


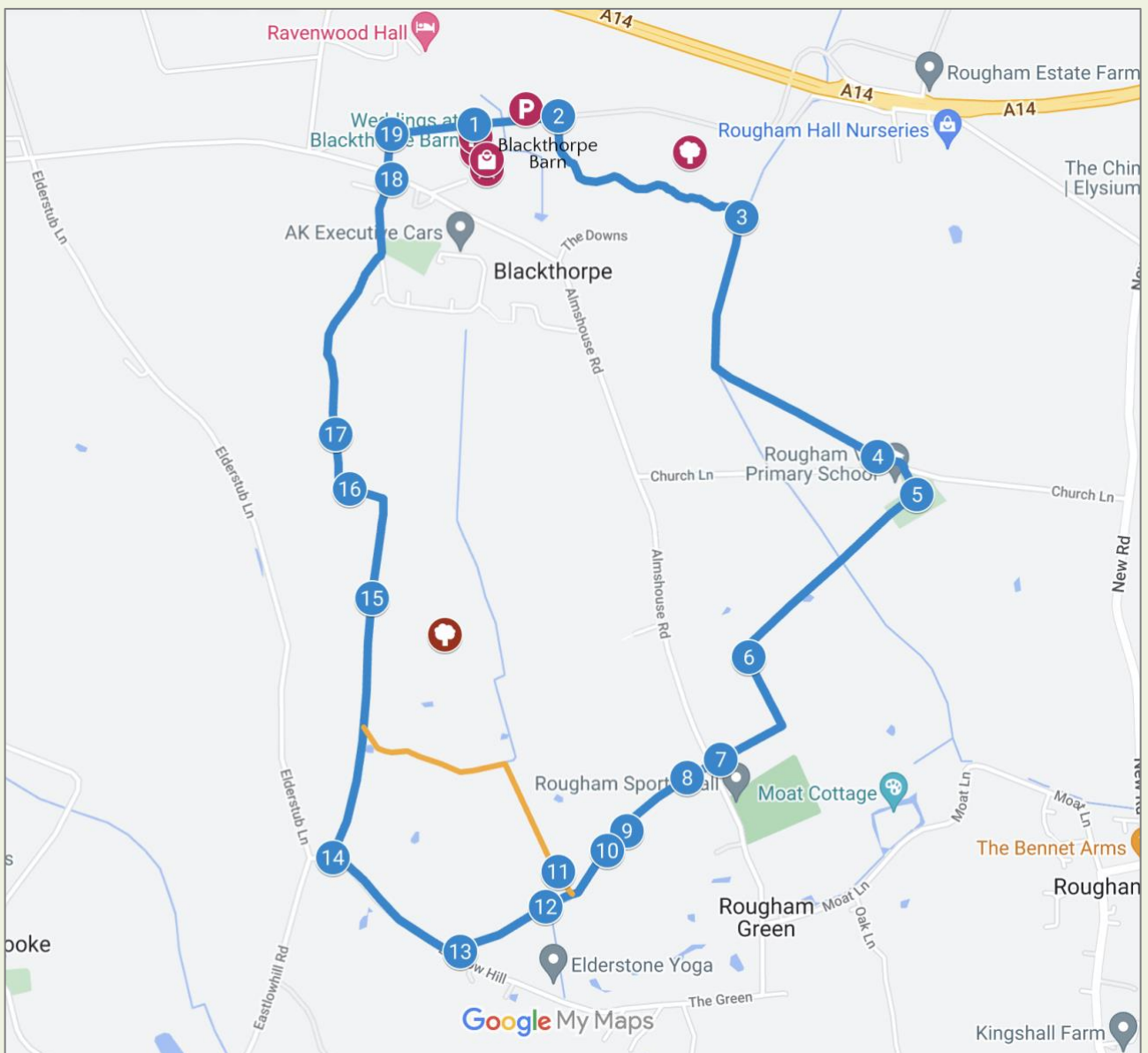


Meadow Walk near Lake Farm

-  Time taken: 1.5 hours
-  Distance: 3.2 miles
-  Difficulty: Hard, including stiles, a kissing gate and meadows that may contain cattle

