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Along the way

Leaving Swanton Morley the route passes the 14th century Church of All Saints on top of a hill at the north of the village. The church, which is very large for a small village such as this, has wide aisles that extend as far as the tower and stone carvings of smiling lion figures on the wall plates. This attractive village has two pubs, one of which, The Angel, was once home to Richard Lincoln, an ancestor of Abraham Lincoln, the 16th president of the United States.

Castle Farm, just beyond Swanton Morley and next to a meander of the river, has the remains of a medieval moat. This may once have protected a castle or fortified manor house that previously stood here although there is little hard evidence to support this.

After following the meandering River Wensum for a while, and passing the round-tower Church of St Mary at Bylaugh on the opposite bank, the route heads southwest by a pumping station at Penny Spot Beck. The route follows the course of this tributary of the Wensum through grazing meadows for just over half a mile before meeting Elsing Road where you turn left to soon arrive in Elsing.

Elsing Hall, a moated 15th century hall that once belonged to the Hastings family, is located a little way off the route to the southwest of the village. The hall's gardens are open to groups of visitors of 20 or more by prior arrangement.

The picturesque village of Elsing, named after 'Elesa', a Danish chieftain who appears on the village sign, is notable for its 14th century St Mary's Church, Rectory and Guildhall. The church has a pillar-less nave, the widest of any parish church in the region, and is noted for its fine brass memorial commemorating the life of Sir Hugh Hastings, the Lord of the Manor and church's patron. One of the church's most famous visitors was T E Lawrence ('of Arabia' fame) who came here on a cycling tour in 1905. Opposite the church stands the Mermaid Inn, a historic pub that dates back to the 16th century.

Walk summary

A delightful 4 mile walk along the banks of the River Wensum between the central Norfolk villages of Swanton Morley and Elsing.

Getting started

This section starts in Swanton Morley on Town St (TG019171) and finishes at Elsing by the Mermaid Inn (TG051166).

Getting there

Bus service: Konectbus 4, Sanders 80 (Fridays only) Bus stops: Swanton Morley, Town St, Elsing, opp church Traveline enquiries: 0871 200 22 33 www.travelineeastanglia.org.uk

Maps and guides

Ordnance Survey Explorer Map 238, Dereham & Aylsham, available from Ordnance Survey shop www.ordnancesurvey.co.uk/oswebsite

What to expect

Riverside footpaths, tracks and rural lanes. No stiles.

Facilities

Pubs, shops, accommodation, camping and post office in Swanton Morley Pub in Elsing

