (scenic route). Walk through the gate.

13. At the junction, exit the path through the gate and walk straight on back towards Nun’s Bridges. Cross the Nun’s Bridges Road and walk back down Spring Walk, turning right at the end over the bridge.

14. Turn immediately left after the bridge and walk across Butten Island back to the car park.
A walk connecting the town with the wealth of wildlife within the British Trust for Ornithology reserve around Nunnery Lakes. This walk is a combination of flat, firm footpaths in the town and softer grassy and woodland tracks around the reserve.

Look out for...

1. The statue of the Maharajah Duleep Singh on Butten Island
2. The old coffee mill and Bridges Walk
3. Nuns Bridges and the Icknield Way
4. The old Nunnery of St George, now the BTO headquarters

- Banded demoiselles - a species of damselfly
- Kingfishers
- Great spotted, lesser-spotted and green woodpeckers
- Scarce species of Breckland plants such as tower mustard and mossy stonecrop

British Trust for Ornithology (The Nunnery)

The headquarters of the BTO incorporates remains of the medieval Nunnery of St George. The 12th Century convent church and a small eighteenth-century manor house were incorporated in to the BTO headquarters in an award-winning restoration project.
This varied site is home to a wide range of wildlife, including several rare or endangered species. There are about 60 species of breeding bird on this site.

Look out for...

- Kingfishers
- Three species of woodpecker: greater spotted, lesser-spotted and green
- Waders on the wet meadows – lapwing, redshank, curlew, oystercatcher and the scarce little-ringed plover
- Reed and sedge warblers in the reed fringes along the river during the summer
- Tufted duck and the scarcer goosander on the lakes during the winter months

All photographs by Jill Pakenham except where indicated otherwise.
Walk 6 | Walk 7

Great Hockham Woods

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<th>Start point</th>
<th>Great Hockham Picnic Site • Grid Reference TL938919</th>
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<tr>
<td>Parking</td>
<td>Free car parking</td>
</tr>
<tr>
<td>Distance</td>
<td>1.2 and 2.3 miles</td>
</tr>
<tr>
<td>Details</td>
<td>Flat, 100% soft surface</td>
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Walk 6 instructions

(Green route, 1.2 miles)

1. With your back to the main road, leave the car parking area to the left down a wide compact track following the green marker posts (first post is a combination of green and yellow).

2. Turn right at the next green post, following this track until you exit to the road. Turn left following the grassy path at the side of the road.

3. Turn right at the next green post, crossing the road to follow the path. When you come to a junction of paths, turn right following the combined green and yellow posts.

4. Exit the path to the road, turning left and following the path down the right hand side of the road. Follow this path round to the right and continue until you reach the Hockham Picnic Site area.

Walk 7 instructions

(Yellow route, 2.3 miles)

1. With your back to the main road, leave the car parking area to the left down a wide compact path following the yellow way marker posts (first post is a combination of green and yellow).

2. The path bends round to the right. When you exit to the road, turn right following the path down the right hand side of the road.

3. A short distance down this road, cross to the post on the other side and follow the path left off the road. At the end, you join another main path, keep walking straight on.

4. When you reach a big clearing, turn left through a gate. Keep following the yellow posts.

5. At the next junction, turn immediately right. Go through the gate and follow the path straight on.

6. At the cross paths, walk straight on, rejoining the combined green and yellow routes. At the next post, exit on to the road again, cross and turn left along the path. Follow this path as it bends right through the woods.

7. Exit back to the Hockham picnic site car park.

Did you know?

- The woods are rich in insect and birdlife. In summer, look out for dragonflies of which there are over 12 species including the appropriately named Scarce Emerald.

- There are a variety of Habitat Action Plans for different woodland habitats in Norfolk. Visit the Norfolk Biodiversity website for more information (www.norfolkbiodiversity.org)

- Nearby Cranberry Rough is also important for wildlife.

Roman road

Peddars Way, the Roman road connecting the heart of East Anglia to the North Norfolk Coast is also close by. Visit the website for more information about the Peddars Way (www.nationaltrail.co.uk/peddarsway). Also visit the Norfolk County Council Countryside Access website for information on Norfolk’s long distance paths and other walks (www.countrysideaccess.norfolk.gov.uk).
Two peaceful, easy and flat routes around the woods at Great Hockham, following either the green or yellow way marked trails.

