Walking for Health Wreningham and Long's Wood

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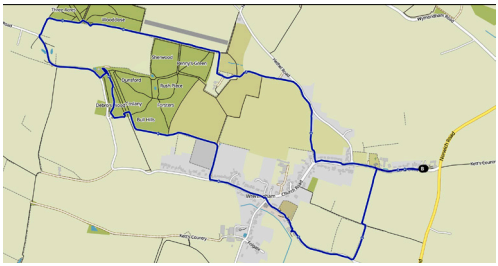

Starting Point: The Bird in Hand pub, Church Road, Wreningham NR16 1BJ

Grid Reference: OS Map 144 166988

Walk Length 4 Miles / 6.5 Km

Directions

01. Leave the Bird in Hand car park and turn right along Church Road. At the church, turn left (finger post) and follow the footpath along the side of the field. Turn left at the end of the field and after a few metres turn right along the side of a field with the hedge on your right. Go through the gap at the end of the field onto Mill Road and turn right.

02. Continue past the Village Hall on your left until you reach the crossroads. Go straight over and continue along Wymondham Road. In 500 metres turn right (finger post) onto a footpath and walk between two hedges until you cross a ditch on a footbridge. Then turn left onto a footpath, with the hedge on your left.

03. After a short while the field becomes a wood which is part of Long's Wood. Follow the path bearing right and walk alongside the cutting of the old 'Swede & Swimmer' railway line until you come to a footpath on your left marked with a finger post, which has steps into an old railway cutting.

04. Take the steps down and then another set up again, turn left (finger post) and follow the path until you almost come to a small car park. Just before, turn right after an information board, following the path through two sets of trees. Keep right at a Y junction, then left just before an old railway bridge and go through a gap in the hedge onto Wymondham Road, then turn right.

05. Carry on until you pass High House Farm on the right. Turn right (finger post) onto a footpath with the hedge on your right. Turn right to cross the ditch on a footbridge with a handrail, you are now in another part of Long's Wood with another information board.

06. Continue along the path for approximately ¾ of a mile, keeping the hedge around this part of Long's Wood on your left-hand side and ignoring paths to the left. Just before the corner of the field take the footpath on the right over a plank bridge and along a boardwalk with a hedge on the right (blue arrow sign).

07. Go past a house and through two gates to reach a track. At the bend in the track just before a bungalow, take the footpath straight ahead to walk along the edge of the field, with a hedge and deep ditch on your left.

08. In the corner of the field, cross over a ditch on a footbridge, keep right, continuing along the footpath until you reach Church Road. Turn left and continue along the road past the Church to the Bird in Hand.