

## River Tas and Yare Valley Trail



map includes  
Riding Trail

[www.norwichfringeproject.co.uk](http://www.norwichfringeproject.co.uk)

### Safety

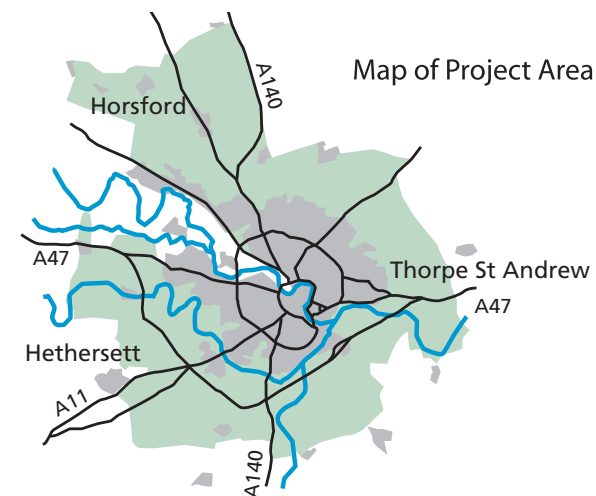
- Before starting your journey, check your bike is safe to ride.
- Although the route follows quiet lanes, you will meet other vehicles; ride in single file on narrow or busy lanes and never more than two abreast.
- Take care crossing main roads.
- Wear a safety helmet and brightly coloured clothing.
- Cyclists give way to horses and pedestrians and horses give way to pedestrians. Warn horses and pedestrians of your approach, slow down and give them room.
- **BE SEEN** – after dark wear reflective clothing and use lights.
- Signal before manoeuvre, motorists need to know what you are doing.
- Routes in and out of Norwich are busy during rush hour periods – take care at all times.



### Norwich Fringe Project

This leaflet is one of a series of self-guided trails that will help you enjoy the Norwich Fringe countryside.

Norwich Fringe Project aims to promote informal recreational facilities in the countryside surrounding Norwich.



#### Norwich Fringe Project

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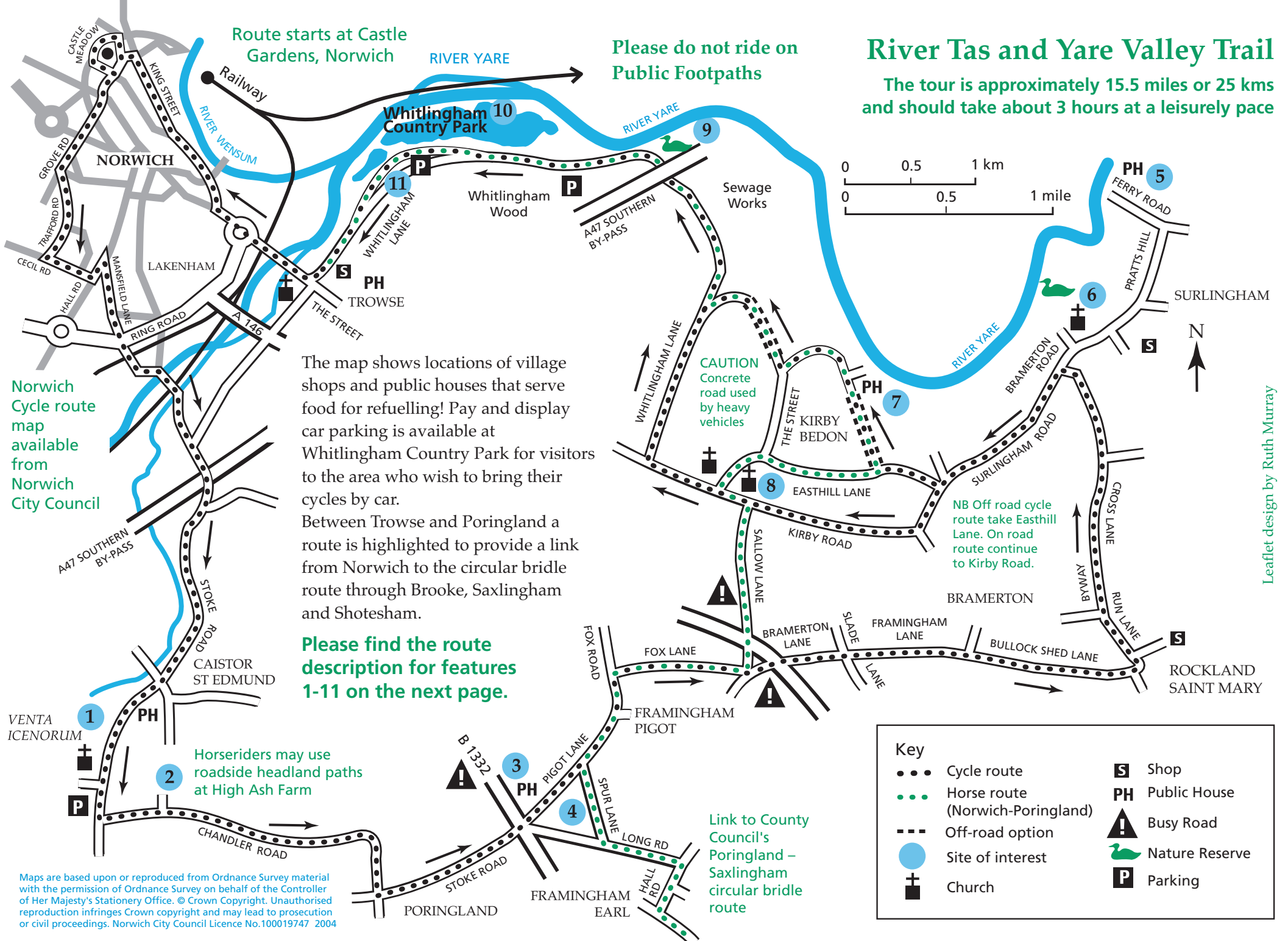
Website: [www.norwichfringeproject.co.uk](http://www.norwichfringeproject.co.uk)