Pingos

The landscape here is interesting as it consists of many hummocks and damp hollows known as ‘pingos’. The Great Eastern Pingo Trail is very close by and makes for an enjoyable long walk (approximately 8 miles).

The word ‘pingo’ is an Inuit term for a domed, perennial ice-cored mound of earth. Pingos developed during the ice age in permafrost regions (i.e. areas with permanently frozen ground). Water flowing to the ground surface, in the form of a spring for example, gradually froze beneath the overlying material. During the summer, some melting would take place of the topmost layer causing material to slide off and settle around the mound. At the end of the ice age, full melting led to the complete collapse of the dome, leaving a shallow crater as displaced material was still positioned around its edge. These features now tend to take the form of shallow ponds supporting an excellent variety of plants and invertebrates including an unusually high number of rare aquatic beetles.

Look out for...

- Deer
- Rabbits
- Butterflies such as brimstone around the edges of the woodland most of the year and comma between April and September
- Dragonflies
- A variety of tree species
Start point: Santon Downham or St Helens picnic site
• Grid Reference TL938919
Parking: Free Parking at Forest District Offices or St Helens
Distance: 4.7 miles, 3.4 miles or 2.5 miles
Details: Some long gentle gradients, 25% firm, 75% soft
Public toilets in Forest Offices car park – St Helens picnic site (in summer only)

Walks 8, 9 and 10 instructions

This walk can be shortened by using the short cut route.

Start from St Helens and walk the right hand loop past Bloodhill tumulus for a 2.5 mile walk.
Alternatively, start from the Forest Offices in the village and walk the left hand loop for a 3.4 mile walk.

(4.7 mile walk)
1. Start from the car park at the Forest Offices. Leave the car park through the gap in the wall by the toilet block, turning immediately right. Walk a short distance down this road until you come to an orange marker and sign saying “Start of Forest Trail”. Turn left and follow the path through the trees.
2. Exit on to the road and turn left continuing straight on past the junction following the road round to the right. After walking a short distance, turn left off the road marked by an orange post (ignore any orange posts that you can see down adjoining paths). Keep walking straight on.
3. Walk past some private land turning left past the paddocks, always keeping to the footpath. Walk over the footbridge across the river and straight on to St Helen’s car park.
4. From the car park, walk past the toilet block so that it is on your right and walk straight on towards the fence and the railway line (under the trees).
5. Turn right on to the main gravel path and walk towards the first orange marker post up ahead. Follow these for the duration of the walk. Walk straight on and follow the path as it bends to the left, walking under the railway bridge.
6. On exiting the railway bridge, continue straight on towards the orange post. On reaching the main track, ignore the orange post that you can see ahead of you (part of the short cut route) and turn right. The railway line runs along your right hand side. Keep following the path straight on.
7. Turn left at the next orange marker post. It is situated under some oak trees to your left, so keep an eye out for it as it could be hidden by the vegetation. Follow the path through the trees before approaching an information board about the Bloodhill prehistoric burial mound. Continue straight on.
8. At the end of the path, turn left as it opens out into a clearing. Follow this path until you reach a junction of tracks at another big clearing.
9. When you arrive at the next junction of tracks, turn right still following the orange posts. At the end of the track, follow the posts round to the left. There is an information board over to your right about rare birds in and around Thetford and the forest.
10. Exit the track turning left on to a country road for a short distance and then turn immediately right off the road following the orange posts. Cross a sandy car parking area diagonally to the far left hand corner where there is an orange post. Please keep dogs on leads.
11. At the orange marker, turn left under the railway bridge. On exiting the railway bridge, there is an information board about the Little Ouse Meadow. Follow the path round to the left marked by the orange posts.
12. The path opens out and exits to the road. Turn right here towards the village of Santon Downham, walking over the bridge to cross the river. Arrive back at the Forest Office car park on your right.
Beautiful forest walks following the orange way marked trail. Discover a different view at every turn and find out what makes this natural environment special.

Look out for...

🌟 St Mary the Virgin Church (Church in the forest)
🌟 All Saints Church at St Helens
🌟 Bloodhill prehistoric burial mound

- Typical Brecks flowers such as tower mustard, yellow birds nest and, in summer, poppies
- Birds such as woodlark and siskin
- Bats in the evening (may be seen from the bridges on the Little Ouse River)
- Butterflies such as orange tip at the edges of forest rides and hedgerows between April and June
- Deer
- Rabbits

The Village of Santon Downham
A picturesque village with a wealth of history from as far back as the Palaeolithic period. Part of the name “Santon” relates to an enclosure of sandy soil. Santon Downham was engulfed by sand during sand storms in the 17th Century which also silted up the river between Thetford and Brandon. You can find out more about this pretty village by logging on to the website www.santondownham.org

Blood Hill Bronze Age Barrow
A prehistoric burial mound close to the village of Santon Downham along the route of the orange way marked trail.
The Forestry Commission provides superb facilities for the public.

