This four-mile walk is around the lanes and fields of the historic village of Foulsham, which dates back to at least the 11th century. The walk starts from the former market place which sadly declined and ceased to exist in the 18th century – even the arrival of railway to the south of the town could not save it. A number of properties in Foulsham date from the 16th and 17th centuries although the ‘Great Fire of Foulsham’ destroyed many old buildings in 1770. Foulsham is situated 1½ miles from the A1067, 18 miles northwest of Norwich. Parking is available by the war memorial in the market square. You may encounter livestock along this route.

Directions
From the war memorial, take the road to the right of Hill House on Market Hill. Continue past the Old Hall and turn right through the kissing gate at the footpath sign. Walk almost straight ahead between wooded areas, then bear left towards a chain gate. Next, cross a footbridge over a small stream and veer right towards the right edge of the field. Go through the chain gate and continue straight ahead through another until you reach the road, but take care of livestock on route. Here turn right and keep going until the next right turn into Claypit Road. At the end of this road, at the Queen’s Head Pub (1), turn left into the High Street and continue to Dawson’s Lane. Turn right into the lane; follow round to the left which then becomes a grassy track. Go through the chain gate and into a meadow and bear left across it. At a fork, bear right and continue over a stile and then a small footbridge.

Keep close to the left hand edge of the meadow and follow the stream that runs alongside. Go across a footbridge over a ditch and through a chain gate into an arable field and continue along the left hand edge. After about 200 yards, turn right, shortly before a second group of trees in the middle of the field. Head to the right of the group of trees and continue across the field making for a gap in the far hedge line, passing the trees on the left. Turn right and follow a wide grass path between hedge and field, passing a converted barn and farmhouse on the right. Here, a common sound throughout the year is the song of the skylark as it performs its flight above the fields. In the distance is the 14th-century Foulsham Church. The path soon becomes a gravel track with bungalows on the left. At the road (2), turn left into Waller’s Lane, then left again at the main road.

Alternatively, for a shorter walk, you can circle back to the start at this point by carrying straight along Twyford Lane and then turning left at the end of the road – keep walking and you will be back at the start.

After about 125 yards on the main road, turn right into Sneck Lane, passing a park on your left. The footpath continues between fields with extensive views of the countryside on either side.

At the junction with the minor road turn right. In summer, you can see many wildflowers on the roadside banks, including Wild Arum, also known as Cuckoo Pint or Lords and Ladies, the roots of which were gathered in Elizabethan times because of their high starch content and used for starching the high pleated linen ruffs worn around the neck.

And back to the start
At the crossroads turn right towards the church. Foulsham Church has been damaged twice over the last two centuries – in 1770 by a fire that melted the lead roof and four of the original bells, and in 1892 by a great gale. Continue straight ahead back to the war memorial and the start of the walk.
Foulsham 
A four-mile scenic walk

Care and consideration when in the countryside

Please take care when Out & About in the countryside:

- Enjoy the countryside and respect its life and work.
- Guard against all risk of fire.
- Fasten all gates.
- Keep dogs under close control.
- Keep to public paths across farmland.
- Use gates and stiles to cross fences, hedges and walls.
- Leave livestock, crops and machinery alone.
- If there is no pavement on the highway, walk on the right-hand side of the road facing oncoming traffic.
- Take special care on country roads.
- Take your litter home.
- Help to keep all water clean.
- Protect wildlife, plants and trees.
- Make no unnecessary noise.

The ‘Out & About’ walks have been produced to enable you to explore and enjoy the Broadland district - its unique countryside and charming towns and villages.

Paths and roads used on this walk can be found in greater detail in the Ordnance Survey Landranger 133 or Explorer 238 map. www.ordnancesurvey.co.uk

If you encounter any difficulties while undertaking this walk please call either of the numbers below.

VisitBroadland
visitbroadland.co.uk

All of Broadland’s ‘Out & About’ leaflets are available on

Broadland District Council
(01603) 430496
Norfolk County Council
0344 800 8020