

15 NORFOLK ROCKLAND ST MARY

Distance: 8½ miles/13.5km Time: 4½ hours Grade: Moderate



PHOTO: PHOEBE TAPLIN



CHOSEN BY... PHOEBE TAPLIN

The cakes and custard tarts at Teles pâtisserie are local legends. Pastry chef Joaquim Teles has opened his pastry shop and café in 2018 near the Yare Valley farm shop, where you can pick up local juice, jam and cold-pressed oils. Add in a waterside pub serving a toffee waffle cheesecake and an appetite-building hike through the Broads and you have a great walk with big skies and wildlife.

1 Start
From School Lane bus stop (or car park) in Rockland St Mary, keep going along The

Street until you reach house 93 on L. Turn R through gate onto path. Keep straight across field and continue through gate, past sign for community nature reserve, and along marshy field. Follow path over footbridge and by fence. Turn R on track and soon sharp L past trees and spring bluebells. Keep straight with hedge on R and on along fenced path. Follow track then path over field towards church. Continue around corner of field and along hedge to lane near thatched St Andrew's.

2 1½ miles/2.5km
Turn R to church and L onto footpath along N side of churchyard and then edge of field. Turn L along track past

moated island. At end of track, turn R by lane into Claxton.

PLAN YOUR WALK



ROUTE

Start/parking School Lane bus stop, Rockland St Mary/Car park, just beyond. Alternative parking at Pts 4 or 5, grid ref TG312041, postcode NR14 7EW

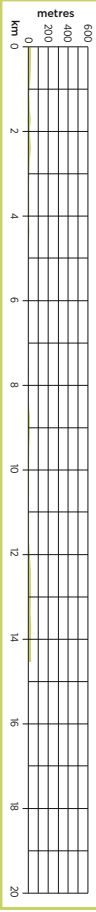
Is it for me? Almost flat and easy to follow. Some areas boggy after rain. Shortcut via Rockland Stiles None

PLANNING

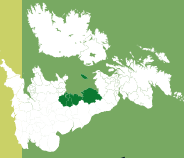
Nearest town Norwich
Refreshments Teles Patisserie (01508 538892) and New Inn (01508 538211)
Public toilets Wheatfen Reserve
Public transport Bus 85 runs hourly (not Sundays) from Norwich bus station to Rockland St Mary (ourhire.co.uk/our-bus)

Maps OS Explorer OL40; Landranger 134

GRADIENT PROFILE



EAST



16 CUMBRIA ELTERWATER & LITTLE LANGDALE

Distance: 7½ miles/12km Time: 3½ hours Grade: Moderate

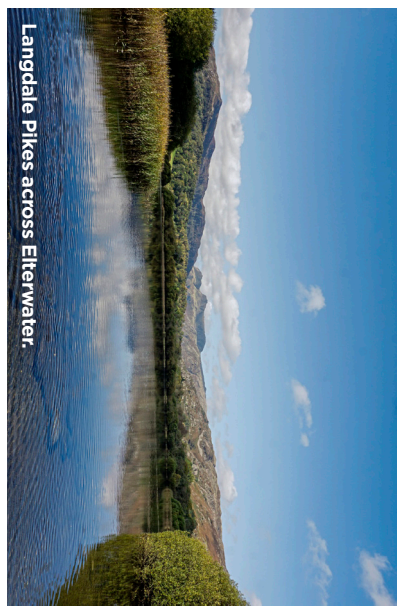


PHOTO: JAMES DEBOO



CHOSEN BY... JAMES DEBOO

The village of Elterwater, home to the excellent Britannia Inn, sits in the middle of Great Langdale, one of the Lake District's most recognisable valleys. This walk skirts the wooded slopes of Lingmoor Fell and Little Langdale Tarn to Slater Bridge, a 17th-century stone packhorse bridge described by Alfred Wainwright as 'the most picturesque footbridge in Lakeland'. After a detour to the impressive cavern of Cathedral Quarry, next comes the huge, flooded and abandoned quarry complex at Hodge Close, after which more natural surroundings

Go L, then R, on public

prevail through the woods of Oxen Fell, leading to the waterfalls of Colwith Force and Skelwith Force, before a final amble along the Cumbria Way, following the River Brathay and the shore of Elterwater back to the start.

1 Start
Leave car park, cross Elterwater Bridge L and follow road S 250m. Fork R at Eltermere Inn, following 'Challenging Option' cycleway towards Coniston. Fork L, signposted Little Langdale. Keep ahead through gate and follow track 600m to Dale End. Through gate, pass honesty box for hot drinks and cake, then follow lane to T-junction.

