

S5

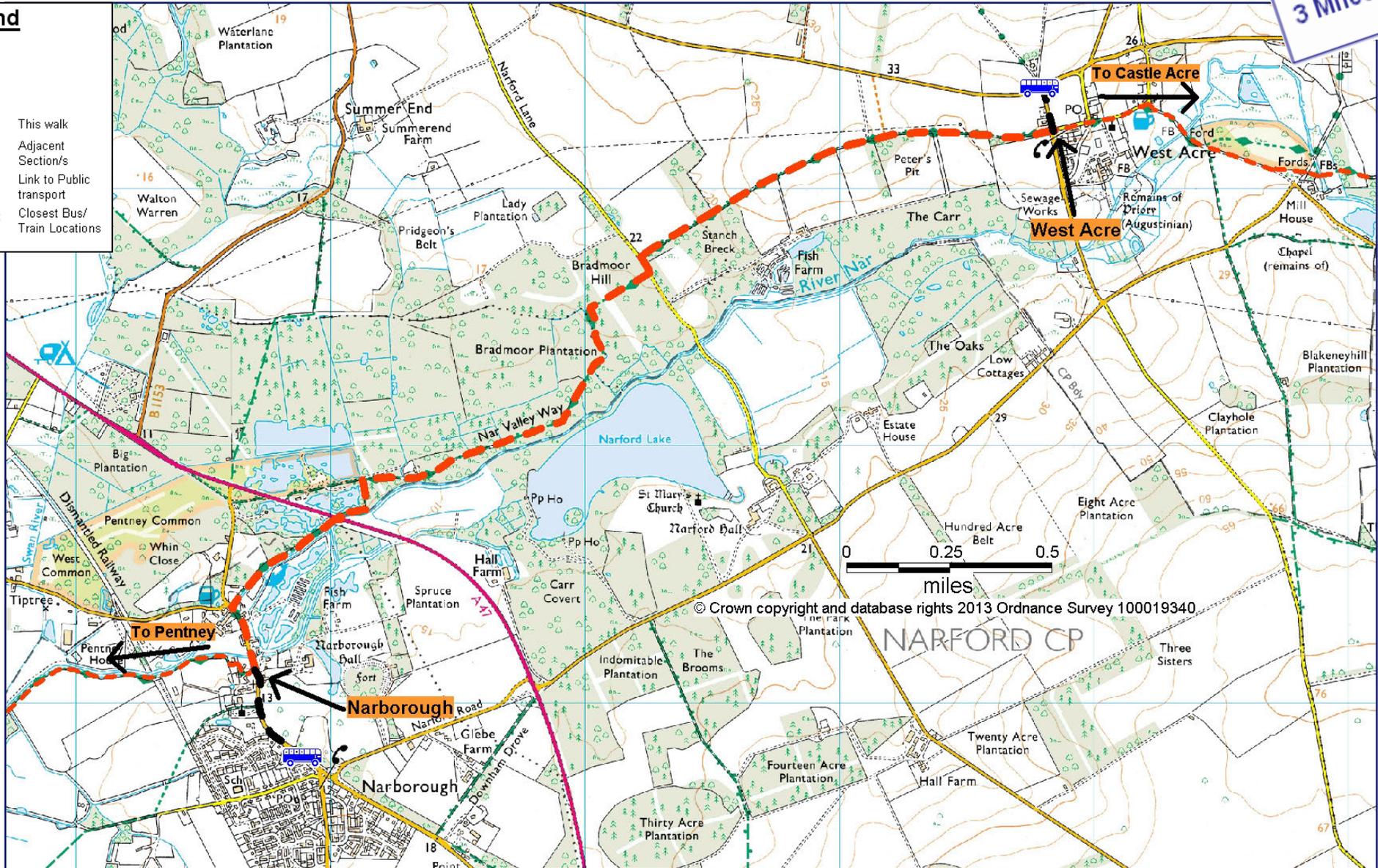
Nar Valley Way Short Section 5 (of 9) Narborough to West Acre

Length:
3 Miles

Legend



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



www.norfolk.gov.uk/trails

Along the way

This section begins close to the entrance to historic Narborough Hall. This imposing country house is set in 79 acres of park and woodland containing two lakes and a short stretch of the River Nar. The Park also contains a number of earthworks that include a possible Iron Age fort and evidence to suggest there had also been a medieval settlement on the site.

Just beyond Narborough Hall, above a three-centred arch over a mill race, stands Narborough Mill, a large three-storey brick building built in 1780. Although the mill ceased to operate in the early 1950s, most of the machinery remains intact and the water still flows underneath the building.

Leaving Narborough, the route passes a fish farm and crosses the A47 before leading through the woodland of Bradmoor Plantation away from the river and north of Narford Lake, which can be glimpsed through the trees. Narford Lake is privately owned, part of the 18th-century landscaped parkland that surrounds Narford Hall, the seat of the Fountaine family. Narford's St Mary the Virgin Church can be seen next to the lake on the far shore.

The route ends at West Acre where you will find the remains of the Augustinian Priory of St Mary and All Saints founded around 1135. The ruins of the priory church, chapter house, cloisters, gatehouse and other buildings can still be made out. Next to the priory gatehouse stands All Saints' Church, which is of 13th and 14th century origin but substantially rebuilt in the early 17th century and restored in the late 19th and early 20th century.

Walk summary

A 3 mile walk that passes through woodland and meadows before reaching the evocative priory ruins at West Acre.

Getting started

This section is between Narborough at the junction of Main Road and River Close (TF747131) and West Acre at the junction of Church Green and River Road (TF778152).

Getting there

Bus service Peelings 1, Swaffham Flexibus, West Norfolk Community Transport 32 (West Acre), First in Norfolk and Suffolk X1 (Narborough)

Bus stop

Narborough, opp Narford Road
West Acre, adj Top Road

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

Some pavement but mainly riverbank, woodland paths and farm tracks. No stiles on this section but busy A47 crossing requires step-over of road barrier

Facilities

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