

## PATH CLOSURE

The Permissive Path between the Foulsham Public Footpath & Lizard Farm has been withdrawn (2004).

The walk can be continued by remaining on the Public Footpath to Pockthorpe, and going round by the quiet road towards Lizard Farm, where you pick up the route again.

Going by Foulsham extends the walk by an hour but there is a convenient pub there for lunch if it's that time of day.

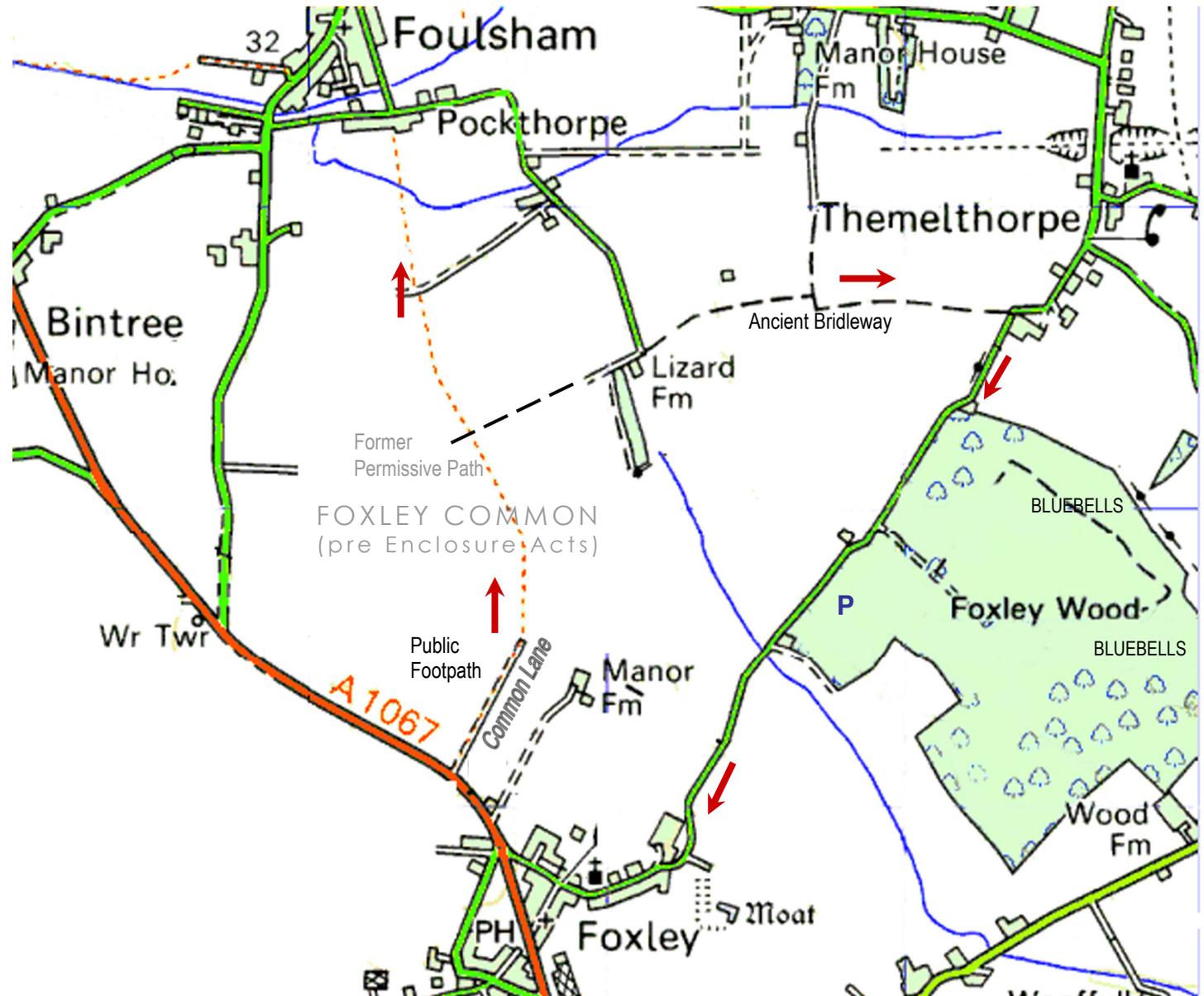
At Lizard Farm you enter the old bridleway to Themelthorpe. This is enclosed on both sides by ancient hedgerows full of interest and the occasional wild apple tree. The views are very pretty..

A decision has to be made on reaching the Themelthorpe road. If you are a railway buff, you will be interested in the complex **Themelthorpe Loop** junction, the remains of which are still to be seen there. Have a look at the small map to see the complexity of it. Part of the Loop is now included in Marriots Way cycle track. It is about five minutes off our route.

To keep to the route, turn right towards Foxley and pause briefly at the entrance of **Foxley Wood**. It is really worth going in there in May to see the wonderful bluebells.

On reaching Foxley, turn left up a farm track after the fishing ponds and go round the right hand edge of the first field, to the old Manor House moats. These are very impressive, a magnificent example and a hidden treasure of the village. Please keep to the edge of the field as this is private land farmed by *Albanwise Ltd*, an Italian-owned company based at Barton Bendish.

Back on the Street, the walk then takes you past the very old and interesting **St Thomas Church**. Turn left up Chapel Lane and cross the main road to where you started.



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