

S7

Nar Valley Way Short Section 7 (of 9) Castle Acre to Litcham

Length:
6 Miles

Legend

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

N



www.norfolk.gov.uk/trails

Along the way

The starting point for this section is Castle Acre's 13th-century Bailey Gate, now in the care of English Heritage, which has the village's main street running through it. Castle Acre was originally constructed as a fortified town and the Bailey Gate is the surviving north gate of the old defensive wall.

A little way down Bailey Street and to the left you will find the ruins of the Norman castle that gives the village its name. This impressive 12th century motte and bailey castle was founded soon after the Norman Conquest by William de Warenne, the first Earl of Surrey, and the site was chosen because of its strategic position where the ancient Peddar's Way crosses the River Nar.

Leaving Castle Acre to the north east, the route crosses the River Nar by a bridge at Newton Mill, which has had a mill on the same site since the time of the Domesday Book.

Continuing east to meet the river once more just south of East Lexham, Lexham Hall can be seen to the north a little further on. This fine, grade 1 listed, 17th/18th century hall enjoys extensive views over parkland. The hall may not be visited but its gardens are sometimes open for special events. As well as formal gardens with terraces, rose borders, yew hedges, and a traditional kitchen garden, there is also a 3 acre woodland garden of fine trees with snowdrops lining the ground as you walk and an extensive collection of scented, winter flowering shrubs.

Near the end of the route is Litcham Common, a Local Nature Reserve of 28 hectares. This stretch offers an enjoyable walk through heath and mixed woodland. Dartmoor ponies have been introduced to graze the reserve and keep its distinctive habitat in good condition. Litcham Common is home to a wide range of wildlife, including three types of heather, several species of butterfly in summer and birds that include greater and lesser spotted woodpecker, barn owl and woodcock. Adders are also sometimes seen.

Walk summary

6 mile walk along quiet rural Norfolk lanes and paths, crossing a Local Nature Reserve and finishing in the conservation village of Litcham

Getting started

This walk is between Castle Acre at the Bailey Gate (TF817151) and Litcham at the junction between Druids Lane and Church Street (TF887175)

Getting there

Bus service Peelings 1, Swaffham Flexibus, or West Norfolk Community Transport 32 (Castle Acre)

Bus stop

Litcham, adj Back Street
Castle Acre, adj Costcutter

Traveline enquiries: 0871 200 2233

www.travelineeastanglia.org.uk

Maps and guides

Ordnance Survey Explorer Map 238, Dereham & Aylsham, available from Ordnance Survey shop
www.ordnancesurvey.co.uk/oswebsite

What to expect

Mainly footpaths and quiet country lanes. No stiles on this section.

Facilities

Accommodation, shops, post office, pub, tea room and café in Castle Acre.
Accommodation, shops, post office, pub in Litcham