

Explore Upton

Approximate distance and walking time:
7.5km (4.5miles), allow 2 ½ hours

Images by: Chris Mills and Richard Osbourne

This walk takes you through beautiful and wild freshwater marshes, past alder carr, reedbeds and along the river Bure.

1. From the car park walk alongside the boatyard, keeping Upton Dyke on your right.
2. Just after the boatyard take the first gate on your left, you will see Palmer's Drainage Mill in front of you. Keep to the left-hand side of the field.
3. As you walk through the fields you will go through three gates, at the fourth gate crossover a wooden footbridge onto a concrete track. Turn right and follow the left-hand track round, shortly you will see a bridge on your left.
4. Cross over the bridge and the second bridge. Turn right, you are now on a permissive footpath (the yellow dots on your map), this will take pass carr woodland on your left and freshwater grazing marshes on your right.
5. Stay on the raised bank and take time to enjoy the views and find out a little bit more about the landscape by reading the interpretation board. Continue along the bank past two gates on your left marked 'no access'.
6. Eventually on the left you will see an entrance to Upton Fen. If you have time and no dog why not take the opportunity to explore the fen? If not, continue along

the embankment, you will see another interpretation board on your right.

7. Continue past the second fen entrance. Follow the path as it bears to the right and continue until you reach a gate on your right.
8. At the gate take the path that bears left (don't go through the gate), you are now on the red dots on your map. Continue along the path following it as it bears left, pass two gates on your right, then turn right between two hedgerows.
9. Go past the sluice on your left, keep left and head towards the brick pump house along the main track.
10. At the pump house walk up on to the floodwall and turn right. Continue along the floodwall pass the Tall Mill (the big black mill) on your right and eventually you will reach Upton Staithe car park.



Lapwing

Wildlife to look out for?

Lapwing	Brown hare
Marsh harrier	Norfolk Hawker
Common crane	Mute swan
Chinese water deer	Water vole



Key to map:

- Pub
- Car park
- Bridges
- Permissive path
- Public right of way
- Numbers relate to walk notes

Start point:

Upton Staithe car park located towards the end of Boat Dyke Road on the left-hand side.

Nearest postcode:

NR13 6BL

Grid reference:

TG 402127 (OS Explorer OL40)

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.
- Cattle may be grazing on this walk.