

L2

Nar Valley Way Long Section 2 (of 3) Narborough to Litcham

Length:
11.5 Miles

Legend

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



Along the way

This section begins close to the entrance of Narborough Hall, an imposing country house set in parkland that contains two lakes and a stretch of the River Nar. Also in the village is Narborough Mill, a large 18th century three-storey building that was restored in 1980.

From Narborough, the route heads northeast through Bradmoor Plantation to pass north of privately owned Narford Lake and Narford Park.

At West Acre you will find the ruins of a 12th century Augustinian priory. A heavily restored church of 13th and 14th century origin stands alongside the gatehouse of the former abbey.

Leaving West Acre the route meets the River Nar once more and follows it through shady mixed woodland and across grazing marshes and traditionally managed pasture where summer cattle grazing and hay making have encouraged wetland plant species like southern marsh orchid, yellow rattle and bogbean. Castle Acre Common, reached just before arriving in Castle Acre, is designated an SSSI and is the most important valley grassland site in West Norfolk.

Castle Acre has the spectacular remains of a Cluniac priory that was founded in 1089 by William de Warenne, the son of the first Earl of Surrey. The village has many historic points of interest that include a 12th century church, a 13th century bailey gate and the remains of a 12th century motte and bailey castle from which the town gets its name.

Beyond Castle Acre to the east, and just to the south of East Lexham, you can see Lexham Hall, a fine 17th/18th century hall with grounds that offer riverside walks and a 3 acre woodland garden to explore (special open days only).

Litcham Common, a County Wildlife status local nature reserve, is near the end of the route and provides an enjoyable walk through heath and woodland. The common is home to many species of butterfly and birds as well as three types of heather, thanks to the grazing of Dartmoor ponies that helps maintain its unique habitat.

The River Nar, designated an SSSI along the whole of its length due to its chalk stream features, rises a few miles east of the village of Litcham.

Further Information on this walk is available in three short sections including more detailed maps. See Short Sections S5; Narborough to West Acre, S6; West Acre to Castle Acre and S7; Castle Acre to Litcham Available at www.norfolk.gov.uk



Walk summary

This 11.5 mile walk passes the remains of two medieval priories as well as going through the historic village of Castle Acre with its bailey gate and Norman castle.

Getting started

This section begins in Narborough at the junction of Main Road and River Close (TF747131) and ends in Litcham at the junction between Druids Lane and Church Street (TF887175)

Getting there

Bus service First in Norfolk and Suffolk X1 and Pentney Shuttlebus (Narborough) Peelings 1 and Swaffham Flexibus (Litcham)

Bus stop Narborough, adj Narford Road and Litcham, opp Church Street

Traveline enquiries: 0871 200 22 33

www.travelineeastanglia.org.uk

Maps and guides

Ordnance Survey Explorer Map 235, King's Lynn, Downham Market & Swaffham and Ordnance Survey Explorer Map 238, Dereham & Aylsham, available from Ordnance Survey shop

www.ordnancesurvey.co.uk/oswebsite

What to expect

Mainly footpaths and small rural roads. Busy crossing of A47 after Narborough, with road barrier to step over. Path along Castle Acre Common can be wet at times.

Facilities

Post office, restaurant, accommodation in Narborough
Pub, accommodation in West Acre

Shops, post office, eateries, accommodation in Castle Acre

Accommodation, shops, post office, pub in Litcham.