

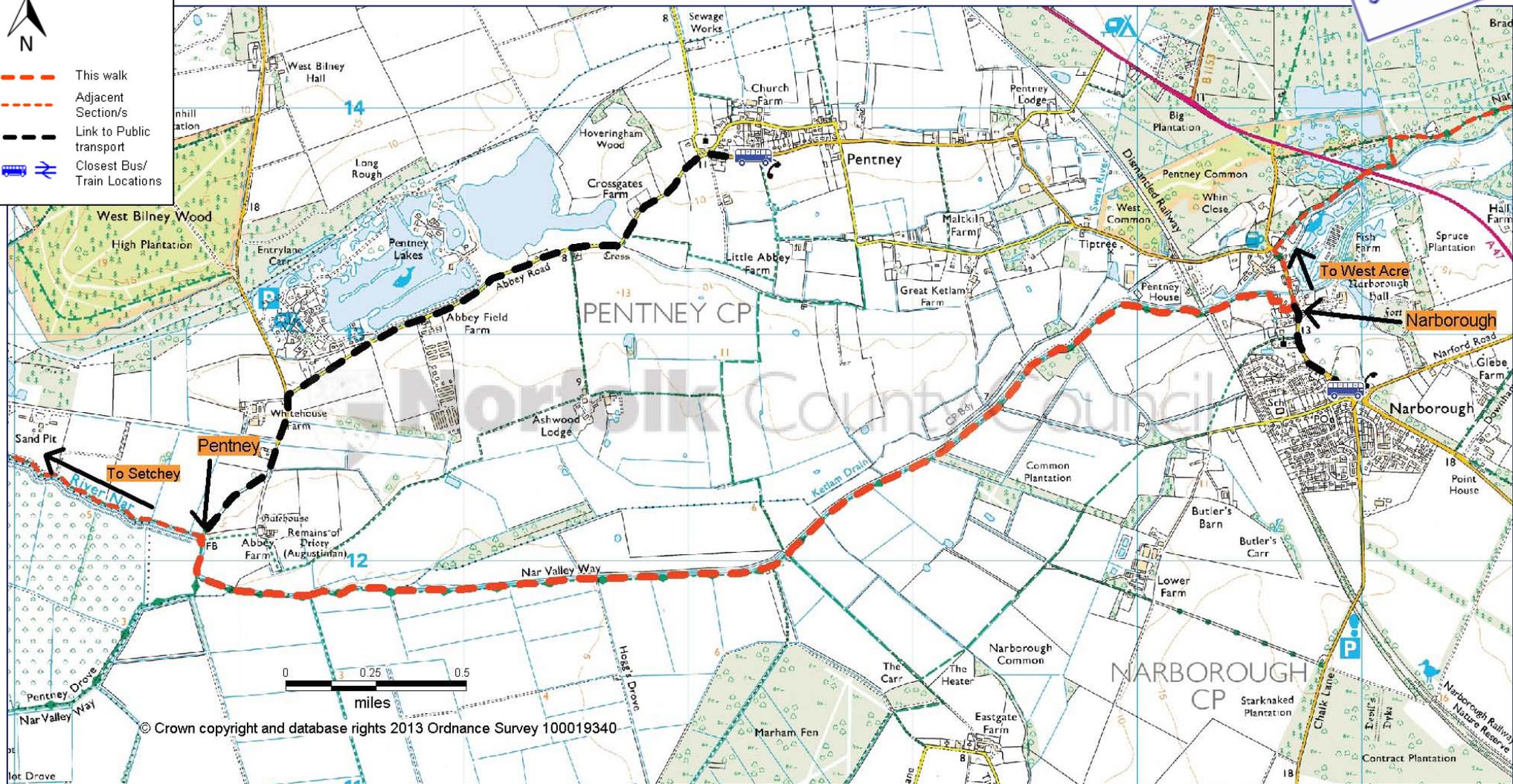
S4

Nar Valley Way Short Section 4 (of 9) Pentney to Narborough

Length:
3 Miles

Legend

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



Along the way

This route begins close to the former site of Pentney Abbey. An Augustinian priory was founded here around 1130 that went on to become one of the most important monasteries in the county before going into decline in the 15th century. The priory was finally dissolved during the Reformation in 1537. The impressive gatehouse ruins, which date from the 14th century, still remain alongside the buildings of modern day Abbey Farm. A wide range of interesting archaeological finds have been discovered on the site that include swords, human remains, coins, metalwork, a medieval harness pendant and a medieval weight.

Roughly halfway to Narborough you will pass the gauging station at Marham Fen, where river flow is measured. From here the route continues east along the bank of the River Nar, passing the site of what was once the Narborough Bone Mill. This was built in the early 19th century to grind bones from local slaughterhouses as well as whalebones brought upriver by barge from King's Lynn's blubber processing factory. On a more ghoulish note, human bones exhumed from north German cemeteries were also sometimes shipped to the port of King's Lynn and brought here to be ground into agricultural fertilizer.

The mill ceased to work in 1884 or soon afterwards, when the Nar Valley Drainage Board built a sluice near the mouth of the river, preventing further use of the river by boat traffic. The mill buildings were demolished in the early 20th century, although an impressively large cast iron wheel remains as a prominent feature on the opposite bank.

At the end of the section, the route crosses the old King's Lynn to Dereham railway line, which operated from 1846 until its closure in 1960. The brick bridge supports of the dismantled railway line can still be seen in place across the river just before reaching Narborough.

Walk summary

An enjoyable 3 mile walk along the south bank of the River Nar, with beautiful landscape views.

Getting started

This section begins near Pentney Abbey (TF698121) just under two miles southwest of Pentney village and ends at Narborough at the junction of Main Road and River Close (TF747131).

Getting there

Bus service: Shuttlebus (Pentney to Narborough), First in Norfolk and Suffolk X1 (Narborough)

Bus stop: Pentney, adj Church Close, Narborough, opp Narford 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

Mainly bank top grassy path. Several gates along the way.

Facilities

Accommodation Pentney Abbey and Pentney village Post office, restaurant, and accommodation in Narborough.