

S3

Wensum Way Short Walk 3 (of 3) Elsing to Lenwade

Length:
4.5 Miles

Legend

- N
- This walk
- Adjacent Section/s
- Link to Public transport
- Closest Bus/ Train Locations



www.norfolk.gov.uk/trails

Along the way

Leaving Elsing to follow the Wensum Way north, the route then leads east along a track through the woodland of Elsing Heath before following a lane towards the pretty village of Lyng. Elsing Mill is just a short detour from the trail, a little way north of the village next to the river. Although no longer working, this was one of several mills that used to operate along the course of the River Wensum. Originally built as a paper mill in the early 19th century, it was later used to make animal feed before conversion into a private dwelling in the late 20th century.

Another surviving 18th century mill house can be found a little further on at Lyng where the Wensum Way crosses the River Wensum next to a weir. Several large concrete anti-tank blocks dating from World War II can also be seen here alongside the new bridge.

From Lyng the route leads east beside Sparham Pools, flooded former gravel pits just north of the river that are now used for nature conservation and managed by the Norfolk Wildlife Trust. This is an excellent place to see wading birds and waterfowl, and the reserve's pools and islands provide ideal summer habitat for breeding birds like sand martins, kingfishers and common terns. Dragonflies, damselflies and butterflies such as purple hairstreak and green hairstreak thrive here too, while the reserve's woodland and scrub support plants like evening primrose and hound's tongue.

Heading into Lenwade, take a short detour to the Lenwade House Hotel terrace viewpoint, which offers an outstanding view of the River Wensum set amidst the rural landscape.

At the eastern end of Lenwade the Wensum Way passes a large 19th century mill building by the river, that is now converted into dwellings. A mill has stood here on the same site for centuries.

The trail then meets the Marriott's Way, a 26-mile footpath, cycleway and bridleway that follows the trackbeds of two disused railway lines that once ran between Norwich and Aylsham.

Walk summary

A 4.5 mile walk between the villages of Elsing and Lenwade that takes in the manmade lakes of Sparham Pools.

Getting started

This section starts at Elsing by the Mermaid Inn (TG051166) and ends at Lenwade at the Marriott's Way car park on Porter's Lane (TG104185).

Getting there

Bus service Sanders 80 (Fridays only), Norfolk Green X29

Bus stops Elsing, opp church, Lenwade, adj Porter's Lane

Traveline enquiries: 0871 200 22 33

www.travelineeastanglia.org.uk

Maps and guides

Ordnance Survey Explorer Map 238, Dereham & Aylsham, available from Ordnance Survey shop
www.ordnancesurvey.co.uk/oswebsite

What to expect

Footpaths, farm tracks and rural lanes. No stiles. Short stretches of wooden boardwalk beyond Sparham Pools and pavement along the busy A1067 in Lenwade.

Facilities

Pub and B&B accommodation in Elsing

Pub and shop at Lyng

Pub, shops, tearoom, accommodation and parking at Lenwade