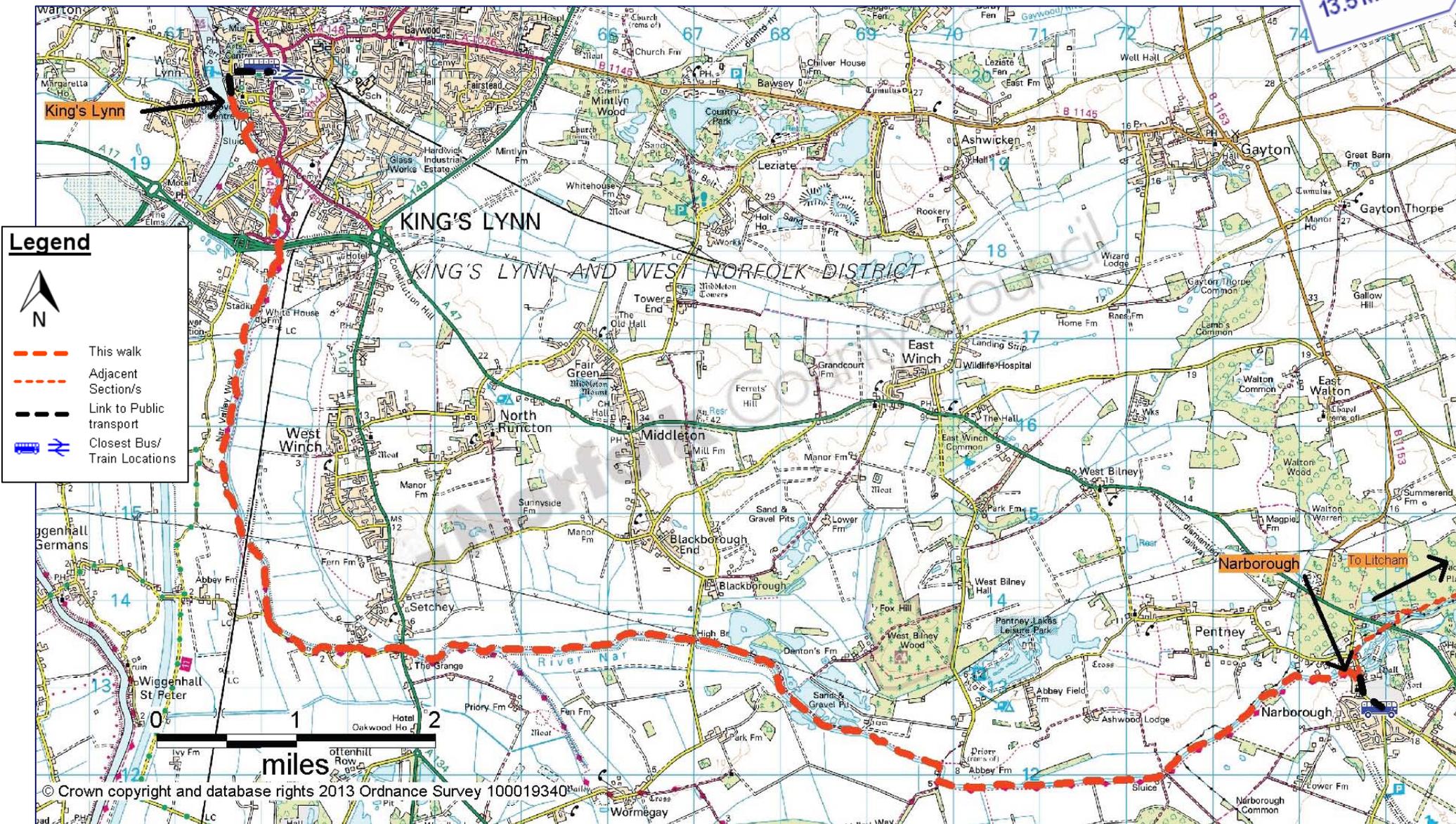


L1 Nar Valley Way Long Section 1 (of 3) King's Lynn to Narborough

Length:
13.5 Miles



Along the way

The Nar Valley Way starts at King's Lynn, a historic town with many places of interest to visit. Close to the beginning of the route on South Quay is the Customs House built by Sir John Turner in 1685, an iconic landmark that now houses the town's Tourist Information Office.

The route continues south running along the riverbank, passing the site of a 13th century Carmelite friary, known as Whitefriars. All that remains today is the friary's northern gate.

Beyond Whitefriars, the route continues south alongside the river. King's Lynn was once an important port for the whaling industry and blubber and bones used to processed at Blubber House Creek, which this route passes after crossing the River Nar. Whalebone and oil were once economically important products for the town and even King's Lynn's largest church, St Margaret's, was illuminated by using whale oil until 1839.

The River Nar is known for its biodiversity and the stretch close to King's Lynn possesses several species of flora not found in the upper river. Breeding birds include snipe, lapwing, redshank, sedge and grasshopper warblers.

Look out, too for dragonflies, as at least 12 different species have been identified along the River Nar, an impressive number for a British river.

The river curves east just before Setchey Bridge and the walk continues along the banks of the River Nar through open fenland, passing near the gatehouse of Pentney Abbey, all that remains of a 14th century Augustinian abbey.

Approaching Narborough, the route passes the former site of the Narborough Bone Mill, which used to grind bones from local slaughterhouses, whalebones brought upriver from King's Lynn, and even human bones transported from Hamburg cemeteries, into agricultural fertilizer. The mill became redundant in the late 19th century but its cast iron water wheel remains as a prominent feature on the bank opposite the path.

At the end of the section the route crosses the old King's Lynn to Dereham railway line. The brick supports of the now dismantled railway bridge can still be seen in place across the river just before arriving in Narborough.

Further Information on this walk is available in four short sections including more detailed maps.

See Short Sections S1; King's Lynn to Saddlebow, S2; Saddlebow to Setchey, S3; Setchey to Pentney and S4; Pentney to Narborough available at www.norfolk.gov.uk/narvalleyway

Walk summary

Start or finish the Nar Valley Way with this 12.5 mile walk through the historic countryside of the lower reaches of the River Nar.

Getting started

This section starts at the Junction between South Quay and St Margaret's Lane in King's Lynn (TF616197) and ends at Narborough at the junction of Main Road and River Close (TF747131).

Getting there

Train King's Lynn Station

Bus service First in Norfolk and Suffolk X1 (King's Lynn and Narborough), Swaffham Flexibus and Pentney Shuttlebus (Narborough)

Bus stops King's Lynn, Bus Station Bay 1 and Narborough, adj Narford Road

Traveline enquiries: 0871 200 22 33

www.travelineeastanglia.org.uk

Maps and guides

Ordnance Survey Explorer Map 235, King's Lynn, Downham Market & Swaffham, available from Ordnance Survey shop

www.ordnancesurvey.co.uk/oswebsite

What to expect

Riverbank walk. Mainly footpaths and small rural roads. One stile on this section between Setchey and Pentney.

Facilities

Pubs, shops, accommodation and parking in King's Lynn

Accommodation, Pentney

Post office, restaurant and accommodation in Narborough