Map

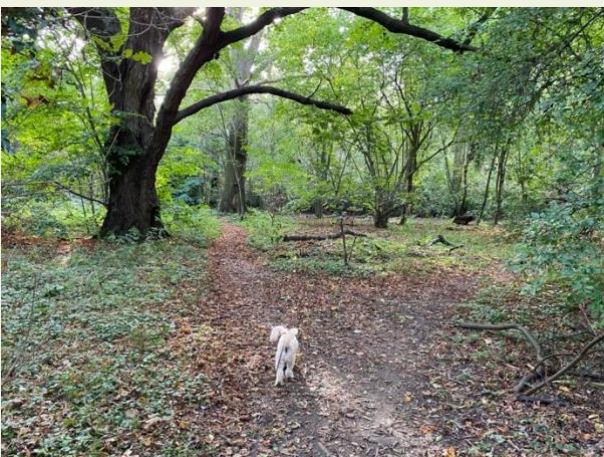


Waypoints

This walk visits some of the most lovely meadows on the Rougham Estate. They are remote, peaceful and have remained virtually unchanged for centuries. They are filled with ancient oak trees and surrounded by high hedgerows. To visit them is to step back in time.



1. From Blackthorpe Barn turn right and pass through the carparks along the concrete road until you reach a wood on your right. A path leads into the wood shortly after you reach its boundary.



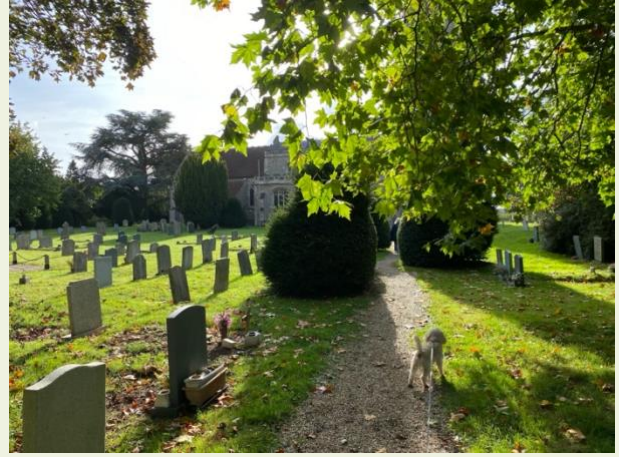
2. Follow this path bearing left and then turning left after 50 metres. Follow through the wood to the far end.



3. At this point turn right at a T junction. Follow this path out of the wood with a hedge on your left. Follow this path until it meets a path from the right. At this point follow round to the left heading for Rougham Church which appears dramatically in front of you.



4. At the far end of this path cross the school and church carpark. Cross the public road with care. Enter the churchyard and walk up to the great western tower. Turn right here.



5. Follow this path to the west and leave the churchyard by a metal pedestrian gate made to commemorate the Rougham Harvest Fair which was one of the Tree Fairs which were a feature of life in Rougham during the late 1970s and early 1980s. Continue down this path until you reach a hedge in front of you. Turn left here.





6. Follow this path for several hundred metres until you see a path heading to the right through the hedge. Turn here and follow the path with some gardens and a house on your left.



7. Shortly you will cross the public road. Take care here. The footpath continues on the far side. After 100 metres a hedge appears end on in front of you.



8. Follow the path to the right-hand side of this hedge. After a while the path turns abruptly left and passes through the hedge to emerge on the other side.



9. You are now in a meadow which represents the start of the Lake Meadows complex. Turn right and continue down here with the hedge now on your right. At the end of this meadow, you will see a stile in front of you. Crossing this stile takes you into a new meadow.



10. Take the diagonal path across this meadow to the large metal gate which leads you into a small triangular meadow, leaving the gate as you find it. Here you turn left and pass what is, in effect, a complex of gates used to gather cattle at this narrow point.

There is first a large metal gate which crosses your path if closed. Pass through this, leaving it as you find it. Then there is a small gate on the left and finally another large gate across the path. These two large gates are usually open unless cattle are being held between them. If they are, use the alternative route suggested in Waypoint 11. Otherwise proceed through, leaving all gates as you find them. You then emerge in the most splendid of the Lake Meadows.



11. NOTE: Sometimes the cattle in the meadow gather in this narrow point where the second gate is. This can cause a blockage so that you cannot get through. If this should happen on your walk, here is an excellent alternative.

