

## THINGS TO LOOK OUT FOR...

### The Village

Sedgeford has a population of about 600 people and most of the parish is within an Area of Outstanding Natural Beauty (AONB).

There is evidence of occupation in the Bronze Age (5000 years ago) as well as in Roman times and the village became a recognisable settlement in the Saxon period when the village was to the south of the Heacham River. The village name is simply an Old English word for a crossing (ford) in the reedbed (Sedge). The settlement moved north of the river near the current church prior to the Norman Conquest and was a prosperous established community by the time of the Domesday Book in 1086. Over the centuries various hamlets have been incorporated into the current settlement.

The population has been remarkably stable for the last 150 years or so except for a huge intake of troops in World War 1 when a large airfield was sited to the east of the village which took the population to 1500 for two years. This was closed in 1919 and only used as a "dummy" airfield in World War II.



### Peddars Way

This track was originally built by the Romans to the east of Sedgeford in about 48AD but was then reinforced as a military road in 61AD to quell the Iceni uprising led by Boudica. There is also evidence of the original line of Icknield

Way to the west which is a much older prehistoric track. Peddars Way has survived two millennia and gets its name from the Pedlars who sold their goods from village to village. It was a major smuggling route in the late 18th and early 19th centuries moving illegal goods quickly overnight from the coast towards London and other well populated areas.

The track officially became a National Trail in 1984 and is 49 miles long from Thetford to Holme-next-the-Sea where it joins the Norfolk Coast Path which is now part of the long distance walk around the English coast. Recently a cycle route has been added which shares much of the same route but actually goes through the village centre. The walking section of Peddars past Sedgeford is one of the best parts of the whole route with stunning views from the top of Doves Hill.



### The Magazine

This building which is now a private house was built in 1642 by the Royalist Le Strange family who lived at nearby Hunstanton Hall. It was used to store weapons and ammunition in the English Civil War with the aim of defending Kings Lynn from the Parliament troops and is built to resemble a chapel to disguise its true purpose. After a three week siege at Lynn the Royalists surrendered and the whole of Norfolk became a stronghold for Cromwell and Parliament.



### Sedgeford Railway Station

The station, which still survives as a private house, was the first stop on the single track West Norfolk Junction Line from Heacham to Wells which opened in 1866. The full track length was 18.5 miles and the single platform at Sedgeford was mainly used for handling agricultural goods such as corn, cattle, sugar beet etc. It was never a huge success as a passenger line and closed to passengers in 1952. The Wells end of the line suffered major landslides in the 1953 floods and never reopened but some goods still went through Sedgeford until 1964 when the whole line was closed.

### Sedgeford Church

Sedgeford St Mary is a large church unusually built in a valley near the river probably on the site of a much older wooden church. It is a classic Norfolk round tower church but the bottom of the tower is now covered in octagonal stonework. The main body of the church is 13th century with subsequent additions over the next two hundred years. The church was once bigger than it is now but the eastern half of the chancel was demolished in 1770. It is well worth a visit to this Grade 1 listed building to see the wall paintings, a lovely font and some interesting graffiti at the base of the bell tower!!



### The Heacham River

This is a chalk stream which although they are quite common in North West Norfolk, they are globally very rare. The 10 mile long river rises from springs in the chalk bed near Bircham and can be seen on the walks at Snettisham Road, at Fring Cross (where Fring Lane meets Peddars Way) and on the footpath bridge from the church to Snettisham Road. The river goes through the mill at Norfolk Lavender and meets the sea at Heacham.



