

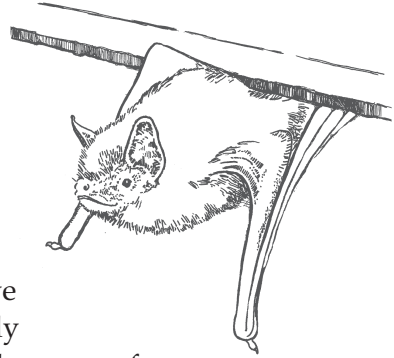
Norwich to Trowse bridges walk

Walk of discovery

Walk wildlife

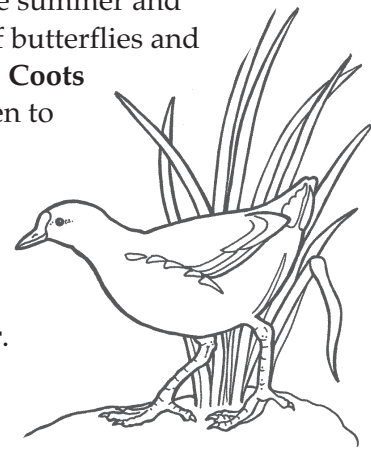
A surprising variety of wildlife can be spotted whilst walking this circular route from the city centre down to the River Yare.

Bats leave their roosts at dusk during the summer months and can be seen hunting for moths in the river valley around the River Yare. They have also been occasionally spotted roosting under some of the bridges along Lakenhams Way.



There are many fine mature trees along the route, notably; in the old churchyard of St John the Baptist Church, near the Rivers Yare and Tas, in the grounds of County Hall, as well as visible in the gardens of some of the older streets of Norwich, particularly Bracondale.

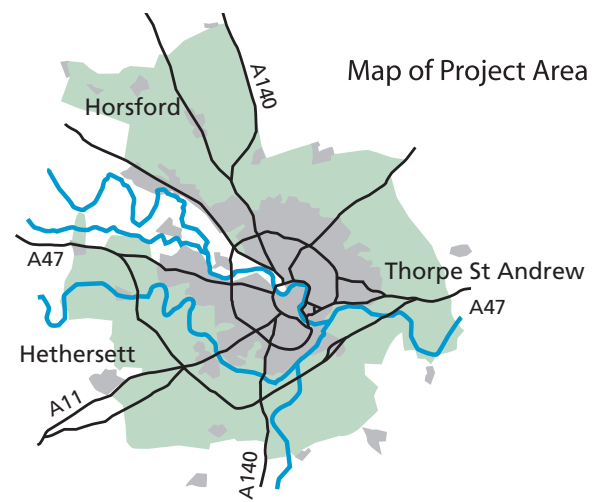
Tall, white **Meadowsweet** grows along the river during the summer and attracts a variety of butterflies and insects. **Moorhens**, **Coots** and **Swans** are often to be seen along this stretch of river, whilst a quiet observer could spot a **Heron**, or even a **Kingfisher**.



Norwich Fringe Project

This leaflet is one of a series of self-guided trails that will help you enjoy the Norwich Fringe countryside.

Norwich Fringe Project aims to promote informal recreational facilities in the countryside surrounding Norwich.