PLAN YOUR WALK



ROUTE

Start/parking National Trust Elterwater car park, postcode LA22 9HP, grid ref NY328047

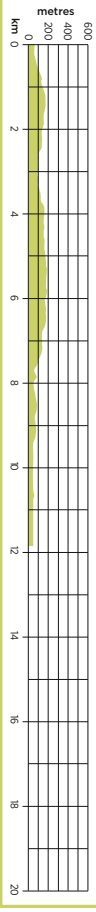
Is it for me? A beautiful Lake District walk without a big climb, on well-used paths: there are still some steep and rocky sections
Stiles 6

PLANNING

Nearest town Ambleside
Refreshments Stiles Coffee & Kitchen and Britannia Inn (01539 437210). Elterwater: Three Shires, Little Langdale (01539 437215); honesty box at Dale End
Public toilets Opposite Britannia Inn, Elterwater
Public transport Bus 516 Kendal-Duncheon Ghyll to Elterwater (daily; stagecoachbus.com)

Maps OS Explorer OL7; Landranger 90; Harvey Superwalker Lake District SE

GRADIENT PROFILE



NORTH WEST

16 CUMBRIA

ELTERWATER & LITTLE LANGDALE

OS Explorer map OL7 Buy maps at: ordnancesurvey.co.uk/shop

footpath to Birk Howe Farm. Go R, signposted 'Slaters Bridge', with views across Little Langdale Tarn to Wetherlam. Two gates and kissing gate lead to Slater Bridge.

2 1¼ miles/2.7km

Cross, then cross stone stile, field and kissing gate: go L. Through gate, bear R over stile and climb to Langdale Quarries: short tunnel R leads to Cathedral Quarry. Leave, go R then drop L to climb down via stone steps back to track. Continue E, downstream. At bridge don't cross: go R, then fork L, towards Elterwater. At Stang End take byway R towards Hodge Close. Continue S, through four gates and past houses, until Hodge Close quarry appears L.

3 3 miles/4.8km

At quarry foot go L, through gate, then L again on bridleway on other side of quarry. Through gate go R towards High Oxen Fell. At farm, through gate, follow tarmac then bear L on Public Way towards A593. Near main road go L, then R through gate onto bridleway for Colwith. Through woods, drop to junction by wall and go L. At junction keep ahead to river, then L upstream to see Colwith Force waterfall.

5 ½ miles/8.5km

Return downstream, following river to stile or gate



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DATE WALKED

TIME TAKEN

YOUR RATING

VIEW THE WALK ON OS MAPS ONLINE:

walk1000miles.co.uk/cwroutes

IN ASSOCIATION WITH



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15 NORFOLK

ROCKLAND ST MARY

OS Explorer map OL40 Buy maps at: ordnancesurvey.co.uk/shop



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Continue along pavement. Reaching village green, turn L into Mill Lane and keep straight through gate. Continue on bridleway beside reed-fringed waterway.

3 3½ miles/5.5km

Reaching River Yare near Beauchamp Arms, turn L along riverside embankment. After about ¾ mile, follow path L by straight waterway to Rockland Broad. Keep on broad edge of Rockland Broad, water on R. Continue through gates, follow path beside waterway and turn R on pavement past New Inn and Rockland Staithe car park.

4 5½ miles/9km

Turn R down Green Lane with Wherryman's Way arrow.

Keep straight beyond Broad Hall Farm and continue along grassy track between fields. Just beyond hedge, turn R and soon L with trees on R. Follow the track alongside Surlingham Wood to reach Wheatfen Reserve (aka Ted Ellis nature reserve).

5 6¼ miles/10km

This reserve, with its walkways and waterways, is well worth exploring. Map by car park shows walks around Wheatfen Broad and woods. When you've finished exploring, return to car park and continue along tree-lined track you arrived on. Look out for farm shop sign and follow it L along path. Turn R into farmyard. Follow signs for shop/café.

Turn L past farm shop and keep straight along farm drive. Turn R onto Mill Road, soon L along Holloway Road. After about 350m, turn L on grassy path with trees on L. Walk past small wood, turn L by far side and soon R by big field. Turn R again along far side and follow path L with hedges on L. Keep straight towards houses ahead, turn R by fences and L on footpath to lane. Bus stop and car park nearby. **OS**

6 7 miles/11.2km

Keep straight along farm drive. Turn R onto Mill Road, soon L along Holloway Road. After about 350m, turn L on grassy path with trees on L. Walk past small wood, turn L by far side and soon R by big field. Turn R again along far side and follow path L with hedges on L. Keep straight towards houses ahead, turn R by fences and L on footpath to lane. Bus stop and car park nearby. **OS**