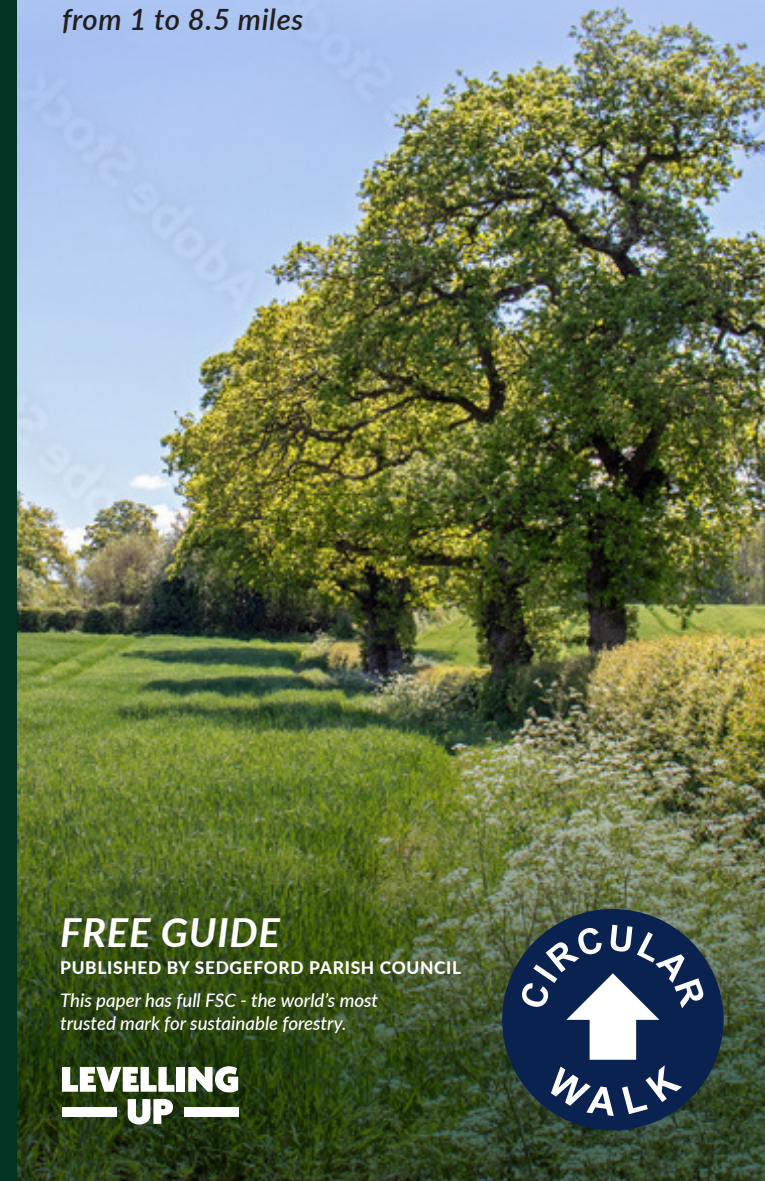
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# SEDFORD WALKS

from 1 to 8.5 miles



## FREE GUIDE

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UP



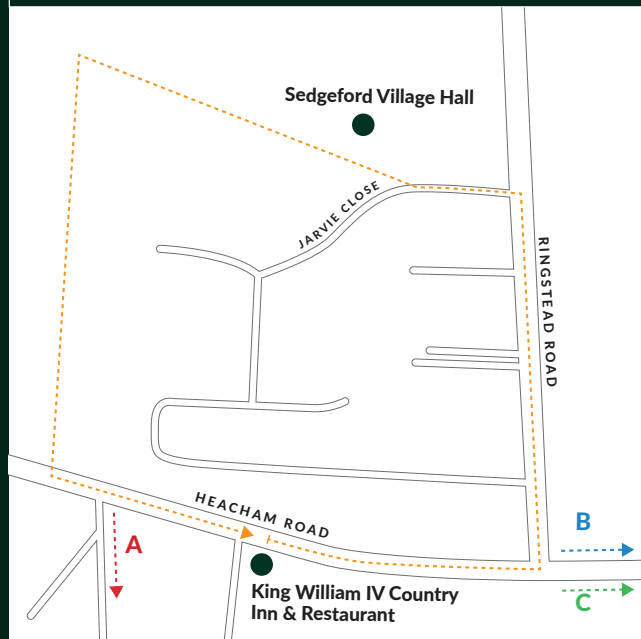
## YOUR STARTING POINT...

