

3 Day Walking Itinerary

This 3 day walking itinerary starts at the source of the River Waveney and follows the Angles Way through to Harleston.

It's easy to take the train from London, Ipswich or Norwich to Diss and then use buses and taxis to get you to and from your start and finish points.

Please check for any temporary route changes or path closures before you set off at www.norfolk.gov.uk and always carry a map - Ordnance Survey Explorer 230, Diss & Harleston.



Day 1 - Redgrave and Lopham Fen to Diss and overnight stay in Diss - Approximately 10k (6 miles)

1 Redgrave and Lopham Fen

Start your walk in the morning at **Redgrave and Lopham Fen**, where you can find the source of the River Waveney. The fen, a National Nature Reserve, is owned and managed by Suffolk Wildlife Trust and supports a diverse range of plants and animals with areas of woodland and heath to enjoy.

↓ Pick up the Angles Way long- distance footpath on Fen Street, in Redgrave, just south of the Nature Reserve.

↓ After you leave the reserve, follow the signposts for the Angles Way, which will take you mostly through fields, until you reach woodland at Wortham Ling. Then, continue on in to Diss.

↓ Walking at an average speed of 5km per hour, you should reach Diss within 2 to 3 hours of setting off. This should still give you enough time to explore the town in the afternoon.



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2 Diss

Diss is known as the gateway to the Waveney Valley. The history of Diss can be traced back to the Domesday book and is home to Diss Mere, one of the deepest natural inland lakes in the country.

For ideas of things to do during your visit, download our 'Half a Day in Diss' Trail.

You can also enjoy an evening at **The Corn Hall**. The Corn Hall is an impressive Grade II listed building which was originally built as a corn exchange and is now a thriving arts venue offering a wide range of quality entertainment. You can find out What's On Here

There are a number of places to stay in Diss. **Cobwebs B&B** is situated on the Angles Way in Denmark Street. **The Park Hotel** is nearby, and is dog friendly. Booking in advance is essential to avoid disappointment.

Day 2 - Diss to Harleston and overnight stay in Harleston - Approximately 20k (12.5 miles)

↓ Today will be your longest stretch of walking. Allow at least 6 hours to enjoy the scenery along the route and to include regular breaks.

↓ Follow the Angles Way out of Diss, along Frenze Road and Frenze Hall Lane. Once you leave the hustle and bustle of the town, you will cross the railway line and pick up a footpath in to the countryside. Keep an eye on your route map and the signposts, as the trail twists and turns through fields and along lanes.

↓ A slight deviation from the Angles Way at Billingford will take you to **Billingford Windmill**. Built in 1859, Billingford Windmill is a five storey, brick tower mill which has been preserved and restored to working order now managed by Norfolk Windmills Trust.

↓ Retrace your steps back to the Angles Way.

By now you'll be working up an appetite. Approximately 14.5km (or 9 miles) into your walk, you will pass through the village of Brockdish. **The Old Kings Head** is well worth a stop off for lunch or just for coffee and cake.



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↓ Continue to follow the signs, along the Angles Way, until you reach the ancient market town of Harleston.

Places to stay in Harleston include **Rooms at No.Three Chameleon House** and the **Swan Hotel** both of which are in the town Centre and also **Wortwell Hall Barn**, which is 3 miles out of town.

Day 3 - Explore Harleston

3 Harleston

Harleston is an ancient market town situated in the Waveney Valley. Old coaching inns, like the Swan Hotel, remain as a legacy from the days when the town was on the main coaching route from London to Great Yarmouth and it was an important trading centre.

Spend the day exploring the towns quaint shops and historic buildings.

You will find a wealth of useful tourist information at **Harleston Information Plus**, 8 Exchange Street.

Don't miss a trip to **Cornucopia**, at the old corn exchange. Cornucopia is a varied selection of vintage shops, galleries, cabinets, refreshment venues and museum areas. Pick up some hidden treasure or just spend your time browsing collectables from a bygone age.

The **Harleston Museum** displays artefacts relating to the life and times of the people of Harleston and the immediate surrounding parishes from pre-historic times to the present day. Open Weds & Sat

There are many places to eat and drink in Harleston. For local ingredients and freshly baked pastries and cakes, drop in to **The Apiary** for a taste of café culture. **The Egg & Easle Café** provide breakfasts and cooked lunches, with vegetarian, vegan and gluten-free choices. Dogs are welcome during the day.

The 581 bus from Harleston to Diss runs frequently throughout the day until 17:50 and takes 25 minutes. Once back at Diss, you can pick up a mainline train to Norwich, Ipswich or London.



Enjoy!

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