

In step with the Bure



2.5 miles

Walk Information

Start point: White Horse, 17 Chapel Road, Upton, Norfolk, NR13 6BT

Grid reference: TG 396127

Map: Ordnance Survey – Explorer OL40

Walking time: 1.5 hours

Walk Summary

This walk is one of a series of walks starting from the White Horse pub and is designed to help you explore the beautiful **Bure Valley Living Landscape**. This particular route will take you along the River Bure, past grazing marshes and dykes.

Keep your eyes peeled for dragonflies, water voles, kingfishers and herons as you walk along the river. As the walk heads back to the village of Upton you will also pass through carr woodland alive with the sound of insects and birds.

Please note:

- Dogs are welcome on this walking route but should at all times be kept on a lead and under close control.
- At times this walk can be very muddy.
- The route includes two stiles.



Walk Notes

1 Take the road opposite the White Horse pub signposted '**The Green – Boat Dyke**'. Take the first left down Boat Dyke Road and follow the road as it bears to the right until you see a car park on your left.

2 Walk through the **car park** and take the public footpath to the right of **Upton Boat Dyke**.

3 Eventually the path bears right and follows the **River Bure**. On the opposite bank you will see **Clippesby Drainage Mill**. (Look out for kingfishers and dragonflies).

4 Just before the **Northern Rivers Sailing Club** building (enclosed by a metal fence) take the public footpath on the right and skirt the woodland edge.

5 Follow the path as it winds along with **carr woodland** on the left and a dyke to your right. Eventually the path opens out and bears left, cross the stile on the right and follow the footpath.

A **carr** is a woodland that is wet. In Norfolk the trees in carr woodland are largely alders which are uniquely adapted to growing in waterlogged soil.

6 The path narrows and is bordered by trees, cross another stile and the path bears sharply to the right through woodland. (Listen out for woodland birdsong).

The River Bure rises in the North Norfolk village of Melton Constable. This 50 mile long river eventually flows into Breydon Water in Great Yarmouth and out into the North Sea.

8 At the junction turn right, this will lead you past **farm buildings** on your right and a small village green on your left.

As you walk past the **hedgerows** and farm buildings listen out for house sparrows, wrens and robins. These small birds are often overlooked but our villages would be a sadder place without them.

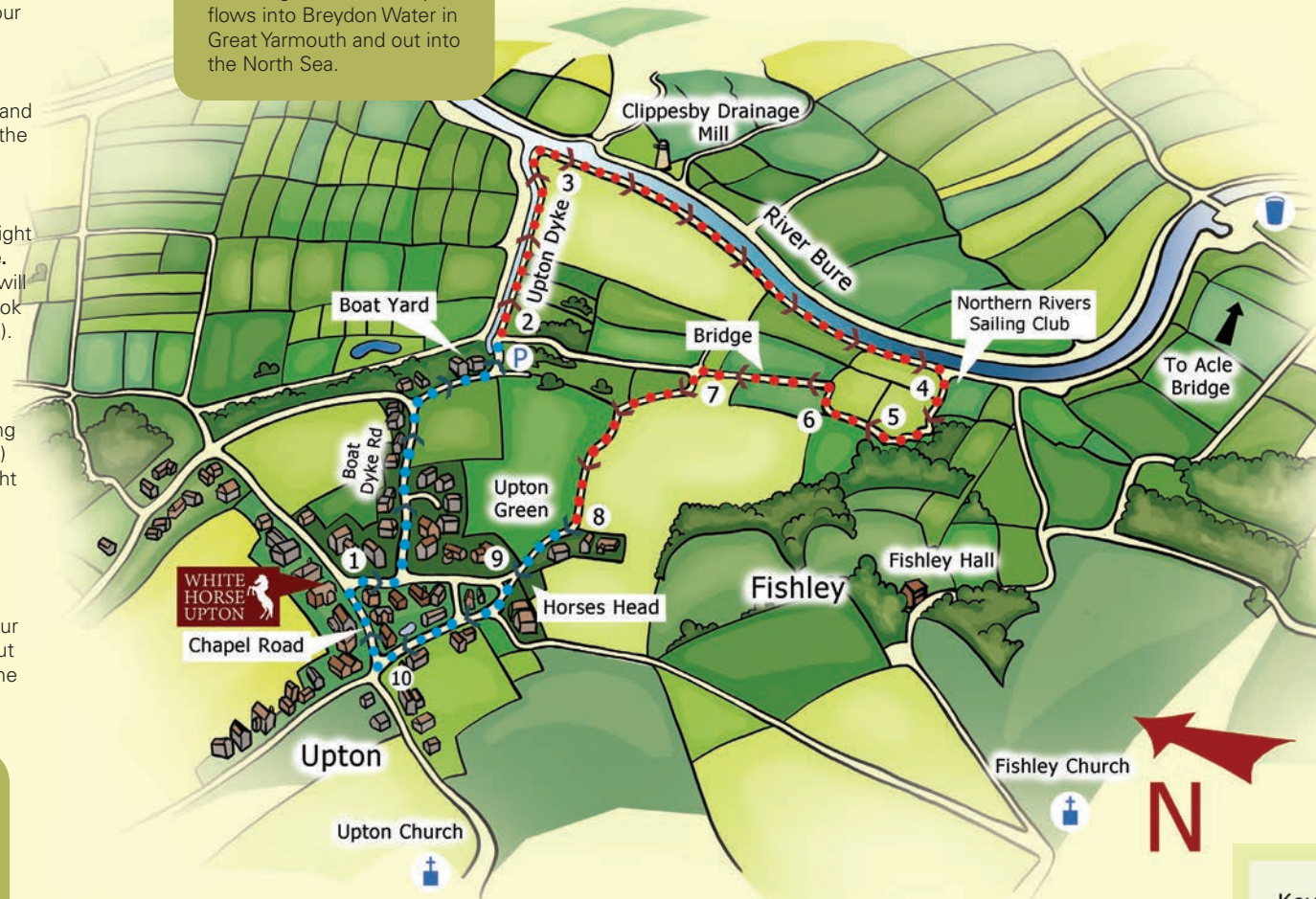
9 At the '**Horses Head**' sign continue straight ahead along the road, passing the village pond.

10 At the crossroads turn right on to **Chapel Road** and walk back to the White Horse pub.

The name **Horses Head** comes from the shape of the arable field. Look carefully at the map and see if you can spot the shape.

Look out for '**Ratty**' (**water vole**). One of the reasons water voles have declined over recent years is due to the presence of the American mink. But, if you are lucky enough you may see a water vole feeding on the bank of a dyke.

7 At the woodland edge cross a narrow **metal bridge** (keep your eyes peeled for brown hares). Turn left at the first junction and follow the farm track back to the village.



Key

- Parking
- Public right of way (walk route)
- Public road (walk route)