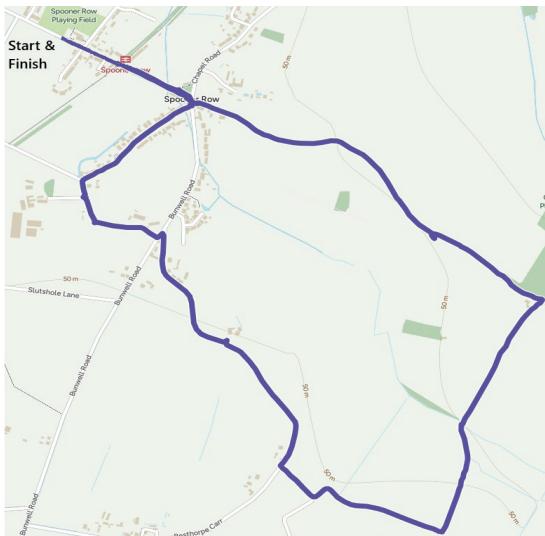




# Walking for Health Spooner Row

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



**Starting Point:** Car Park

**Parking:** Car park, Station Road, Spooner Row (beside Spooner Row Primary School).

**Bus:** First Bus 13 Norwich – Attleborough with a  $\frac{3}{4}$  mile walk from London Road.

**Grid Reference:** TM 092975 Map OS Explorer 237.

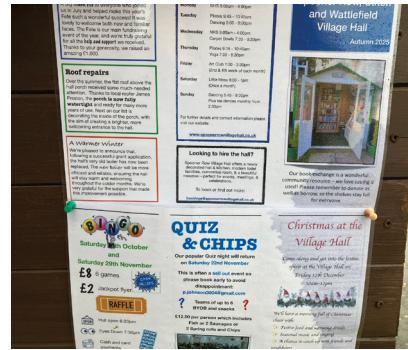
**What3Words:** ///havens.flip.rivals

**Walk Length:** 3.5 Miles

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.



## Directions

This is the ideal early spring walk over quiet byroads and tracks. It's primarily through countryside, with views across open fields and hedgerows. Watch out for a picturesque village pub. Please remember to take nothing but memories and photographs, leaving nothing but footprints.

**01.** Leave the car park and turn left along Station Road, passing the school on your left, the Village Hall on your right and over the railway line. Carry on until you arrive at a crossroads, looking out for Holy Trinity Church on your left just before; well worth a visit; and The Boars, a picturesque pub on the crossroads.

**02.** Cross over Bunwell Road and walk along Guiler's Lane for about a mile. Just after woods on both sides of the road turn right at a fingerpost to walk along a bridleway between two hedgerows. Follow this over a bridge until you reach Potter's Lane.

**03.** Turn right and follow the lane, with views across the countryside, until you reach the T-junction with Hill Road. Turn right and continue along this hedge-lined road with more views over the countryside until you reach Bunwell Road.

**04.** Turn left and then almost immediately right, to walk along Queen's Street back to The Boars, ignoring the turning to the left.

**05.** On reaching The Boars turn left and almost immediately left again, to retrace your steps back to the car park along Station Road.

### Join Our Weekly Walk

Why not join us for our regular walk from the Mother & Child Statue at Norwich Cathedral, Thursdays at 10.30am?

You are always welcome.

