

In step with the marsh



5.5 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: 3 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 give you spectacular views of grazing marshes and dykes, along with distant views of several drainage mills. It also follows the picturesque River Bure. Look out for dragonflies, water voles, kingfishers and herons.

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.
- Livestock may be grazing on the marshes.



Walk Notes

1 From the pub turn left down **Marsh Road**. At the crossroads turn left into **Prince of Wales Road**, then take the signed footpath on the right (opposite Keeper's Cottage).

2 When you reach a bridge don't cross it. Take the permissive path on the left passing **carr woodland** on the left and freshwater grazing marshes on the right.

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.

3 Stay on the raised bank and take time to enjoy the views across the marsh. An **interpretation board** gives environmental information. Continue along the bank passing two gates on the left marked 'no access'.

4 Eventually, on the left, you will see an entrance gate to **the fen** (if you have time and no dog, why not take the opportunity to explore the fen). Continue along the bank, past another interpretation board on the right.

5 Continue past the second **fen entrance**. Follow the path as it bears to the right until you reach a gate on the right.

This area is a tranquil haven in the heart of the Broads, home to some of Norfolk's rarest wildlife: from iconic **swallowtail** butterflies and Norfolk hawker dragonflies, to otters and water voles, and many wetland plants.

At **NWT Upton Broad and Marshes** 20 species of dragonfly and damselfly have been recorded and 22 species of butterfly.



6 At the gate take the path that bears left (don't go through the gate). Continue along the path, following it as it bears left. Pass two gates on the right, then take the public footpath on the right between two hedgerows.

These **hedgerows** are an amazing habitat for a variety of different birds including redwings and fieldfares in the winter and finches throughout the year.

7 Go past the sluice on the left and then turn left onto the main track towards the **brick pump house**.

8 At the pump house, walk up onto the **River Bure** flood bank and turn right. Continue along the bank beside the river, past Tall Mill (the big black mill) on the right. Keep walking until you arrive at **Upton Boat Dyke**.

9 Turn right alongside Upton Boat Dyke. Immediately **before the boatyard** turn right on a signposted footpath. Keep to the left hand side of the field (with the drainage mill on your right). Go through a further three field gates.

10 Cross the **gated bridge** and turn left onto a concrete track. At the crossroads, go straight across into **Marsh Road** returning to the White Horse pub.

Key

P Parking

... Public right of way (walk route)

... Public road (walk route)

... Permissive (walk route)