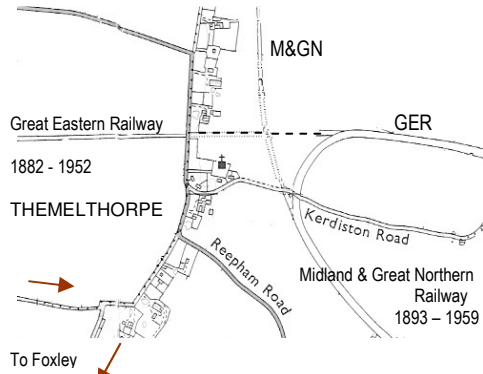


THEMELTHORPE LOOP

This was a junction of the *Great Eastern Railway* route between County School and Wroxham and the *Midland & Great Northern* route between Norwich and Melton Constable. The tracks just crossed. The loop was added later so that trains could get to Lenwade industrial estate from the mainline via Wroxham. The Norwich end of the Lenwade M&GN line was a terminus.



Melton Constable to the North was a Railway Town with a maintenance yard for locomotives.

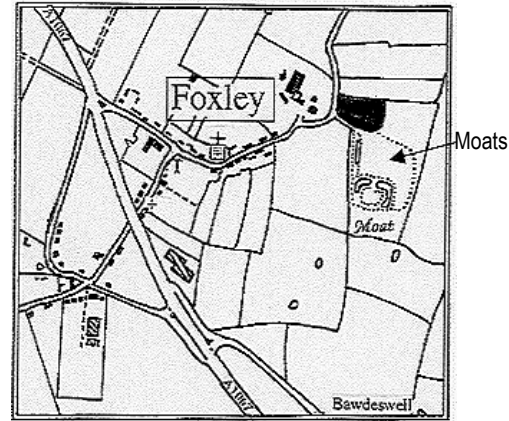
FOXLEY WOOD

This is the largest remaining block of ancient woodland in Norfolk. The Domesday Book noted that it was a large enough area for 300 swine. That is said to be a way of measuring it. It is quite possible it was a hunting ground of kings.

It supports a tremendous variety of flowers including St John's wort, orchids, stitchworts and bugle. In May it is famous for its bluebells.

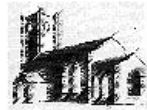
Sparrowhawks and tawny owls breed in good numbers and all three species of woodpecker are present. Young coppice supports garden warbler, black cap and whitethroat. Good numbers of bank vole and wood mouse keep the resident weasels, stoats and foxes well supplied. Roe, red and muntjac deer visit the wood. Evidence of wild boar has been found.

MOATED SITE OF FOXLEY MANOR



THE MOATS IN FOXLEY mark the site of a Manor House and farmstead dating back between 1100 and 1500. Foxley Manor is recorded as being granted by Henry II (1154 - 89) to Sir William de Munchensey. Bawdeswell and Sparham were part of the Manor. By 1700 it was in the hands of the Lombe family.

ST THOMAS CHURCH

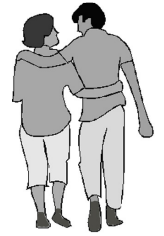


The lower part of the *Nave* walls date from the late Saxon or early Norman times. The *Tower* was built about 1380 and contains a fine ring of 6 bells, two of which are in need of repair. Inside, the *pews* illustrate the social gradations of a former age, with six box pews for the farmers and their families.

For more information on any of these subjects visit www.therevestale.co.uk

Bawdeswell Heritage Group

A CIRCULAR WALK FROM FOXLEY



Approx distance: 6 miles

Approx time: 2 hours

Highlights: Rural views, Public Footpaths and an ancient Bridleway, Themelthorpe Loop railway junction, Foxley Wood (*bluebells in May*), moated site of Foxley Manor, St Thomas' medieval church. Starts and ends at the village hall in Chapel Lane East off the main road.

Head for the main road and go northwards along the grass verge past Laundry cottage to the lay-by where Foxley **Common Lane** leads off on the right, signposted Public Footpath.

At the end of Common Lane is a patch of overgrown ground where Moor Farm once stood. The path is then signposted diagonally across the field. It is usually well trampled but if not, you can walk around the edge of the field to the far corner.

By the footpath sign climb over a stile. There is a little footbridge over a ditch. Scramble through the copse and past a hidden pond. Pause awhile.

The going is then easy along a wide grass verge in the next field.

The area was once **Foxley Common**. There are beautiful rural views across the fields towards Foxley Wood. Worth stopping again to take it all in.