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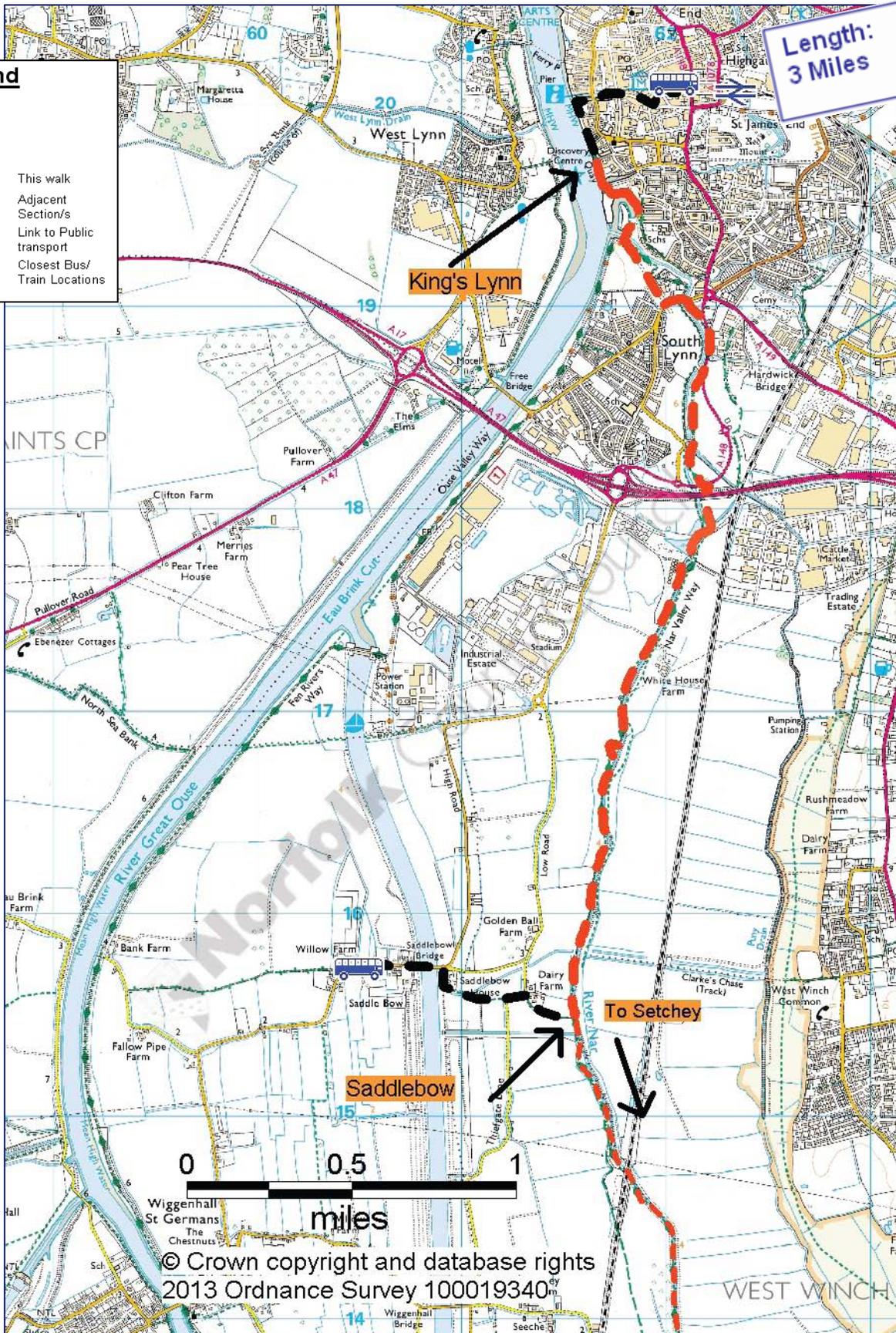
Nar Valley Way Short Section 1 (of 9) King's Lynn to Saddlebow

Length:
3 Miles

Legend

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

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Along the way

This walk begins in historic King's Lynn. Before or after your walk, take some time to explore the town itself and discover its fascinating heritage. The town's Tourist Information Office is a few minutes stroll north from the start of the walk and is located in the Customs House, an iconic landmark designed by architect Henry Bell and built by Sir John Turner in 1685.

Heading south out of King's Lynn the walk crosses or passes close to many historic sites some of which are outlined below:

The walk passes the site of a Carmelite friary, known as Whitefriars. This was founded in the 13th Century but dissolved in the mid 16th century. Local road and place names reflect the presence of the friary but the only standing remains are the northern gate.

This walk also crosses the route of King's Lynn's historic Town Wall several times. Stone walls were constructed in the late 13th and early 14th centuries as part of the town's extensive defences. In the 18th century several sections of the walls were demolished, but some stretches of wall are still standing, as well as the impressive South Gate on London Road.

Just after crossing the River Nar, the walk passes over the site of Blubber House Creek. The whaling industry was important to King's Lynn in the 18th and early 19th centuries, which involved processing whale blubber and bones to sell. Bone was used to make chair backs, cutlery, brush and whip handles, butchers' chopping blocks, and stiffenings for dressmaking. The jawbones were used to strengthen the hulls of ships and also ground down to make fertilizer. Grease made from whale oil was used to lubricate machinery and the oil was an ingredient in soap making and used for street lighting. St Margaret's Church was illuminated using whale oils until 1839.

During the later 19th century the Lynn whaling industry went into decline. This was due in part to the increase in popularity of gas lighting as well as competition from Hull, Grimsby and London and the abolition of a government bounty in 1820.

Find out more

www.visitwestnorfolk.co.uk

www.maritimeheritageeast.org.uk



www.norfolk.gov.uk/trails

Walk summary

This 3 mile walk takes you along the banks of the River Nar from the historic docks of King's Lynn through to the open 'big sky' landscape of the fens.

Getting started

This section starts at the junction of South Quay and St Margaret's Lane in King's Lynn (TF616197) and ends at Dairy Farm, Saddlebow (TF615154).

Getting there

Train: King's Lynn Station

National Rail enquiries: 08457 484950.
www.nationalrail.co.uk/

Bus service Norfolk Green 46 (Saddlebow)

Bus stop

Saddlebow, opp The Olde Bull
King's Lynn, Bus Station Bay 1
Traveline enquiries: 0871 200 2233
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

Mainly surfaced paths and river bank. No stiles on this section.

Facilities

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