The Forestry Commission
Pop in to the Forest Office in the village while you are here to find out about other opportunities for recreation within the forest such as cycling and horse riding and pick up some information about High Lodge Forest Centre, just a short distance along the B1107 towards Brandon. Here you can walk and cycle following marked routes suitable for a range of abilities. Bike hire is available and there are restaurant and other visitor facilities as well as a large area of open green space for picnics, games and general relaxation. You can also visit the Forestry Commission website for further information about the forest and High Lodge Forest Centre (www.forestry.gov.uk).
Walk 11 instructions

(Green posts, 1.5 miles)

1. From the car park, proceed to the marker post with blue and green bands, bearing left to follow the posts across the open grassy area towards the toilet block.

2. Follow the green posts to your right. The route generally bears left before it joins up with the blue route. You will see a second marker post with blue and green bands. Keep walking straight on.

3. Follow the posts. You will follow a wide grassy track with the A134 to your right. Walk around the gate and head back across the grassy area to the car park.

Walk 12 instructions

(Blue posts, 1.9 miles)

1. From the car park, proceed to the marker post with blue and green bands, bearing left to follow the posts across the open grassy area towards the toilet block.

2. Follow the blue posts straight on.

3. At the end of the track you come to a second post with both blue and green bands. Turn left to join a section of the blue/green walk. When you come to the next blue/green post, there is a fork in the path. Bear right here following the blue marker posts.

4. The blue route then rejoins the green route. Continue straight on. The path bends to the right.

5. Follow a wide grassy track with the A134 on your right. Walk around the gate and head back across the grassy area to the car park.

Did you know?

- The walks here lead you through mixed young and mature plantations of conifer.
- The Forestry Commission manages its woodlands for a variety of objectives, including biodiversity.

*Red deer
Photograph by Chris Knights
Two very pleasant, easy, flat forest walks following the green or blue way marked grassy trails. Alternatively, combine both trails for a longer walk.

Look out for...

🌟 The metal imitation Stag
- Butterflies such as large white, small white and green-veined white found between April and September in woodland and grassland
- Deer
- Rabbits

Lynford Stag

The area was named after a metal imitation target stag found by Forestry Commission workers when the area was being planted. It belonged to the former owner of Lynford Hall, Sir Richard Sutton, Master of the Hunt.

• Large white
  Photograph by Derek Longe
Walk 13

Rishbeth Wood

**Information**

<table>
<thead>
<tr>
<th>Start point</th>
<th>Car parking area just after the golf course on the B1107 (Thetford to Brandon Road) • Grid Reference TL842840</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parking</td>
<td>Free car parking</td>
</tr>
<tr>
<td>Distance</td>
<td>4.2 miles</td>
</tr>
<tr>
<td>Details</td>
<td>Gentle gradients, 95% soft, 5% hard Some facilities at High Lodge if you go this way</td>
</tr>
</tbody>
</table>

**Walk instructions**

You can increase the distance of your walk by taking the link via the yellow route to High Lodge which is well worth a visit. Where the red route combines with the yellow, follow the yellow posts for 0.8 miles to High Lodge Forest Centre.

1. From the car parking area, head straight through the wooden bollards, following the sandy track and through the vegetation as the path becomes narrower (the main road is to your right). You pass the Warren Lodge on your right.

2. At the junction, turn left almost back on yourself past the information board following the red posts. Turn right at the next junction of paths following the grassy track.

3. At the next red post, turn right through the trees. Cross the cycle track and keep going straight on. Walk straight on at the next junction of main tracks.

4. At the end of the track, turn right, then turn left at the next post, ignoring the post you can see ahead of you. On arriving at the exit road out of “High Lodge” (Forest Drive), turn left and walk through a gate on a wide, firm gravel track. Where this track forks, bear right.

5. At the big clearing and junction of tracks walk straight on. You come to a junction with the red cycle route, keep walking straight on. At the end of this track, turn right where the red route combines with the yellow route which starts from High Lodge.

