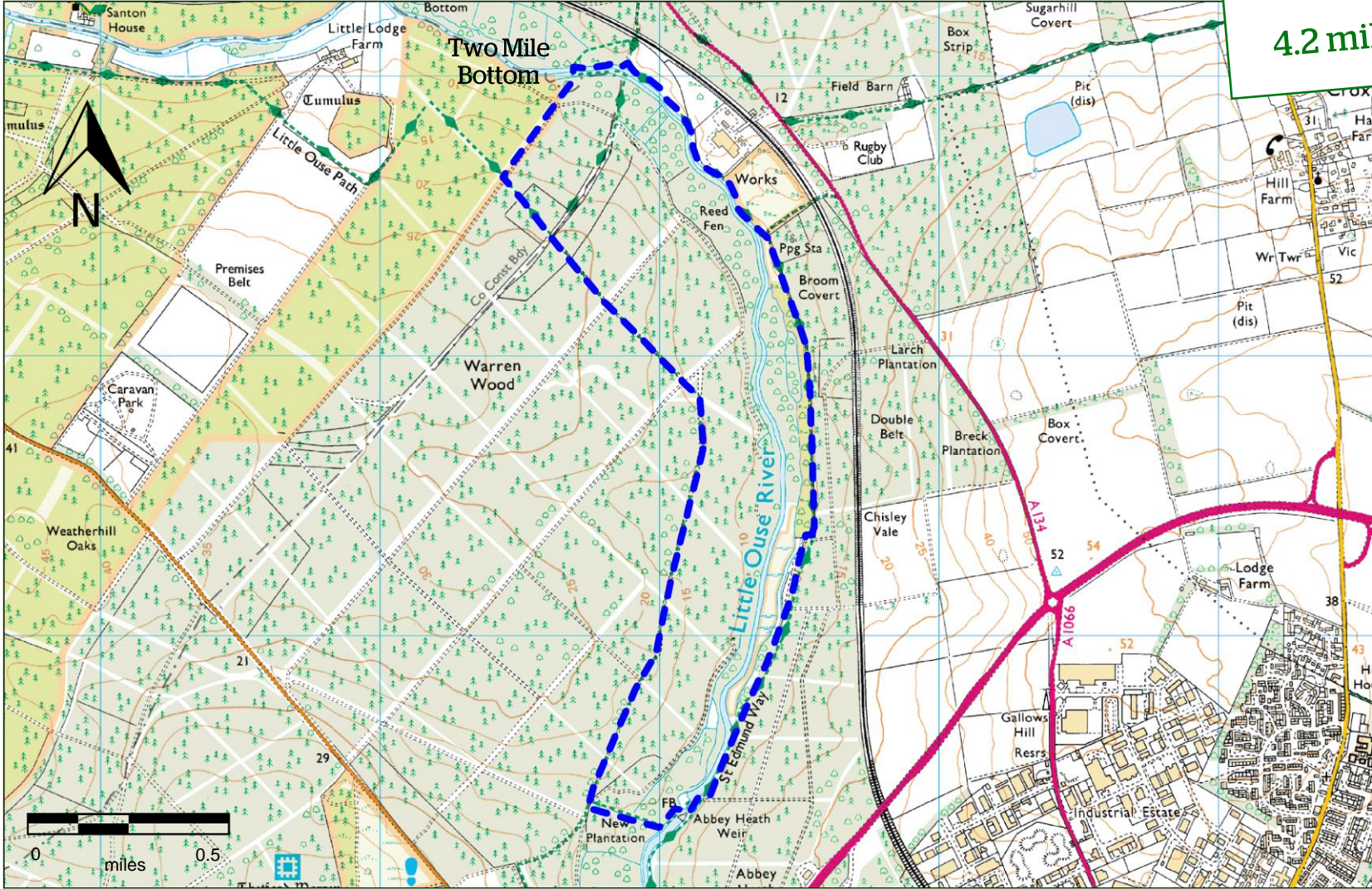


# Circular Walk

## The River Trail, Abbey Heath



## Along the way

Starting at Two Mile Bottom this trail shifts from river to forest connecting various features of cultural and wildlife interest along a section of the river and its valley. Once an important commercial navigation and conduit for trade, the Little Ouse is today only navigable as far upstream as Santon Downham.

At Croxton Stauch footbridge you will be rewarded with a beautiful view of the river, stunning at any time of the year. You may be lucky enough to see an otter here - they regularly use this stretch with the local population having recovered in recent years.

At the trail's southerly point cross the weir to re-join the Little Ouse Path. One of the wildlife spectacles along the river in summer is the emergence of vast numbers of mayflies - a truly mesmerising sight! Heading back to the start point, Thetford Biomass Power Station dominates the horizon. Poultry litter is converted into electricity here, producing high-quality fertiliser as a by-product and continuing a long tradition at this site.

You can extend your walk to St Helen's Picnic Site and Santon Downham, or alternatively follow the Little Ouse Path to Thetford to take advantage of the facilities and plentiful history that the Town has to offer.

## Walk summary

This trail follows a stretch of the Little Ouse River and then loops back through Warren Wood, offering great views all year round.

**Getting started:** This trail starts at Two Mile Bottom near the Guide and Scout Activity Centre (TL8488 8705).

**Getting there:** Parking is free at Two Mile Bottom car park situated off the A134 (TL8483 8759).

**Maps and guides:** Ordnance Survey Explorer Map 229, Thetford Forest in The Brecks.

**What to expect:** Forest tracks and unsurfaced footpaths, some of which follow the riverbank and may become muddy following wet weather.

**TO JOIN THE TRAIL FROM THE CAR PARK YOU WILL CROSS THE BUSY A134. PLEASE TAKE CARE WHEN CROSSING.**

**Facilities:** You will find good facilities including shops, cafes, pubs and restaurants in nearby Thetford Town Centre.