

# L3

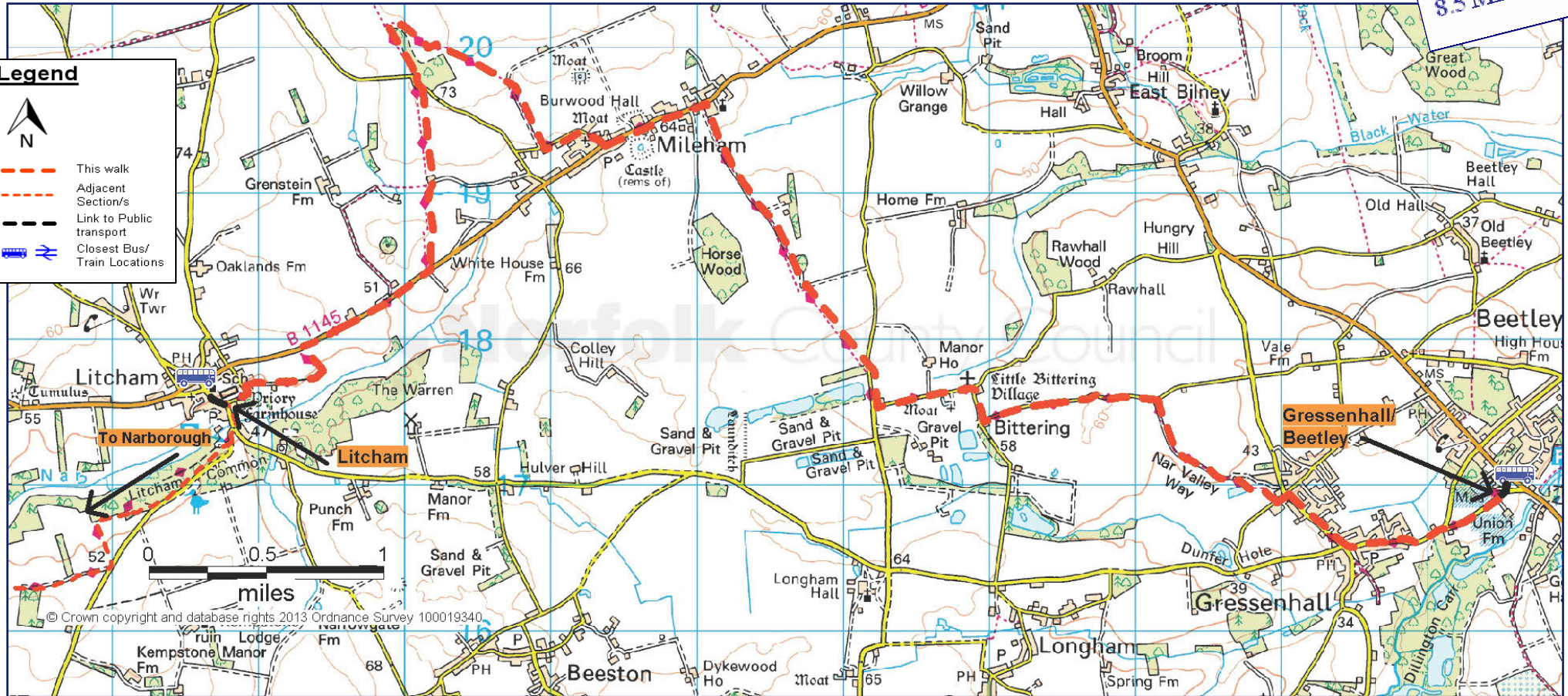
## Nar Valley Way Long Section 3 (of 3) Litcham to Gressenhall/ Beetley

Length:  
8.5 Miles

**Legend**

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

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## Along the way

Litcham's All Saints' Church, which dates from the early 15<sup>th</sup> century, lies close to the beginning of the route and has a fine rood screen and many examples of medieval graffiti. The puzzling 'Litcham Cryptogram', carved into one of the church's pillars, has long been the subject of debate and remains a mystery to this day although it may possibly commemorate a siege at Bamburgh Castle or another event such as the Great Plague.

Heading east out of Litcham, the trail passes to the south of a field at Grenstein Farm that contains several Bronze Age burial mounds. Prehistoric flint tools were found on one of these mounds in 1989. The route then heads north passing Lounds Wood, a piece of ancient woodland that has been designated a County Wildlife site, before doubling back south towards Mileham.

Just off the main road in Mileham are the remains of a Norman castle, constructed in about 1100 and abandoned in the early 14<sup>th</sup> century. This is one of the largest motte and bailey castles in Norfolk and its extensive remains consist of earthworks, two baileys, a moat surrounding the flint fragments of a keep and a rectangular enclosure on the other side of the main road that now contains farm buildings and 18<sup>th</sup>-century Burwood Hall.

After Mileham the walk leads southeast along quiet country lanes and footpaths through the typical rolling farmland of central Norfolk. As the route continues, it joins a Roman road and passes the medieval village of Bittering, which this day is just a tiny hamlet. The overgrown moat that used to surround the former manor house can still be seen next to the road.

The Nar Valley Way ends at the Gressenhall Farm and Workhouse museum. The large imposing building was once a workhouse for the poor but now serves as a museum dedicated to depicting workhouse life and rural Norfolk's social history. Gressenhall Farm, which lies adjacent across the road and once used to grow food for the workhouse inmates, is still farmed traditionally, using Suffolk Punch horses to plant, harvest and plough.

*Further Information on this walk is available in two short sections including more detailed maps. See Short Sections [S8; Litcham to Mileham](#) and [S9; Mileham to Gressenhall/ Beetley](#) available at [www.norfolk.gov.uk/narvalleyway](http://www.norfolk.gov.uk/narvalleyway)*

### Walk summary

Start or finish the Nar Valley Way with an 8.5 mile walk through the farmlands and villages of rural Norfolk, passing castle remains and deserted mediaeval villages along the way and ending at a former workhouse, now a museum.

### Getting started

This section is between Castle Acre at the Bailey Gate (TF817151) and Gressenhall Farm and Workhouse museum (TF974169).

### Getting there

**Bus service** Peelings 1, Carters 1, 2 or 8 or Konectbus 21 or Swaffham Flexibus

**Bus stops** Litcham, adj Church Street, Gressenhall, opp post office or adj Swan, Beetley, opp Beech Road  
Traveline enquiries: 0871 200 22 33

[www.travelineeastanglia.org.uk](http://www.travelineeastanglia.org.uk)

### Maps and guides

Ordnance Survey Explorer Map 238, Dereham & Aylsham, available from Ordnance Survey shop

[www.ordnancesurvey.co.uk/oswebsite](http://www.ordnancesurvey.co.uk/oswebsite)

### What to expect

Mainly footpaths and small rural roads. Walk along verge of B1145 for about half a mile. No stiles on this section.

### Facilities

Accommodation, shops, post office, pub in Litcham.

Shop and post office in Mileham

Café and parking at Gressenhall Farm and Workhouse museum, (opening hours only). Shop with post office in Gressenhall.