6. After a short distance, the yellow route turns left but continue walking straight on. Cross a green cycle route and keep walking straight on.

7. At the end of this track, cross the hard surface forest drive and keep following the path straight on. At the next junction, turn right.

8. When you come to a clearing, exit on to the hard surface forest drive again and cross to the path opposite. At the next junction of paths, keep walking straight on.

9. At the end of the track, turn left. After a short distance, turn right through the trees. At the end of this track, turn left and walk through some wooden bollards, following the path round to the right, past the Warren Lodge which will be on your left, and follow this track back to the car park.

**Did you know?**

- A sandy heathland leads you to Rishbeth wood. The heathland was once more extensive here. Heather and bracken on acidic soils with patches of rare lichen heath are common
- Heathland is one of the most threatened landscapes in Europe and is one of Norfolk’s Biodiversity Action Plan habitats
- The stone curlew, stock dove and hobby are common over the heathland
A beautiful long walk just off the B1107 through a mix of Pine, Oak, Beech and Larch following the red way marked trail.

Thetford Warren Lodge
The Warren Lodge dates back to 1400 and was built by the Prior of Thetford for his warrener (rabbit keeper) at a time when rabbit farming was very important to the economy of the Brecks. For more information, read the information board located next to the lodge.

Look out for...

- **Warren Lodge** (built around 1400) as you start your walk at the entrance to the forest
- Butterflies such as speckled wood found between May and September in woodland and forest rides
- Fungi – Rishbeth Wood is a good fungi spotting area
- Deer
- Rabbits

### Key

- **Walk 13**
- **Parking** P
- ½km
- ¼mile
Useful contacts

Norfolk County Council
www.norfolk.gov.uk

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

Breckland Council
www.breckland.gov.uk

Forestry Commission
www.forestry.gov.uk

British Trust for Ornithology
www.bto.org

Norfolk Biodiversity Partnership
www.norfolkbiodiversity.org

National Trail
www.nationaltrail.co.uk

Natural England
www.naturalengland.org.uk

Brecks Partnership
www.brecks.org
brecks.tourism@et.suffolkcc.gov.uk
Tel: 01842 760116

Charles Burrell museum
www.24hourmuseum.org.uk
burrell@thetfordtowncouncil.gov.uk
Tel: 01842 765840

Thetford Town Council
www.thetfordtowncouncil.gov.uk

Thetford Tourist Information
www.exploretchetford.co.uk
info@2newhorizons.co.uk
Tel: 01842 751975

English Heritage
www.english-heritage.org.uk

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

Norfolk Churches Trust
www.norfolk-churches.co.uk

Royal Society for the Protection of Birds
www.rspb.org.uk

Norfolk Wildlife Trust
www.wildlifetrust.org.uk/norfolk

Friends of Thetford Forest
www.fotfp.org.uk

Ramblers Association
www.ramblers.org.uk

Active Norfolk
www.activenorfolk.org

Open Access
www.openaccess.gov.uk

Are you interested in walking with a group?
The Breckland and Brandon Walking for Health Scheme delivers a series of led walks in the Thetford area. Contact the Coordinator at Breckland Council on 01362 656894 for more information and to obtain a programme. You can also visit www.breckland.gov.uk/walking_for_health
Acknowledgements
Many thanks to the Breckland and Brandon Walking for Health Scheme who provided us with information that helped us develop our routes.

Thank you to the Forestry Commission and British Trust for Ornithology for supporting the development of the walks within Thetford Forest and Nunnery Lakes reserve, and for providing us with the information and resources we needed to ensure routes and accompanying information are accurate.

Many thanks to Thetford Town Council and the Brecks Partnership for their input and support in the development of walking routes around the town, and for providing accompanying information about Thetford and the Brecks area.

Further information
Call in at Thetford Tourist Information Centre, PAL House, Market Place, Thetford or the Library on Raymond Street to find out more about the area. The Brecks Partnership at Kings House will also be happy to give you more information about things to see and do in the town and surrounding area. The churches mentioned in this booklet have fascinating details in their own leaflets.

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 (November 2008)
• 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 physical and psychological health, to relax, unwind and recharge your batteries.

This book has 13 circular walks of varying lengths, ideal to fit in with daily life.

The locations have been chosen to help walkers enjoy and appreciate Norfolk’s heritage, both natural and man-made, linking history to nature and health.

Enjoy the walks!