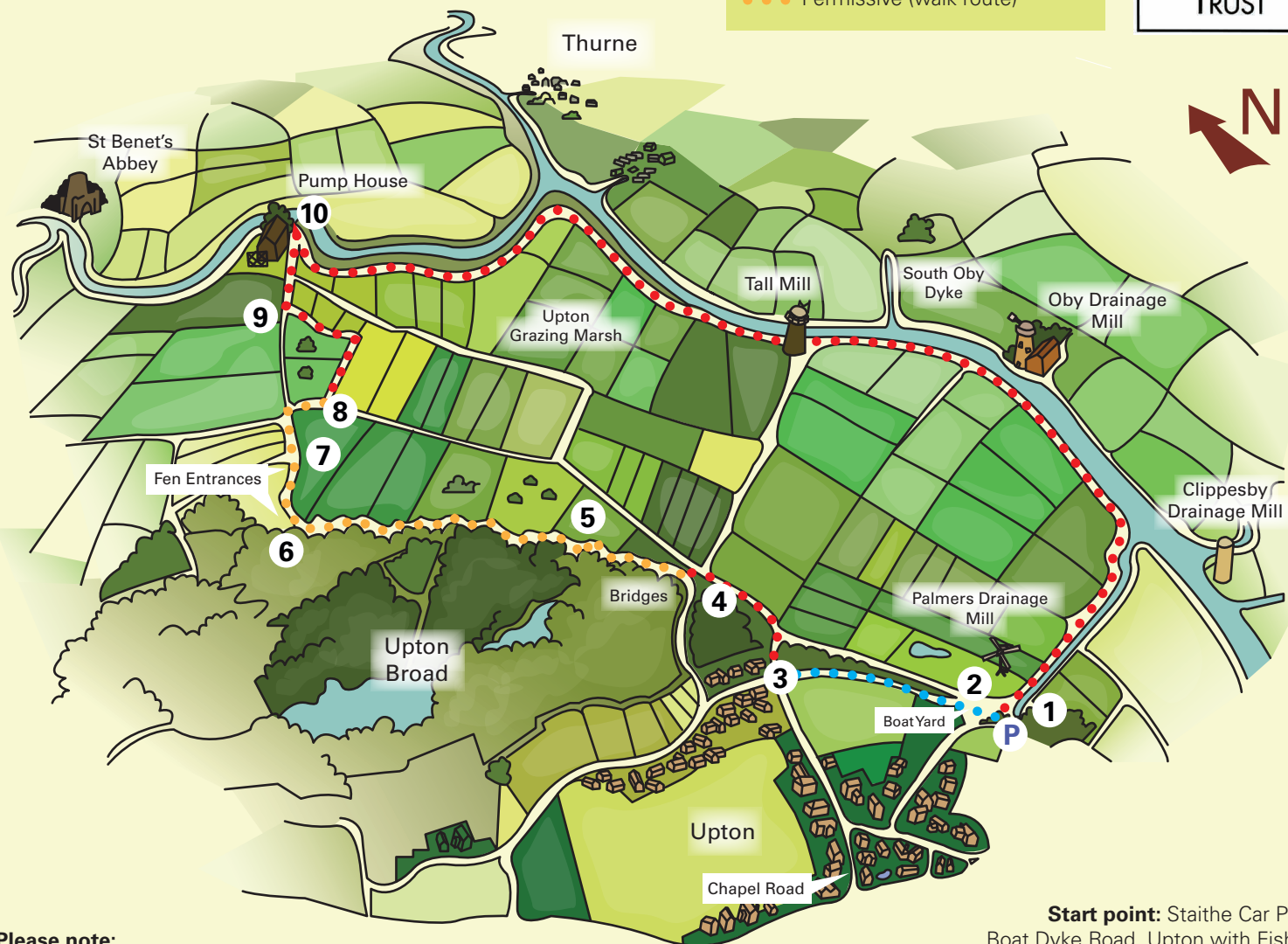
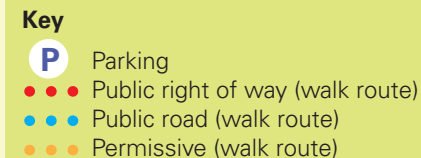


# WildWalk: Upton – In step with the marsh



## Please note:

- Dogs are welcome on this WildWalk 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.

**Start point:** Staithe Car Park,  
Boat Dyke Road, Upton with Fishley  
**Nearest postcode:** NR13 6BJ  
**Grid reference:** TG 402 127  
**Map:** Ordnance survey: Explorer OL40  
**Approximate walking time:** 3 hours  
**Approximate distance:** 5.5 miles

- 1 From the car park head back onto the road (taking care to mind for traffic), turning right onto Boat Dyke Road
- 2 Take the first road on the right (Back Lane).
- 3 After a short while, at the end of the road turn right onto a concrete track.
- 4 Keep your eyes peeled on the left for a gate, with a bridge. Go through the gate and over the bridge and turn right onto the permissive path. This path has carr woodland on the left and freshwater grazing marshes on the right.
- 5 Stay on the raised bank which gives fantastic views across the marsh. Continue along the bank passing two gates on the left marked 'no access'.
- 6 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, where you will pass an interpretation board on the right.
- 7 Continue past the second fen entrance. Follow the path as it bears to the right until you reach a gate on the right.
- 8 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.
- 9 Go past the sluice on the left and then turn left onto the main track towards the brick pump house.
- 10 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 back at the car park.



This walk route was produced by Norfolk Wildlife Trust. 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 the route description nor for any accident resulting from this walk.