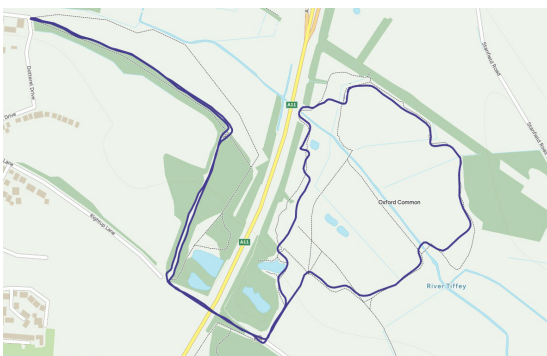




Walking for Health Silford Nature Reserve and Oxford Common

REVIEWED BY CHRISTOPHER WHITE
VOLUNTEER WALK LEADER AT CENTRAL
NORFOLK WELLBEING WALKS

Walk Information



Starting Point: The entrance to The Lizard Pastures,
The Lizard, Wymondham, NR18 9BH.

Parking: On street

Bus: various services to Wymondham

Grid Reference: TG 119010 Map OS Explorer 237 - Norwich

What3Words: ///sleep.streetcar.workforce

Walk length: 2.4 Mile



Directions

This route is mostly on footpaths, starting at the entrance to 'The Lizard Pastures', through the pastures and along a footbridge which crosses the A11. It continues through Silfield Nature Reserve and around Oxford Common before going back to the start of the walk. Please remember to take nothing but memories and photographs, leaving nothing but footprints.

01. Start by walking through the gate at the end of the road and along the footpath through 'The Lizard Pastures', until you reach a fingerboard where another footpath crosses. Turn right here, walking in the direction of 'Kett's Country' through a tunnel of trees until you reach Rightup Lane.

02. Turn left to walk across the pedestrian footbridge over the A11 onto Burnthouse Lane. Immediately turn left, walking through the kissing gate and along a track. In a short distance take the footpath on your left through another kissing gate into Silfield Nature Reserve. Look out for the information board, which gives you details of the reserve and shows a permissive path in red that leads through the nature reserve. Follow this footpath through the reserve (ignoring a path to your right) to its end, following permission path signs.

03. On leaving the reserve turn left and follow a footpath around Oxford Common, keeping the hedge on your left. Continue over a wooden footbridge, through a large gap in a hedge, over a pipe bridge and a wooden footbridge, which takes you over the River Tiffey, until you reach a gate and fence on your left where the path comes to an end. Walk through this gate and along a track until you rejoin Burnthouse Lane

04. Turn right to retrace your steps over the A11, turning right at the fingerboard through the tunnel of trees. Turning left at the fingerboard to walk back through 'The Lizard Pastures' to the start of the walk.

Disclaimer: Although this route was checked prior to publication, readers should check for local changes before they walk and ensure they walk within their capabilities.



Please check our Facebook page
Central Norfolk Wellbeing Walks to
see our current programme of walks.