

In step with the marsh

NORFOLK
WILDLIFE
TRUST

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.

THE
wildlife
TRUSTS

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.

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.



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

Key

P Parking

... Public right of way (walk route)

... Public road (walk route)


... Permissive (walk route)

Putting wildlife on the map


Help us protect the wildlife of the **Bure Valley Living Landscape** by telling us what you see whilst you are on this walk. Wildlife records are really important as they help us build a picture of what is out there. Keep your eyes peeled for the eight animals below, and tick the box if you see them. If you see any other animals or plants please add them in the white box.

Date you did the walk:
____/____/____


Contact email:




Swallowtail ☐




Water vole ☐




Barn owl ☐




Brown hare ☐




Common crane ☐



Chinese water deer ☐



Norfolk hawk ☐



Lapwing ☐

Other animals and plants seen on the walk:

To submit your wildlife sightings for this walk:

Email: wild@norfolkwildlifetrust.org.uk Tell us what you saw, when you saw it and where you saw it.

Phone Norfolk Wildlife Trust: 01603 598333

Post: the completed walk leaflet in the wildlife record box at the White Horse Pub in Upton.

Submit your sightings online: visit www.wild-walks.org.uk

This walk was produced by Norfolk Wildlife Trust and Upton Walking Group. A great deal of care has gone into the production of this walk leaflet, but the people involved in the design of this walk cannot accept any responsibility for the misinterpretation of route descriptions nor for any accidents resulting from this walk.