



Walking for Health Swardeston and East Carleton

REVIEWED BY MARK JOHNSON
VOLUNTEER CO-ORDINATOR AT CENTRAL
NORFOLK WELLBEING WALKS

Route by Ruth Burn

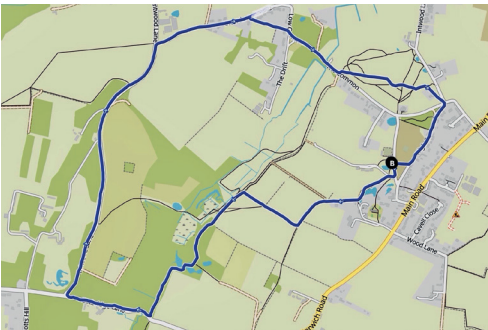
Route checked by Mark Johnson

Photography by Mark Johnson

Starting Point: Swardeston Village Hall, High Common,
Swardeston, Norwich, NR14 8DL

Grid Reference: OS Map 237: TG200026

Walk Length: 3.1 Miles / 5 Km



Directions

01. From the Village Hall car park turn right and then right at a T-junction of tracks. Take the second track on the left, passing a pond on the left in front of a house and follow the track around to the right. Keep ahead, ignoring the first grass track and turn right at the second field to walk down the hill, initially to the left of a hedge. Turn left at the bottom. (Do not go through the kissing gate).

02. Walk straight ahead and enter a woodland, ignoring the path to the right and the kissing gate. Follow the footpath (part of the Upper Tas Valley Way) passing through woodland. Keep on the main path, going over a wooden bridge. Turn right into Catbridge Lane, walk up the hill and take the first road on your right (Intwood Lane). East Carleton Manor is in the grounds on your left.

03. After about ¾ mile take the first right into Swardeston Lane. After about 500 metres, look out for a public footpath marker (just after a house named 'CHILDOR') between two houses on the right. Follow this public footpath between and behind houses (look out for two chimneys in the field!).

04. At end of this footpath turn right into Low Common Road and walk towards Swardeston Common. Shortly after the hump back bridge, turn left onto the common and follow the path straight across, towards a seat and a tree, keeping straight and slightly left.

05. After a while the path has a hedge, initially on the left and then on both sides. Keep going past some cottages, keep right and cross straight over Short Road to walk along a dirt track, signposted High Common, towards the Village Hall. Turn right and walk behind the Village Hall back to the car park.

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.



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