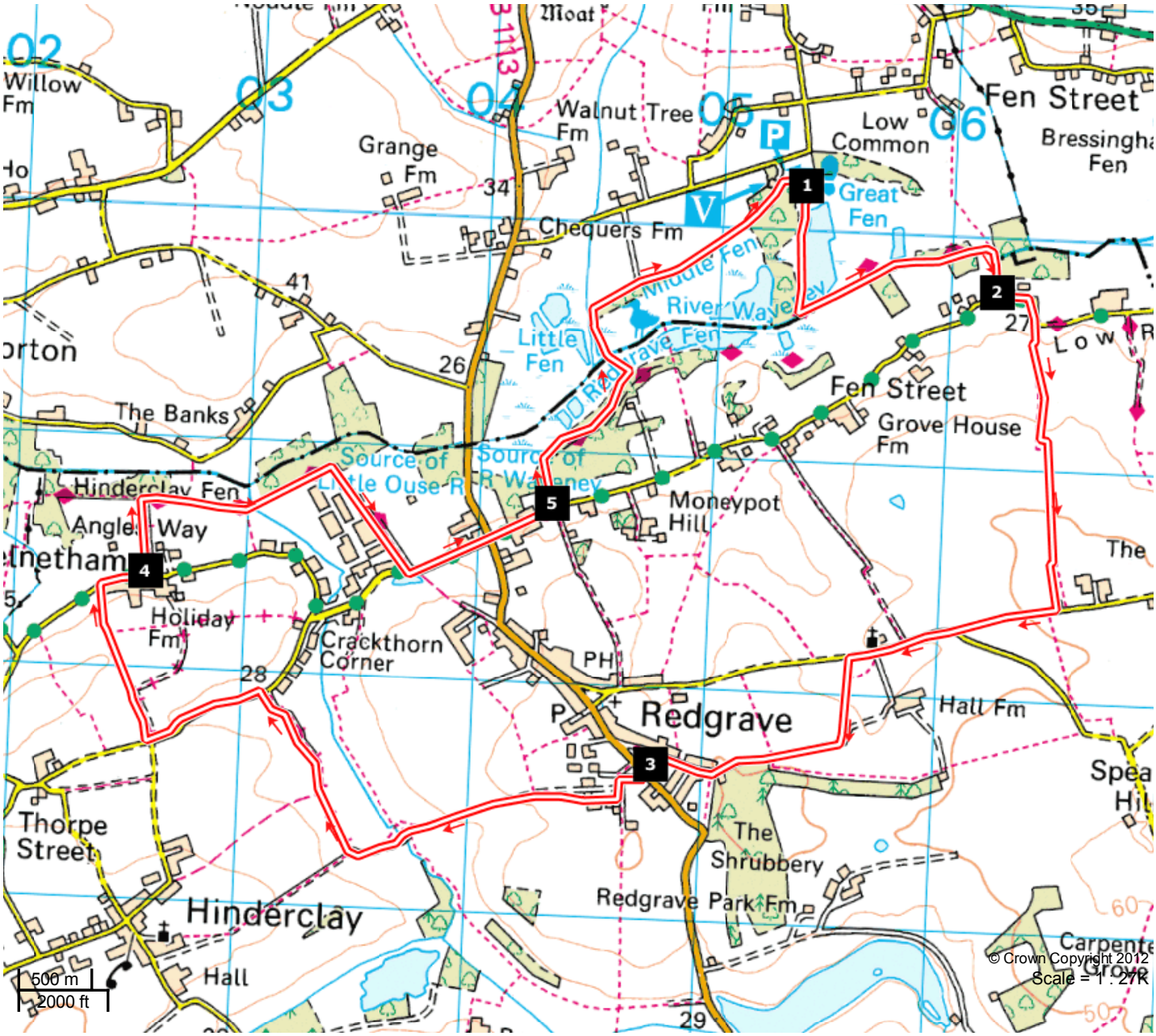
# Lopham Fen and Redgrave, Norfolk

**Starts at Nature Reserve Education centre**

**3 hours 0 minutes | 8.6miles 13.9km | Leisurely**

*ID: 288.12 | Developed by: Sheila Smith | Checked by: Gavin Monk* | www.ramblersroutes.org

