

S8

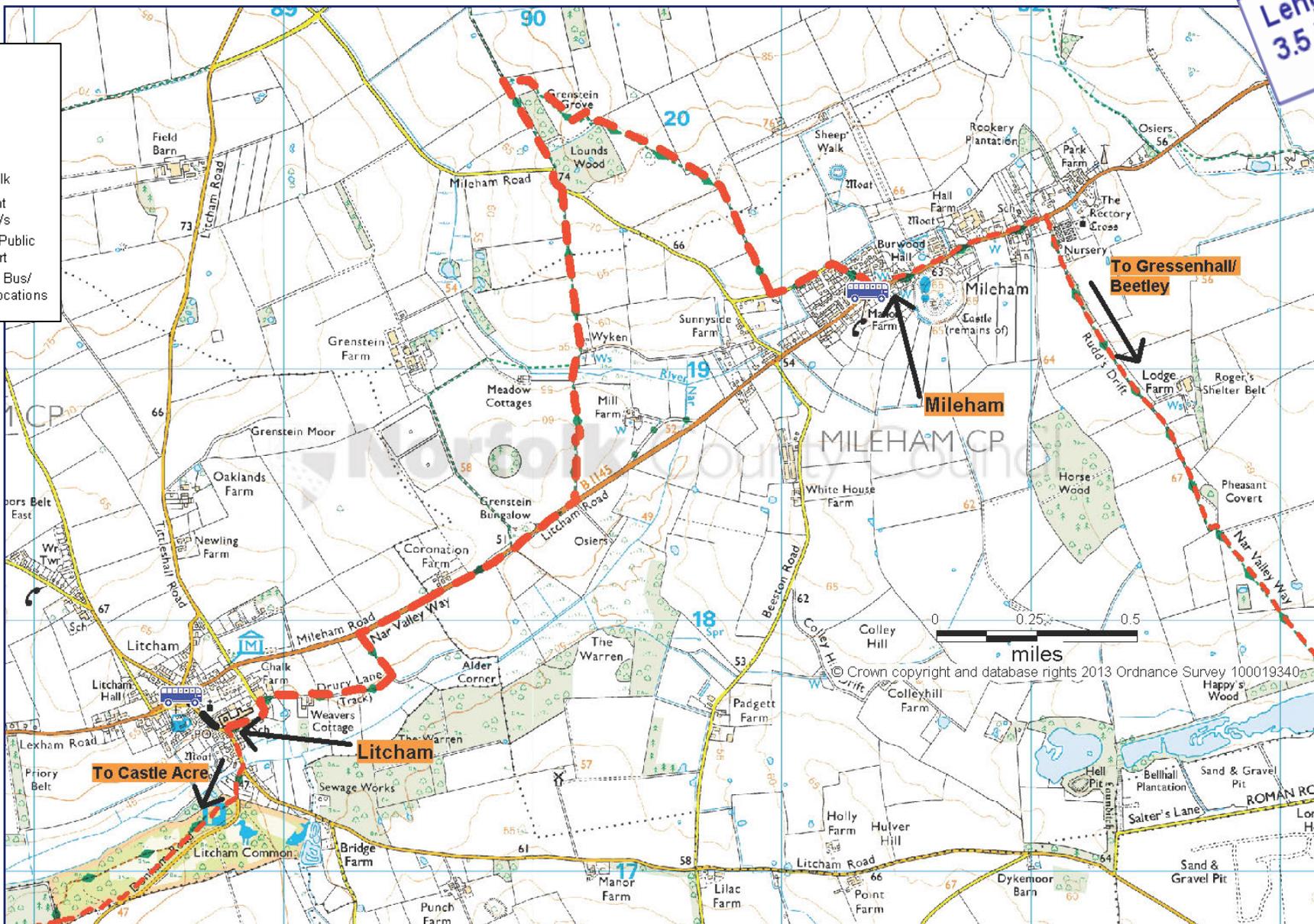
Nar Valley Way Short Section 8 (of 9) Litcham to Mileham

Length:
3.5 Miles

Legend



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



Along the way

Litcham's All Saints' Church, consecrated in 1412 but largely rebuilt in the 17th-century, lies close to the beginning of the route. The interior contains a magnificent 15th-century rood screen with 22 painted images of saints. There are also a large number of examples of medieval graffiti.

Carved into a pillar is one of the most puzzling examples of medieval graffiti known. Sometimes referred to as the 'Litcham Cryptogram', it has been the subject of much debate and its true meaning remains a mystery to this day. It is usually translated as 'MM Mwyke Bamburgh' with the letters 'A S J M A Y' added later by another hand. Some suggest the upper letters translate as 'Save (my soul) Jesus, Mary and Joseph (Anima Salv Jesu Maria A Yosephu)'. The 'MM' that begins the lower line is thought to be shorthand for 'memento mori' (in memory of the dead), possibly for those who perished in a siege at Bamburgh Castle or perhaps another event such as the Great Plague.

Heading east out of Litcham on the Litcham Road, the trail passes to the south of field at Grenstein Farm which contains several Bronze Age burial mounds and evidence of three ring ditches. Prehistoric flint tools were found on one of these mounds in 1989.

The route then heads north to follow footpaths away from the main road to pass Lounds Wood, which is a designated County Wildlife as this is ancient woodland. Lounds Wood was the probable location of Greynston (Grenstein) Manor, the manor house associated with the nearby deserted village of Grenstein that was abandoned in medieval times and eventually bulldozed and ploughed over in 1959. After passing the wood, the route turns sharply southeast to follow footpaths across fields to reach Mileham.

Walk summary

3.5 mile walk through rural 'high' Norfolk that passes ancient woodland and the site of a long-deserted medieval village.

Getting started

This section begins in Litcham at the junction between Druids Lane and Church Street (TF887175) and Mileham at the start of Back Lane (TF913193).

Getting there

Bus service Peelings 1, Carters 1, 2 and 8 or Swaffham Flexibus

Bus stop

Mileham, adj Litcham Road
Litcham, adj Church Street

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

Pavements in villages and walk along the grass verge of the B1145, footpaths and small rural roads in between. No stiles on this section.

Facilities

Accommodation, shops, post office, pub in Litcham.

Shops and post office in Mileham.