

In step with wildlife...



3.5 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: 2 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 through part of NWT Upton Broad and Marshes reserve which is home to many dragonflies, butterflies and wildflowers. It returns past beautiful grazing marshes frequented by many specialist wetland birds, such as snipe, lapwing and wigeon.



Please note:

- Dogs are not allowed on this route, as it goes through NWT Upton Broad and Marshes.
- At times this walk can be very muddy.



Walk Notes

1 From the pub turn right onto **Chapel Road** then take the first right onto **Cargate Lane**.

2 At the crossroads turn right, signposted **Cargate Green**. After 150 yards take the public footpath on the left just before Orchard Cottage. Follow the narrow path, bordered by hedgerows and ash trees. Eventually the path takes you along a woodland edge.

3 The footpath bears sharply to the right; continue to follow the woodland edge. Look out for the **hazel coppice** on your right and the reed-fringed dyke on your left.

Coppicing is an ancient woodland craft, which involves cutting the tree down to near ground level. This allows light in to the woodland floor and encourages the growth of wildflowers.

4 Cross over the bridge and pass the dyke on the left, following the narrow path to the left. Continue along the woodland edge. Boardwalks take you through the wetter parts of the wood. Cross a bridge and continue straight ahead. On your left you will see **Holly Farm Fishing Lakes**.

5 At the footpath T-junction turn left. Then turn right down the farm access road, and then at the road junction bear right.

In 1971 only one pair of **marsh harrier** remained in the whole of the UK. However, by 2010 the marsh harrier had made a remarkable comeback with 450 nests in the country, 75 of which were in Norfolk.

6 After a short distance you will see the car park to **NWT Upton Broad and Marshes** on the right. Walk through the car park and onto the trail. Cross over **two bridges** into an open area of fen and turn left (ignoring the trail arrows that point straight ahead). The path is fringed with carr woodland on the right and reed on the left (keep your eyes peeled for marsh harrier, kingfisher and the elusive otter). The path twists and turns, continue to follow it, ignoring any paths on the left-hand side.

7 Eventually you will see a turning on the right, ignore this and continue straight on (sign posted '**viewpoint**').

8 This path leads to a **gate**. Go through the gate and turn right following the permissive footpath past the grazing marshes on the left.

9 Continue along this path until you see **two bridges** on the left. Cross these and turn right onto a **concrete track** towards the village.

10 At the end of the track you will reach a road junction, continue straight ahead on to **Marsh Road**, back towards the pub.



Key

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


As you walk by the freshwater grazing marshes keep a look out for **Chinese water deer**. These are the only British deer in which males have no antlers: their threats and fights are carried out with tusk-like canines instead.

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 ☐




Marsh harrier ☐




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.

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