**This circular walk goes through the Redgrave and Lopham Fens, in which the Fen Landscape is beautifully contrasted by the undulating farmland to the south, with wide views and some fine old hedges.**




Main Route | Alternative Route | Point of Interest | Waypoint

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**Starts at**

This walk starts at the Nature Reserve Education Centre, 1 mile southeast of South Lopham and close to the Norfolk/Suffolk Boundary (TM053803)

**Ends at**

Nature Reserve Education centre

**Getting there**

*Redgrave and Lopham Fen can be reached from the B1113, or the A1066. From the B1113, the reserve is situated between Redgrave and South Lopham, and from the A1066 between South Lopham and Bressingham.*

**Route instructions**

**Redgrave and Lopham Fen is a National Nature Reserve and one of the most important wetlands in Europe, it is the home of the rare fen raft spider. Tarpan horses, introduced to help control invasive scrub vegetation, graze much of the Fen. The Fen is open daily, the Visitor Centre is open weekends and bank holiday Mondays, plus Tuesday to Friday during school holidays. The walk starts and finishes in Norfolk with most of it in Suffolk. It includes a little of the Angles Way, the 78 mile trail from Great Yarmouth to Knettishall Heath.**

**[1]** From the car park go through the gate to the left of the Education Centre, then through the first gate on the left. Follow the track forwards, going right at a fork, through the gate at its end and turn left. Do not cross the bridge over the sluice, but continue along the river bank for half a mile to another bridge over the River Waveney, cross and follow the path to a road.

**[2]** Turn left, then right with the road, when it turns to the left go ahead onto a track. When the track turns right at the field edge maintain your direction straight over a ditch and go ahead across a field, then a grassy field edge path to a road. Turn right and continue just beyond Redgrave Church to turn left onto a field edge path, then right on a track leading to a minor road on the edge of Redgrave village. Follow the road and turn left onto a grassy track 200yds before the main road.

**[3]** Cross a road onto a firm track bearing right, keep left on the track at a path junction. Ignore a drive on right then shortly turn right onto a public footpath. Continue straight ahead through a gap in a hedge continuing straight along a path between fields. Follow this track to a crossing of paths and go ahead over a concrete culvert and around right hand bend, then take a bridleway to the right. Go over a sleeper bridge and bear right onto Cowfen Lane. Turn left onto Wash Lane. Where the road goes left turn sharp right onto a byway across the fields and, when this swings to the right, go ahead on a footpath, then continue in line along a field edge to a road and turn right.

**[4]** Just before reaching Holiday Farm (on your right) turn left on a byway. At the end of the wire fence on your right and on reaching a crossing path, with Angles Way waymarks, turn right. Continue along the edge of Hindercley Fen, then follow a short meandering path through woodland to cross a bridge and continue along a boundary, turning right with the track and out to a road. Turn left and go ahead over crossroads. Just before a slight bend in the road go left on a crossing track.

**[5]** Follow the track through two gates into Redgrave Fen and round to the right. Shortly after a waterworks on your right and immediately before a gate in a crossing fence turn left on a track. Cross a bridge and continue ahead. On reaching an open area turn right into lightly wooded area. Follow the track back to the Education Centre.

**Acknowledgements**

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*Featured in Southern Norfolk Rambles*

*Developed by Sheila Smith for Norfolk Ramblers' 2006*

Second gate from the Education Centre into the Fen.
Photo taken by: Gavin Monk

Gate passed through after crossing fen.
Photo taken by: Gavin Monk

Scenic View
Photo taken by: Gavin Monk

Angles Way
Photo taken by: Gavin Monk

Wild horses, friendly but should not be touched.
Photo taken by: Gavin Monk