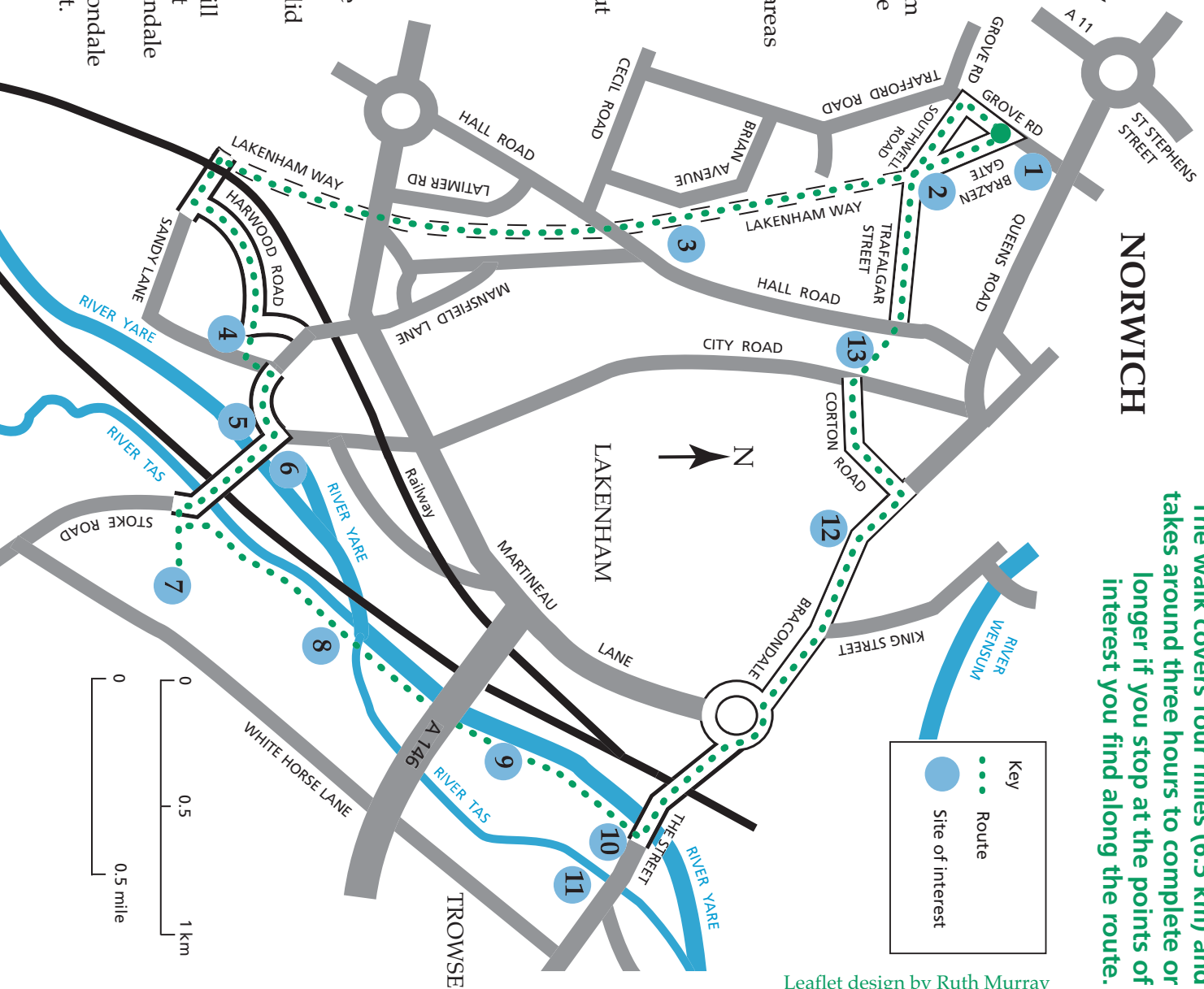
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This route takes walkers from the centre of Norwich out into the countryside, demonstrating just how closely linked Norwich is to its rural surroundings.

Norwich to Trowse bridges walk

The walk covers four miles (6.5 km) and takes around three hours to complete or longer if you stop at the points of interest you find along the route.



Leaflet design by Ruth Murray

Following an old railway line, the route goes under three road bridges and a railway bridge, through the quiet streets of Old Lakenham down to the Yare Valley – with its green slopes, rolling hills and woodlands, all areas of considerable wildlife interest and within easy reach of the population of Norwich without using a vehicle.

After crossing several bridges over the Rivers Yare and Tas as well as walking under the busy Trowse bypass bridge, there is a splendid view of the re-developed Trowse Watermill and beyond that the pretty Bracondale bridge. Return via Bracondale to the start point.

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Tall, white Meadowsweet grows along the river during the summer and attracts a variety of butterflies and insects. Moorhens, Coots and Swans are often to be seen along this stretch of river, whilst a quiet observer could spot a Heron, or even a Kingfisher.

