



The Cross Keys

Walk 2

Redgrave & Lopham Fen

This is a 6 mile walk looping from The Cross Keys up into Norfolk and around Redgrave Fen. Then back across the River Waveney, up the hill and back to the village via Redgrave Hall's Ice House.

6.1 miles. We measure our walks and then give a time based on a walking speed of 2 1/2 miles per hour. This is a realistic speed with time to see the view and chat. So, 2 1/2 hours

Starting at The Cross Keys, turn left **a** and walk towards the church with the Green on your right.

b Leave the road turning left up Mill Lane. This track takes you up over the hill, past the wood of 'Cully's Dips' which was a popular play ground for village children, and down to the Fen.

c Cross Fen Street and go through the first gate, not the second.

d Turn left and skirt the fen, keeping to the track where it bends right **e** and runs along by the road.

f On the County border turn into the Fen on Rolfe's Track.

The ditch on your right here is the source of the River Waveney which eventually reaches the sea at Lowestoft in the East. The Little Ouse rises on the other side of the road and wends its way northwards up the the Wash .

The path bends very slightly left but is easy to follow, it takes you to another 5 bar gate and a wide wooden bridge.

g Turn left, and after 100 yds go through the gate on your right. **h** You are now walking along the north side of the reserve. There are many birds here.

Geese, swans, marsh harriers, starling murmurations at the right time of year. Great Tits nest in the trees along the path and Cuckoos breed here too courtesy of the warblers in the reeds.

i You will reach the Visitors' Centre and if you are there on a Sunday between 10 and 3 you will find the Cafe Piccolo. Philip serves hot chocolate, tea, coffee and pastries. **j** Continue along the northern edge of the fen through a gate and into the woods. At the next gate **k** turn right and through another gate into the old willow plantation. **L** Leaving the plantation take the small gate and the metal bridge which takes you over the

River Waveney, (a little bit bigger now), into Suffolk again on the parish boundary between Redgrave on your right and Wortham on your left.

m Turn left when you meet the road which, by now, is Low Road Wortham. The road bends right and when it turns left, **n** the walk carries on straight up the track southwards to the barns at the top of the hill.

o Turn right on the road and then immediately left on the footpath along the edge of the field.

p At the next field drop down to the right and continue in the same direction with the deep ditch on your left.

q Turn left on the road and as you get into the wood there are steps on your right. Up the steps and follow the footpath straight.

r There is a clay lump, ruined barn on your left. Continue somehow, straight eastwards along 'Straight Parts' with the woods on the left and Hall Farm, far to your right.

Round the (very boggy) end of the field to join the track and turn left. **s**

In the woods to your left you can see the old Ice House. **t** The track will turn into Half-moon lane which brings you into the village **u** past The shop and the pond, over the Green to The Cross Keys.

We hope you enjoyed your walk.

xJ&Ex