### King William IV Country Inn and Restaurant

King William IV reigned from 1830 to 1837. The building was registered as having a licence in 1836 and would have been named after the monarch at the time. There are nine luxury ensuite rooms on site as well as four different eating areas and a large outdoor garden. Food is served every day and cars for the walks can be left in the car park before hopefully having a drink and meal in the pub afterwards! Sedgeford once had three pubs but the Plough and the Buck are now private houses and have been closed for many years. See if you can spot them on the walks.



### SEDFORD VILLAGE WALK: 1 mile - Easy terrain



Leave the King William pub, cross the road and turn right. After 200 yards turn left onto Ringstead Road and at the top of the hill turn left again into Jarvie Close. Cross the road and turn right into the entrance of the village hall and playing field. Walk left across the field and go through a large gap in the hedge to join a well marked footpath. Turn left and follow the path back to Heacham Road where you turn left and continue back to the pub.

### WALK A: 8.5 miles - Moderate inclines

1. Leave the King William pub and turn left for 100 metres. Turn left again onto Snettisham Road and go down the hill. Cross the river and keep to the path on the right for another 200 metres. Follow the road around a right turn and after 150 metres take the track on the left. Initially the track is quite steep but levels out with views to the right towards Snettisham church and the Wash. Keep on this track for just over a mile until you reach a farm on your left and then a tarmac road. Turn left and follow this quiet country road from the hamlet of Inmere towards Fring for 2 miles.
2. On approaching Fring take the left track which is signed Peddars Way and remain on this well signed National Trail for the next 3 miles heading north. The Trail is quite undulating as it heads towards the Sedgeford to Fring road and after crossing this road (Fring Cross) there is a gentle uphill walk to the top of Doves Hill. The hill top has a welcome seat, is about halfway round the walk and has some excellent views across the West Norfolk countryside. Continue following Peddars Way downhill and cross the Sedgeford to Docking road after Littleport cottages. Turn right and then left past the Magazine.

### WALK B: 5.5 miles - Moderate inclines

Leave the King William pub, cross the road and turn right. Continue on the pavement for about 400 yards and the road then bends to the left. Cross the road carefully at a small triangle which has the village war memorial in the centre. Take the small road to the right which is Fring Lane and follow this lane for one mile. Take care on this narrow road as there are two hidden bends. The route passes Sedgeford Hall and leaves the village at Glovers Farm where the road becomes single lane for 400 yards before meeting Peddars Way at Fring Cross. The remainder of the walk is described in **Walk A - No.2** onwards.

### WALK C: 3.5 miles - Easy terrain

Leave the King William pub, cross the road and turn right. Keep on the left pavement, go straight across the bottom of Ringstead Road and follow the road to Docking as it bends left round Cole Green and the war memorial and then right again. One mile after leaving the pub you will reach Peddars Way at the top of a gentle hill. Turn left at the Magazine and follow Peddars Way. The remainder of the walk is described in **Walk A - No.3** onwards.

### Sedgeford Circular Walks from the King William IV take in part of the Peddars Way National Trail

3. Continue north across a disused railway line and keep to the well defined field edge path for 400 metres. Turn left and after 50 metres keep on straight ahead leaving Peddars Way at this point which then continues north to Ringstead and Holme on the Norfolk Coast. After 400 metres turn left on the Sedgeford to Ringstead road and walk 400 metres until you reach the old railway station on your right. Follow the footpath sign to the right and after 100 metres turn left at the hedge and continue on this path for ¾ mile. At the top of the hill just before reaching Sedgeford playing field there are good views on your right towards the Wash. The path ends on reaching the Sedgeford-Heacham road, where you cross the road and turn right then next left.
4. Go down a short hill, to the Old Buck. Walk past the church and take the footpath signed on the left down some steps to a sunken path that leads over the Heacham River to the Sedgeford-Snettisham road. Turn left and follow the path on the left for 600 metres until you return to the Sedgeford-Heacham road. Turn right for 100 metres and you will return to the King William pub.

