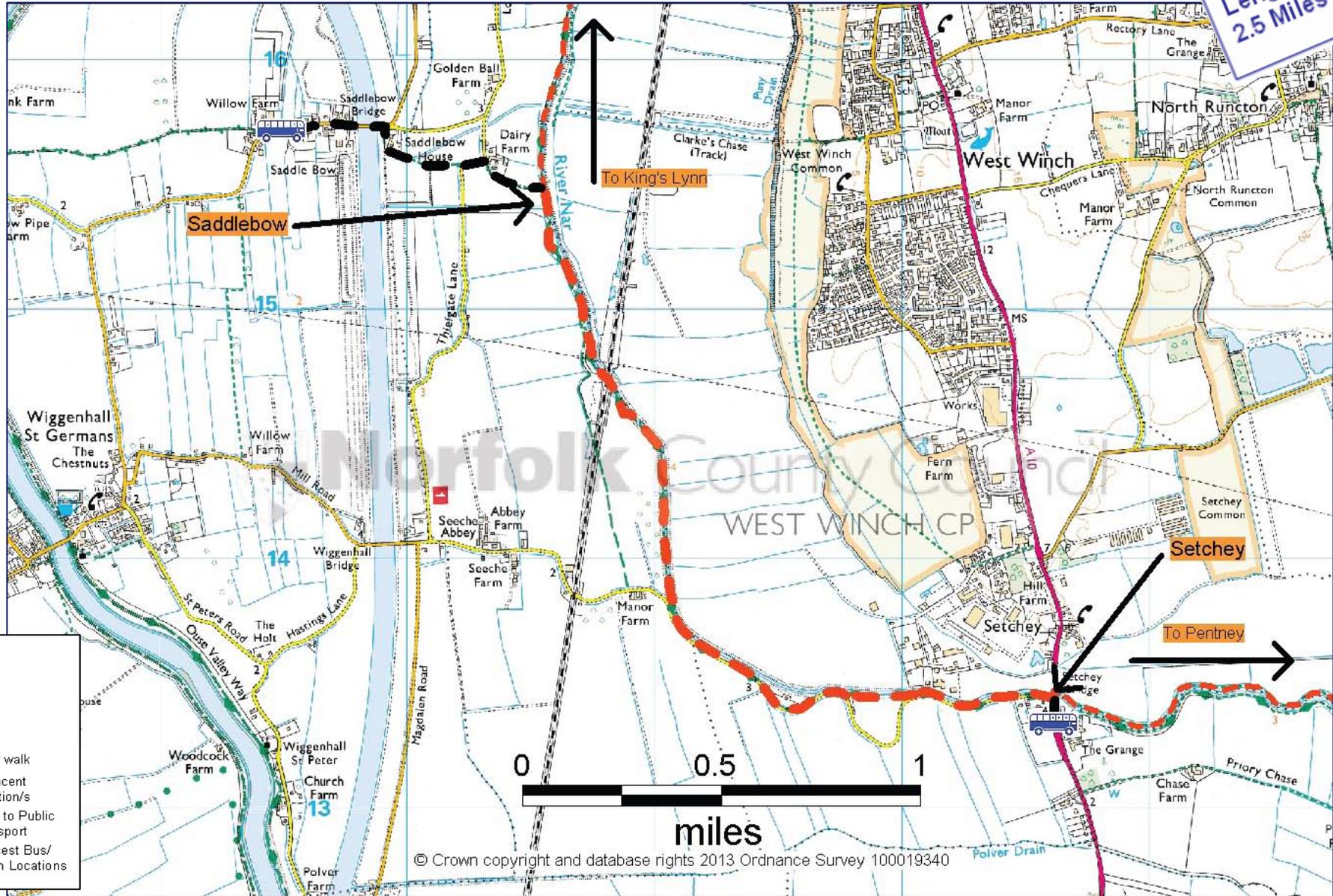


## Nar Valley Way Short Section 2 (of 9) Saddlebow to Setchey

Length:  
2.5 Miles



## Along the way

This walk provides an opportunity to observe the diverse aquatic life of the River Nar, whose biodiversity value is recognised by its designation as a Site of Special Scientific Interest.

These lower stretches of the river support several species of plant not found in the upper river. They are characteristic of sluggish flows as opposed to the faster waters of the upper chalk river and include 3 pondweeds, 2 water crowfoots, hornwort, water-milfoil and river water-dropwort.

The Nar is well-known locally for its brown trout and also supports pike, roach and eel. Other species such as spined loach and rainbow trout can also be found.

The quality and diversity of habitats adjacent to the river supports a variety of animals and birds too. Breeding birds include snipe, lapwing, redshank, sedge and grasshopper warblers.

Look out for dragonflies as at least 12 different species have been recorded along the River Nar, which is a wide variety for the UK.

This walk also presents a fantastic opportunity to experience the open Fenland landscape. As a result of land drainage and subsequent shrinkage of the peat soil, the fens are very low lying with many parts even below mean sea level. Traditional use of the fens for pastoral farming, fishing, wild-fowling and harvesting of reeds or sedge for thatch has now largely been replaced by modern arable farming. Reed-filled ditches outline the boundaries of the fields.

### Walk summary

A 2.5 mile walk under the dramatic 'big skies' of the Norfolk Fens, along the banks of the River Nar.

### Getting started

This section starts at Dairy Farm, Saddlebow (TF615154) and ends at Setchey Bridge (TF636134).

### Getting there

**Bus service** Norfolk Green 46 (Saddlebow), Norfolk Green 37 & 39, Coach Services 40 (Setchey)

**Bus stop** Saddlebow, The Olde Bull / Setchey, Old Garage Layby

Traveline enquiries: 0871 200 2233

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

### What to expect

Mainly river bank paths and quiet rural roads. No stiles on this section.

### Facilities

Car parking in layby at Setchey Bridge