

# Pingo Trail

## Walk 8

**Distance** - 10km (6¼ miles) **Ascent** - Negligible **Map**: Ordnance Survey Explorer 237, Norwich etc., 1:25,000

A fine, mainly circular, walk using part of the designated 'Great Eastern Pingo Trail', with the return via Thompson village and recommended visit to the Chequers Inn. The scenery is very diverse, including Thompson Water, Carr woodland and Nature Reserve areas. As might be expected, the flora and fauna is rich and varied. Pingo is a local name for a type of pond which was formed at the end of the last ice age. They are plentiful in this area.

The route is entirely level, with minor roads, field and woodland paths providing excellent walking surfaces, without stiles or other impediments.

**Note:** It would be a great help to future walkers if you could record any inaccuracies you come across during this walk and report them to reception so that appropriate amendments can be made.

Thank you for your help. *Happy walking!*

**Start/car parking** - Former yard of Stow Bedon railway station, by the side of the A1075 road, south of Watton, [grid reference 940966](#).

**Refreshments** - Chequers Inn at Thompson Village.

## WALK

The start point of the route is found in the car park. Do **not** walk along the straight and obvious path, which is the line of the former railway. Go through a gate on the right to follow a waymarked path, over wooden bridges and with the wettest sections helped by boardwalks. This is Thompson Common, a rich mixture of woodland and more open areas. There are plentiful pingos.

**1.** Join a surfaced lane, turning left. Continue along the lane, passing a few isolated properties. After the final dwelling, the lane loses its surface. As the track goes to the right, bear left, soon crossing an extensive area of rough grassland on a narrow path, helped by the occasional waymark. The route continues through Thompson Carr, a large area of damp woodland dominated by oak and alder. There is a long straight section by the side of a stream, at the end of this section turn right at a junction, cross over the stream and walk for approximately 200m. to a waymarked junction.

**2.** Turn left to continue through the woodland, the path soon weaving among the trees. Eventually there is a view of Thompson Water through the trees, an artificial lake created in 1845, now owned and managed by The Norfolk Naturalists' Trust. Reach an area with information board and go straight ahead to join a wide, straight track in a short distance. This is part of the legendary long distance route 'Peddars Way'.

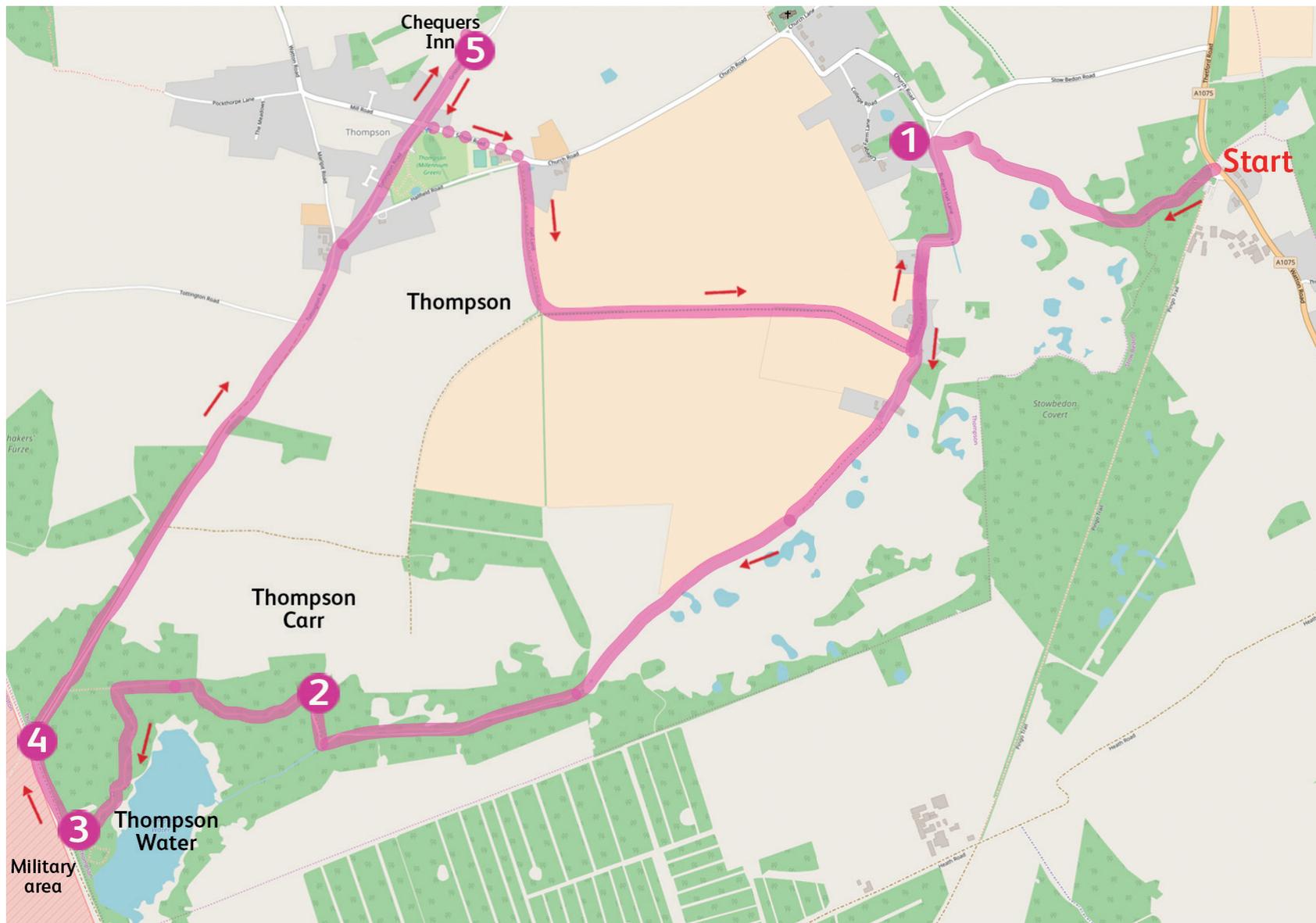
**3.** Turn right. To the left is a large area reserved for military operations.

**4.** At a cross tracks in 300m. turn right to follow a long straight tarmac roadway, without traffic, for a little more than one mile. Before reaching Thompson village the road loses its surface. Join a surfaced road, going straight ahead. At the next road junction, bear right, then straight ahead at the next fork, to reach a crossroads in the middle of the village. Go straight across to walk to the Chequers Inn about 300m. along the Griston Road. (If a visit to the inn is not required, turn right at the crossroads).

**5.** From the inn return to the crossroads, turning left to walk along School Road. Pass the village school. At a junction a few metres further, go across a road and follow Hall Lane, with bridleway sign. This broad track crosses agricultural country. At a junction turn left to continue on a good track, heading for distant properties. Cross a field on a path reserved through the crop and rejoin the outward route at the tarmac surfaced lane. Turn left to return to the car park, looking carefully for the right turn into woodland immediately before a road junction.

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