

Distance	4.7 miles (7.5km)
Surface	80% hard, 20% soft - 2 stiles
Gradient	Moderate
Toilets	No
Refreshment facilities	The Cantley Cock Inn, The Reed Cutter Inn
Seating on route	No

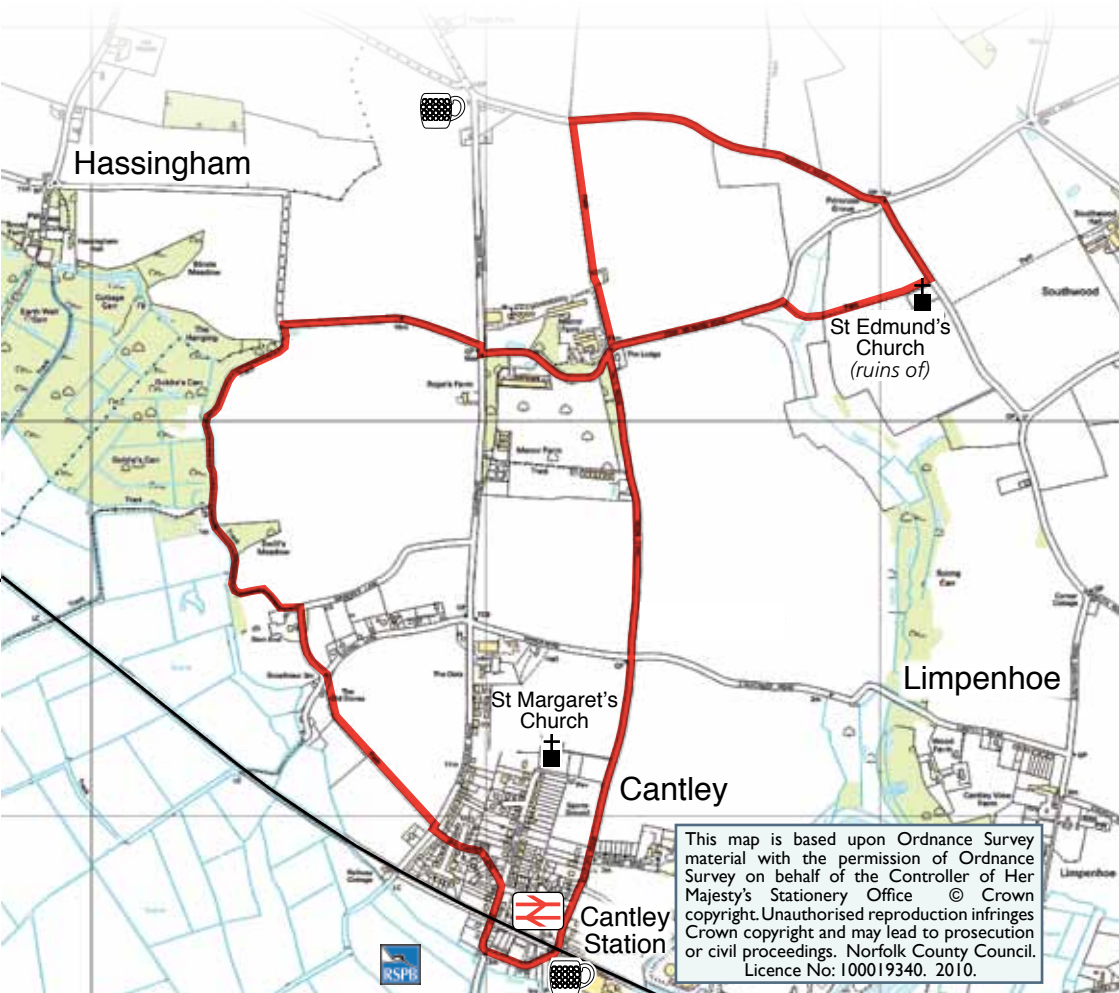
**Directions:**

- 1 From Cantley station, walk up Station Road, passing the signal box on your right. Continue past the entrance to Cantley sugar beet factory – note that during the winter “campaign” the traffic visiting and leaving the factory can become heavy. Proceed with caution in this area and particularly over the small section of road that has no pavement.
- 2 At the crossroads, walk straight over and continue up and down the hill to meet a road junction.
- 3 Turn right and walk for about 450m until meeting a curve in the road. You will see a signed footpath over a stile leading away to your right. Cross the small field and go over the ditch and stile.
- 4 Walk straight over the field to the ivy-covered ruins of St Edmund’s Church you see ahead. On reaching the road, turn right to have a look at the church or left to continue on the circular walk.
- 5 At the crossroads walk straight ahead and after about 800m, turn left onto the crossfield bridleway

*Cantley Village Sign*



- (continue on the lane for about 200m for the Cantley Cock Inn).
- 6 Cross the field to the buildings you see ahead. Continue along the fenced path, passing the converted barn to your left, and farmhouses to your right to reach a road junction.
  - 7 Turn right and walk along this small section of road, with paddocks to your left. On reaching Manor Road, cross (care needed) and continue on the small country lane you see ahead.
  - 8 Continue for 500m, turning left onto the signed public footpath leading away from the road.



- 9 Follow the track around the edge of the fields.
- 10 Pass Barn End to your right, to emerge onto Grimmer Lane.
- 11 Turn right to walk down the slight hill. At the junction, turn right by the post box and after 20m turn left up a driveway keeping to the left to pick up a field-edge public bridleway.
- 12 Walk straight ahead, crossing Burnt House Road to walk down Malthouse Lane. Pass Stanley Close, taking the next right onto Church Road.
- 13 Carefully walk over the level crossing and bear left to follow Station Road. To access the Reed Cutter Inn take the second right hand turn off of Station Road. Follow the road round to return to the station.

*Ruins of St Edmund's Church, Southwood*



### Points of interest:

- British Sugar factory;
- The grounds and ruins of St Edmund's Church are managed for conservation by volunteers from the Blofield & District Conservation Group;
- Cantley Marshes are managed by the RSPB and provide habitat for geese, wigeon and teal, waders and raptors.

*The Reed Cutter Inn on the River Yare*