Norwich  
Fringe  
Project

# River Tas and Yare Valley Trail

The tour is approximately 15.5 miles or 25 kms and should take about 3 hours at a leisurely pace



Route starts at Castle Gardens, Norwich

Please do not ride on Public Footpaths

Norwich Cycle route map available from Norwich City Council

The map shows locations of village shops and public houses that serve food for refuelling! Pay and display car parking is available at Whitlingham Country Park for visitors to the area who wish to bring their cycles by car. Between Trowse and Poringland a route is highlighted to provide a link from Norwich to the circular bridle route through Brooke, Saxlingham and Shotesham.

Please find the route description for features 1-11 on the next page.

Hors riders may use roadside headland paths at High Ash Farm

Link to County Council's Poringland - Saxlingham circular bridle route

### Key

- Cycle route
- Horse route (Norwich-Poringland)
- Off-road option
- Site of interest
- ⊕ Church
- Ⓢ Shop
- PH Public House
- ⚠ Busy Road
- 🦢 Nature Reserve
- P Parking

Leaflet design by Ruth Murray

# River Tas and Yare Valley Trail

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South of Norwich the countryside is criss-crossed by quiet lanes many of which are ideal for cycling and horse riding. From your saddle discover quiet villages and lanes at a relaxed pace not possible from the comfort of the car.

Starting at Castle Gardens a circular route follows the Tas valley passing arable farmland, parkland and woodland before returning to Norwich along the Yare Valley.

A distance of 15.5 miles or 25 km should take about 3 hours at a leisurely pace or longer if you stop at the points of interest you find along the route.

For those wishing to ride off road, two sections of bridleway can be followed at Kirby Bedon. Horse riders wishing to use this route can also ride off road along roadside field edge paths at High Ash Farm, Caistor St Edmund, and Cross Lane between Rockland St Mary and Surlingham offers wide verges for over a mile.

1. *Venta Icenorum* was constructed by the Romans as an administrative centre from AD 70 and remained an important centre for over 300 years. It takes about 30 minutes to walk around the walls. Nearby the Georgian

building **Caistor Hall Hotel** serves refreshments and has ample space for locking cycles and tying up horses.

2. Recover from the steep climb from Stoke Road by enjoying the view over the Tas valley from the carved oak seats at the top of the hill.

3. Where are the trains? The **Railway Tavern** gets its name from a railway planned in the 1870s, between Lakenham and Bungay, which was never built. Hot food and snacks are available. Cycles can be secured to the railings

4. At the end of the 18th Century much of this area was **heathland**. Unfortunately much of Norfolk's heathland has been lost to building development and agricultural improvement. Surviving evidence is the Gorse and Broom that grows in roadside ditches along Pigot and Spur Lanes.

5. **The Ferry House** at Surlingham (follow signs to Surlingham Ferry) has stood by the River Yare for 270 years and in that time has been an ice house and a coal house. Today there is no longer a ferry but the views over the river make it a worthwhile detour.

The pub serves food and snacks; cycles can be secured to a metal fence whilst horses can be tied to trees!

6. **Surlingham Church Marsh** is managed by the RSPB and is made up of Reed and Sedge Fen, Willow Carr, dykes and open water. Watch the Marsh Harriers in summer whilst listening to the chatter of Reed and Sedge Warblers. In winter flocks of wildfowl feed and roost on the open water whilst Bearded Tits forage in the reeds. An information panel can be found in Surlingham Church Yard.

7. The **Woods End** public house was rebuilt in 1895 and has fine views over the River Yare to Postwick Marshes, where in winter larger flocks of ducks and geese feed, including Widgeon that migrate here from the Arctic. The pub serves hot meals and snacks and has ample space for parking cycles and tethering horses.

8. Dominating Kirby Bedon is the ruined tower of **St Mary's**, which probably dates from the 13th Century. Opposite stands **All Saints church** that was restored in the 1870s and dates from Norman times.

9. If you visit **Whitlingham Marsh Local Nature Reserve** in the summer look for Yellow Flag Iris and Ragged Robin in flower.

The dyke next to the bird hide is the place to watch dragonflies whilst Buddleia growing on the riverbank path attracts many butterflies.

10. **Whitlingham Country Park** is an area of woodland and new broads with facilities for water sports, fishing, cycling and walking in the park.

11. Follow the old route of Whitlingham Lane to see **Trowse Newton Hall**. Dating from the mid 15th Century it was the country seat of the priors of Norwich. After Dissolution it became a retirement home for the Deans of Norwich, then a farm before becoming a romantic ruin in the grounds of Crown Point Park.

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While every effort has been made to include accurate and up-to-date information, the Norwich Fringe Project does not accept responsibility for any errors or omissions. If you find any inaccuracies we would be very pleased to hear about them.

