

A gentle, linear walk along a river valley, through farmland and woodland landscapes.

Distance: 2½ miles (4 km)

Duration: 1½ hours

Grade: ▲

OS map sheet(s)

OS Landranger Sheet 144 (1:50,000)

OS Explorer Sheet 229 and 236 (1:25,000)

Starting Grid Reference: GR 849 015

Site description / history

The MOD's estate at Stanford, Norfolk, is based on 8,704 hectares of freehold land and a further adjacent 2,227 hectares of training rights. The land was first used as an Army Training Area in 1942. The estate contains the largest single area of Breckland Heath in the UK, which together with arable and pasture land and conifer and deciduous woodland forms the landscape.

The walk is a pleasant stroll beside a brook, through meadows and a small willow carr.

Walk description

Beginning at Great Cressingham **A** (GR 851 014) (outside the Training Area) head south along a track to Dugmore Farm (GR 849 010) and on to Watton Brook **B** (GR 849 005) where you will enter the Training Area. From here, continue south eastwards on a permissive footpath, following the course of the Watton Brook until it reaches the B1108 **C** (GR 852 989). You will need to take the same route back to Great Cressingham.

There are five stiles to be crossed, three with dog flaps, although dogs must be kept on leads at all time to safeguard the local wildlife and neighbouring farm livestock.

Points of interest

The walk provides a pretty and picturesque snapshot of the arable land within MOD ownership.

Restrictions / access times

Access is not allowed when the red flags situated at each end of the walk are flying. It is therefore advisable to check the access times with the Range Control prior to a visit to the area.

Safety

It is essential to keep to the marked route of the footpath and not to deviate from it.

How to get there

For information on local public transport, call Traveline on 0870 608 2608 (local call rate) or www.traveline.org.uk.

Local facilities

Parking may be found in Great Cressingham.

Useful contact details

For information on access times call 01842 855235 (Manned 8.00am -4.00pm Monday-Friday, excluding Public Holidays).

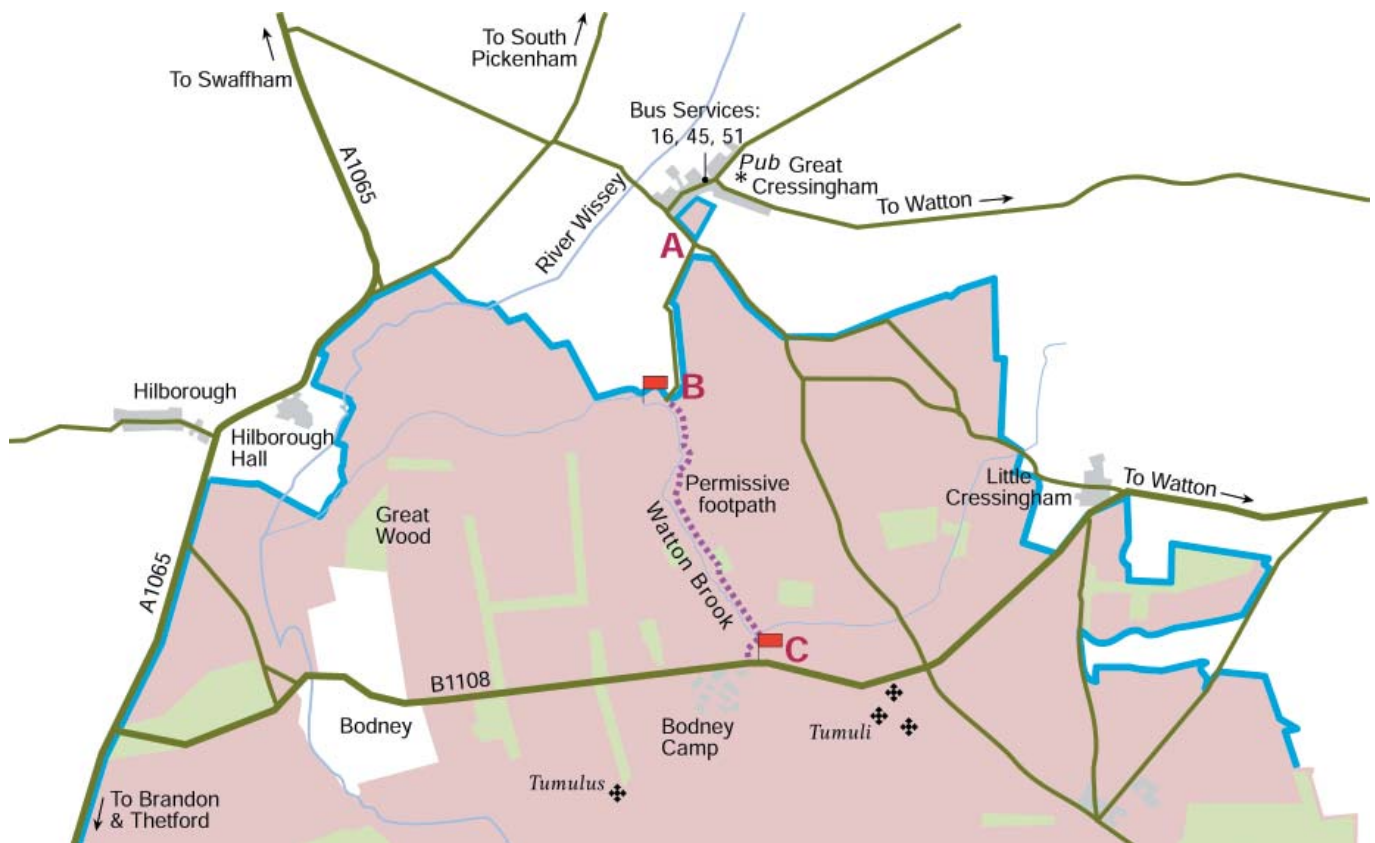


Access Opportunities on the Defence Estate

Watton Brook Norfolk



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ACCESS AT ALL TIMES

— Roads

NO ACCESS IF RED FLAGS FLOWN/LAMPS LIT

..... Footpaths

WARNING SIGNS

■ FLAGS - Day

MOD LANDS

■ Training Area

■ Woodland Training Area

— Training Area Boundary

⛶ Historic Sites

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