

# Great Moulton to Banham - 10 miles

## Overview

After the churchyard, the path crosses open meadows until it picks up the Tas Valley Way to New Buckenham. This village has many points of interest, including a castle and was the ancient seat of the Dukes of Norfolk. From here the route to Banham is a mix of pathways through woods, lanes and small roads.

## Maps and Reference

OS Explorer 230	Diss and Harleston
OS Explorer 237 Great Moulton	Norwich TM168907
Banham	TM 054875

## Route

From church yard cross plank bridge left, follow footpath. Turn left under railway track. Cross meadow following footpath, left over bridge over ditch then right. Follow footpath which bends to the left then cross meadow to road. Turn right down road. Take path to left (Pottergate Street) and pick up signs west on Upper Tas Valley Walk. After 1/4 mile turn right on footpath, just before brow of hill. Turn left along hedgeline. Turn right on road. Turn left before ford. Turn right (Woodlands Farm) through farmyard. Cross meadow. At Valley Farm, turn left. Low Road to Cargate Common. Turn right at "Fairfields"

At Willow Farm, turn right on footpath following the Tas Valley Walk signs. Through farmyard, then continue to follow waymarks to Fen Road. Turn right past Fisheries at Carleton Fen, then turn left on minor road (Ash Lane). Past Ash Farm. Turn off road onto Tas Valley Way, keeping right of the fence line. Turn right after a gap in the fence. Cross wooden bridge over stream. Keep ditch on right, go straight ahead. Turn right over wooden bridge. Walk with ditch on left. Cross farm road following Tas Valley and Via Beata signs through farm yard. Straight across meadow. Keep left with ditch on right. Turn left at Tas Valley waymark following hedge line. At field boundary turn left towards footpath post, then turn right towards road.

At Fir Covert Road turn right following Tas Valley Walk signs. Turn right 50 yards from the Fir Covert Community Woodland sign through field entrance. (Footpath sign missing). Follow field margin to right to wooden plank bridge. Cross bridge, turn right. Continue to follow field marge to gate, then stile. Turn right to gate onto common.

Cross common, indistinct path, (aim for church) (End of Upper Tas Valley Walk)

Turn left into New Buckenham (B1113) and walk through village. Past St Mary's chapel on right. Cross B1077 towards Banham. Footpath on right by "Dam Brigg"  
Follow hedge line over seven stiles. Cross Doe Lane. At grey corrugated asbestos barn turn left over footbridge. Wide path through edge of wood to road.  
Keep straight ahead through wood. Join track from left. Keep straight onto road. Turn left

on road towards pub. At staggered crossroads, go left then immediately right. Cross Road onto Greyhound Road. After passing houses on right, turn down footpath on right. After 50 yards, turn left onto footpath. At bottom of lane, cross road and leaving the church on your right, enter Church Lane, then forward onto footpath. Turn right on Kenninghall Road to Rowancroft. Waystation on right at entrance to cottage.

**Points of interest**

St Michael's church. Saxon foundation. Wall paintings. Royal arms

Site of ancient moated castle. Collect keys from garage on corner.

Ref: GTM to BNM