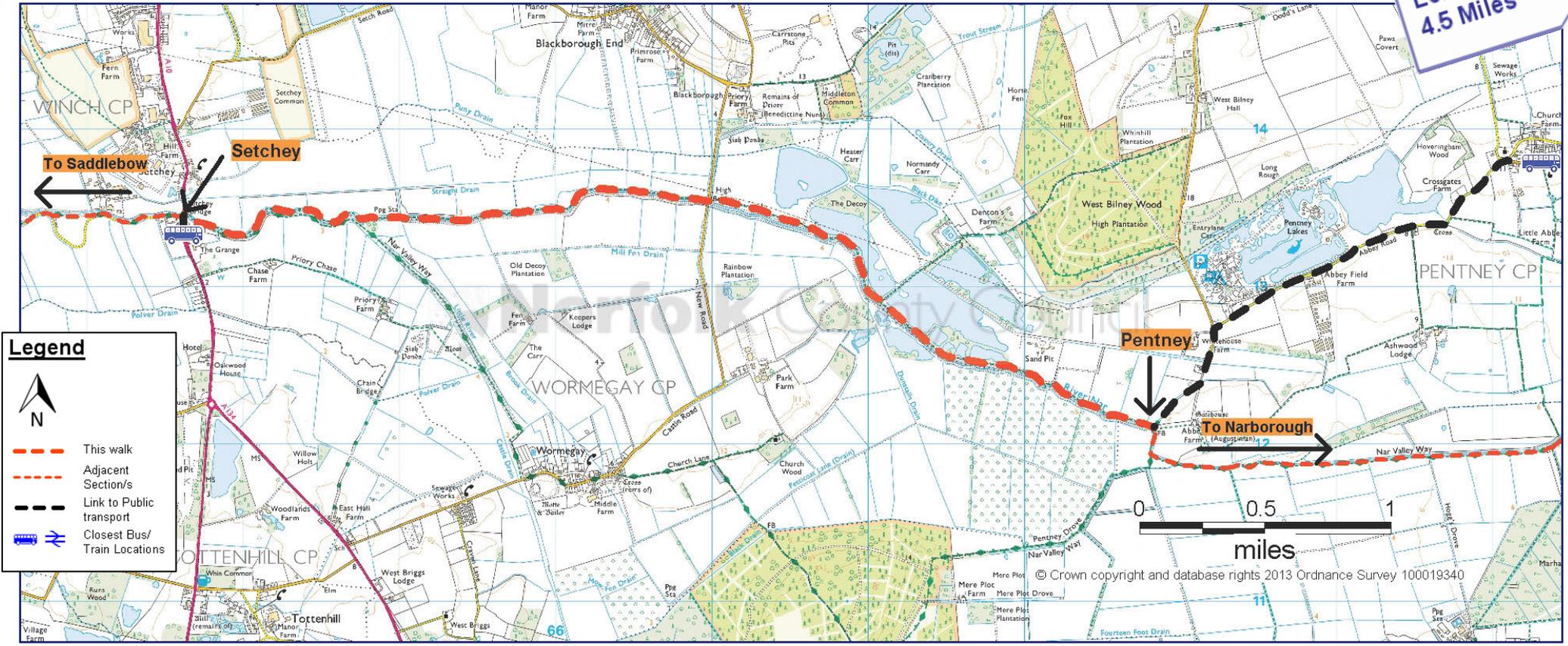


## Nar Valley Way Short Section 3 (of 9) Setchey to Pentney

Length:  
4.5 Miles



## Along the way

This walk begins at Setchey Bridge, a few miles south of King's Lynn, and follows the River Nar east through open agricultural scenery before arriving at Abbey Farm, all that remains of historic Pentney Abbey. There were once so many priories and religious establishments located along the course of the River Nar that it was sometimes referred to as 'God's Holy River'.

The landscape that this walk passes through has only been suitable for arable farming since the mid to late 20<sup>th</sup> century when extensive land drainage was introduced. Before this it was predominantly grazing marsh and meadow, with areas of wet fen.

The area around Setchey at the beginning of this section was exploited for oil shales in the period 1916—1921 but despite the construction of extensive treatment works very little was actually worked because the shale was found to have too high a sulphur content to be of commercial value. A 32-hectare site near the village is a designated geological SSSI important for studies of past sea level change.

This route ends at the site of Pentney Abbey, an Augustinian Priory founded around 1130 by Robert de Vaux. The monks, known as the 'Black Cannons' because of the colour of their habits, were forced to leave the Abbey after King Henry VIII passed the Act For Dissolution of the Monasteries in 1537. After falling into decay the buildings were used by Oliver Cromwell for target practice in the 17<sup>th</sup> Century and much of the stone from the Abbey buildings was later reused as building material for Abbey Farm and by locals in nearby Pentney village.

We are fortunate today that because Cromwell was practicing from boats on the river the impressive 14<sup>th</sup>-century gatehouse built of flint and Barnack stone, and now a Grade 1 Scheduled Ancient Monument, survived as it was beyond the range of the guns and cannon!

### Walk summary

A 4.5 mile walk alongside the River Nar, with 'big sky' landscape views.

### Getting started

This section starts at Setchey Bridge (TF636134) and ends near Pentney Abbey (TF698121), just under two miles southwest of Pentney village

### Getting there

**Bus service** Norfolk Green 37 & 39, Coach Services 40 (Setchey) / Shuttlebus (Pentney to Narborough)

**Bus stop** Setchey - Old Garage Layby / Pentney, adj Church Close

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 bank top grassy path. Kissing gate and stile on this walk.

### Facilities

Accommodation Pentney Abbey and Pentney village