Please find the route description for features 1-13 on the next page.

Norwich to Trowse bridges walk

The walk covers four miles (6.5 km) and takes around three hours to complete or longer if you stop at the points of interest you find along the route.

1. A convenient place to start the walk is from Sainsburys off Queens Road.
2. The start of **Lakenham Way**, formerly the Victoria Branch railway line and converted into a pedestrian and cycle way in 1999 just under a mile long with a gradual curve east to west. Now it is a wildlife corridor providing ideal cover and food for a variety of birds, small mammals and insects. Look out for the impressive Victorian brick retaining wall at the start of the walk.
3. There are four **Victorian arched brick bridges** well worth pausing at to look at their structure, plus to look out for bats and moths finding refuge here during summer daylight hours.
4. **St John the Baptist Church**. The earliest proof of the existence of Lakenham Church is an entry in the Domesday Book of 1086 AD. Whether anything of the original building remains is doubtful, with the North West corner of the church likely to be the oldest surviving part.

A tower arch was made in the West wall of the medieval church when a tower was added in the 13th Century.

Go through the gate to the right of the church entrance, through the churchyard, down the steps and cross the road.

5. **Lakenham Mill** was built in the first half of the 19th Century. In 1908 it was destroyed by fire but was rebuilt and finally closed in 1947. It has been used as a woollen, corn and saw mill as well as a toy factory. In 1918 German Prisoners of War lived in the granary stables, their job being to dredge the river and dykes. Despite the Armistice a few days after they arrived, they stayed on at the Mill for a further 21 months to finish the task.
6. **The Cock Public House**, an 18th century building originally with a thatched roof which the fire at the Mill destroyed. There is a plaque on the wall of the bridge near the Cock, which shows the level that floodwaters reached on 26th August 1912 when 11.27" of water fell during 30 hours of continuous rain.
7. **Arminghall Henge**. A ring shaped bump in the middle of a grazing pasture is all that remains of one of Norfolk's most important monuments.

Walk over the bridges and turn left through the gate into the meadow and cross the road.

It was constructed in prehistoric times and consisted of a horseshoe of eight massive wooden posts resembling a wooden equivalent of Stonehenge. Construction of such a religious monument suggested that this was a very important area.

8. The **River Tas** and **River Yare** join around this point. The River Tas starts at Carlton Rode and flows 14 miles through a well-wooded landscape with valley bottom pastures and arable land on the higher ground until it reaches the Yare. The Yare is 58 miles long starting at Garverstone in the Brecks to its mouth at Great Yarmouth. Just over half of this is within the Broads National Park. Much of the river is of County importance for the wildlife it supports.
9. The section of footpath between the **Bypass Bridge** and **Bracondale Bridge** is a **Permissive Footpath**. Please note that the landowner can close this foot-path for one day each year and asks that dogs be kept on leads.
10. These houses built in 2001 are on the site of **Trowse Watermill** that

served Trowse Village and the surrounding countryside. There has been a watermill on this site for centuries; again the first record of one is in the Domesday Book. Before the building of the railway and the bridges at Bracondale people crossed the river to Trowse via the bridge in front of the mill. The mill was demolished in the 1960s following the decline of small-scale milling and replaced by a print works, which in turn was demolished to make way for the current houses.

11. **Trowse Church's** history dates back to the 13th Century when mentioned in the Charter of Trowse Newton.
12. **No. 54 Bracondale** – look out for a plaque on the gate this house built around 1620. **Please note this is a private house.**
13. Walk through the churchyard of **St Mark's Church**, New Lakenham. The church was built in the 1850s and drastically changed in the early 20th Century as a result of Anglo Catholic revival. It is currently used by both Anglican and Roman Catholic congregations.



Norwich Fringe Project

While every effort has been made to include accurate and up-to-date information, the Norwich Fringe Project does not accept responsibility for any errors or omissions. If you find any inaccuracies we would be very pleased to hear about them.



www.norwichfringeproject.co.uk