Standing in the small triangular meadow, turn right instead of left and you will see a stile at the corner of this small meadow. Cross this and follow the hedge line on your right. Walk along the side of the field swinging round to the left at the bottom. This will take you to the Roman road known as Whitebridge Lane. Turn right here and continue on the walk from Waypoint 15

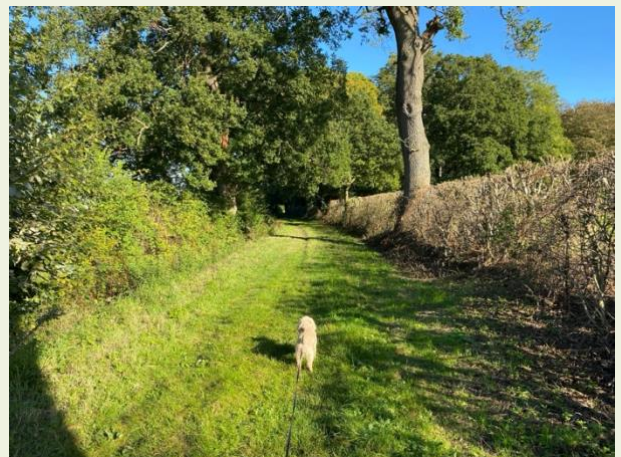
12. Stop for a moment and drink in the view which has remained unchanged for centuries. A very rare experience. The meadow is dotted with ancient oak trees that are hundreds of years old. Many are very gnarled with great bulges and hollows. They mostly would have been pollarded in the past which involved the rotational removal of branches for construction and for firewood. When you are ready, walk diagonally across this meadow heading for an exit halfway down on the left near a pond.



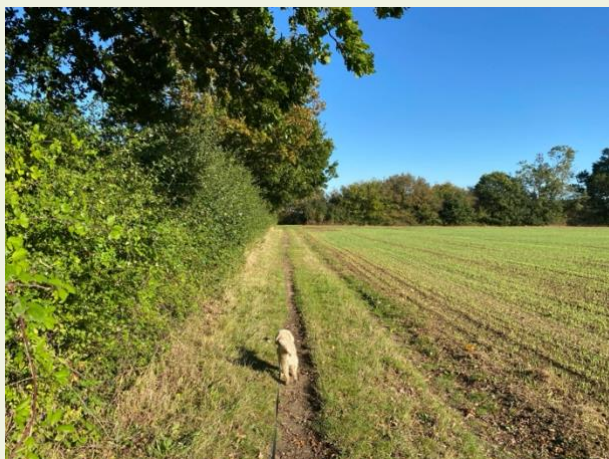
13. There you will find a stile to climb to leave the meadow. There is a section with plain wire where you should encourage your dog to go through. Turn right onto the public road called Eastlow Hill. Take care as you join and walk along this metalled road for maybe three minutes until you approach a T junction with a pair of brick-built houses on the right.



14. At this point look left where you will see the huge Roman burial mound known at Eastlowhill Tumulus. This was originally one of a group of four tumuli built along the Roman road that we are about to join. It related also to a nearby Roman villa site. Turn right down Whitebridge Lane which is just before the cottages.



15. This is the original Roman road and now a beautiful green lane. Follow this for half a mile. At this point you will see a footpath set off across the fields to your right. It is the route of the Roman road. Do not follow this path but stay on the green lane. We continue straight on the green lane until encountering a hedgerow ahead of you. Turn left here.



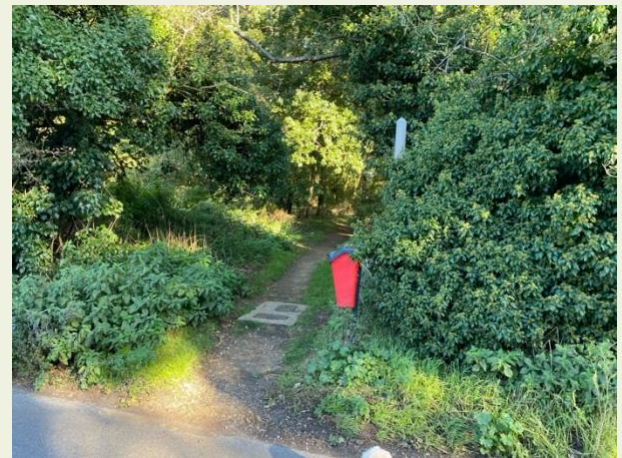
16. Follow this green lane for 100 metres before turning right down another green lane called Mouse Lane.



17. This lane becomes quite narrow in parts but when followed brings you out at some mid-century houses also called Mouse Lane. Turn left onto the metalled road with a pavement called Mouse Lane too.



18. Follow this to the public road. Cross here with care, as it can be busy and follow the footpath on the far side for 100 metres.



19. Turn right into the Blackthorpe Barn avenue and right again to return to the Barn itself and Roots Café for some well-earned refreshment!



The walk starts and ends at Blackthorpe Barn, where you can find plenty of free parking as well as Roots Café and the Garden Room shop.

Please remember that the gates to the avenue entrance are locked after the Café and Shop close.
We hope you enjoy your walk!

More information from roughamestate.com