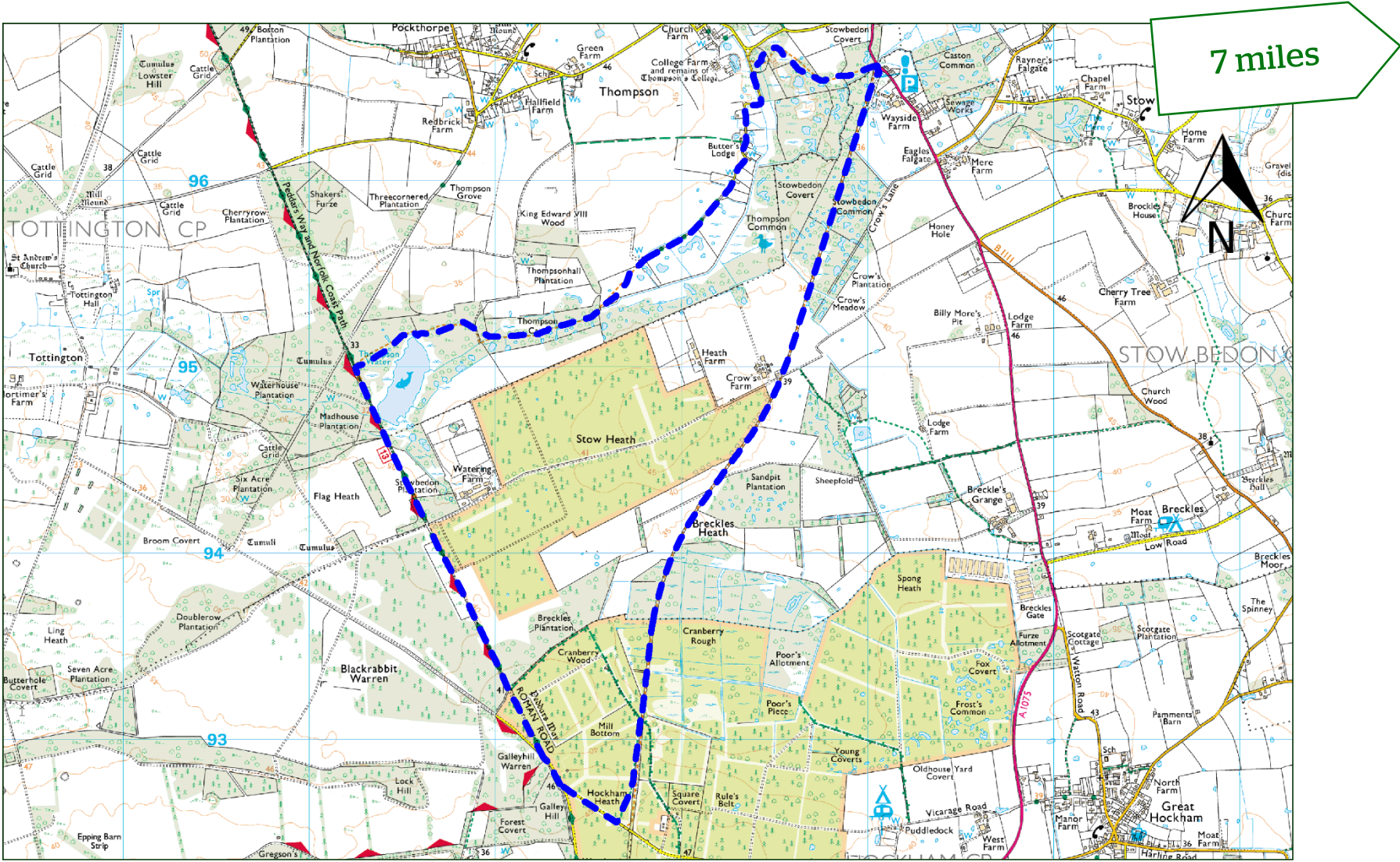


# Circular Walk

## The Pingo Trail, Stow Bedon



## Along the way

Pingos are shallow basins formed by glacial processes at the end of the last Ice Age. When water beneath the surface of the ground froze and expanded the soil was forced upwards - as the ground warmed up and the ice melted the soil “slumped” leaving a small crater with raised edges, some of which filled with water. These are the shallow fluctuating pools that you can see today. The word “pingo” is Inuit in origin and means “small hill”.

Thompson Common Nature Reserve is owned and managed by the Norfolk Wildlife Trust. The Reserve supports an abundance of plant species and wildlife including the Pool Frog, one of Britain’s rarest amphibians, and is also one of the most important sites in the county for dragonflies and damselflies.

**Please do not feed the grazing animals. Please note dogs are only allowed on the Reserve when following the Pingo Trail. Please keep dogs on a short lead at all times.**

**This habitat is an ideal breeding ground for mosquitoes. Insect repellent is recommended, especially during the summer.**

## Walk summary

This trail is a fantastic way to enjoy and explore a diverse and ancient landscape in a fascinating and beautiful part of the Brecks.

**Getting started:** This walk starts from the Pingo Trail car park (TL9405 9657), situated off the A1075 approximately 4 1/2 miles south of Watton.

**Getting there:** Coach Services No 81 operates in the area with a stop at Stow Bedon. Parking at the start point is free.

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

**What to expect:** Unsurfaced footpaths and tracks some of which can become very muddy following wet weather. You will find kissing gates and ditch crossings on this trail.

**Facilities:** Local pubs include The Chequers Inn at Thompson and The Eagle at Great Hockham. Facilities and services are available in nearby Watton.