

Waveney Ramblers Waveney Way 8 Shipmeadow and Mettingham

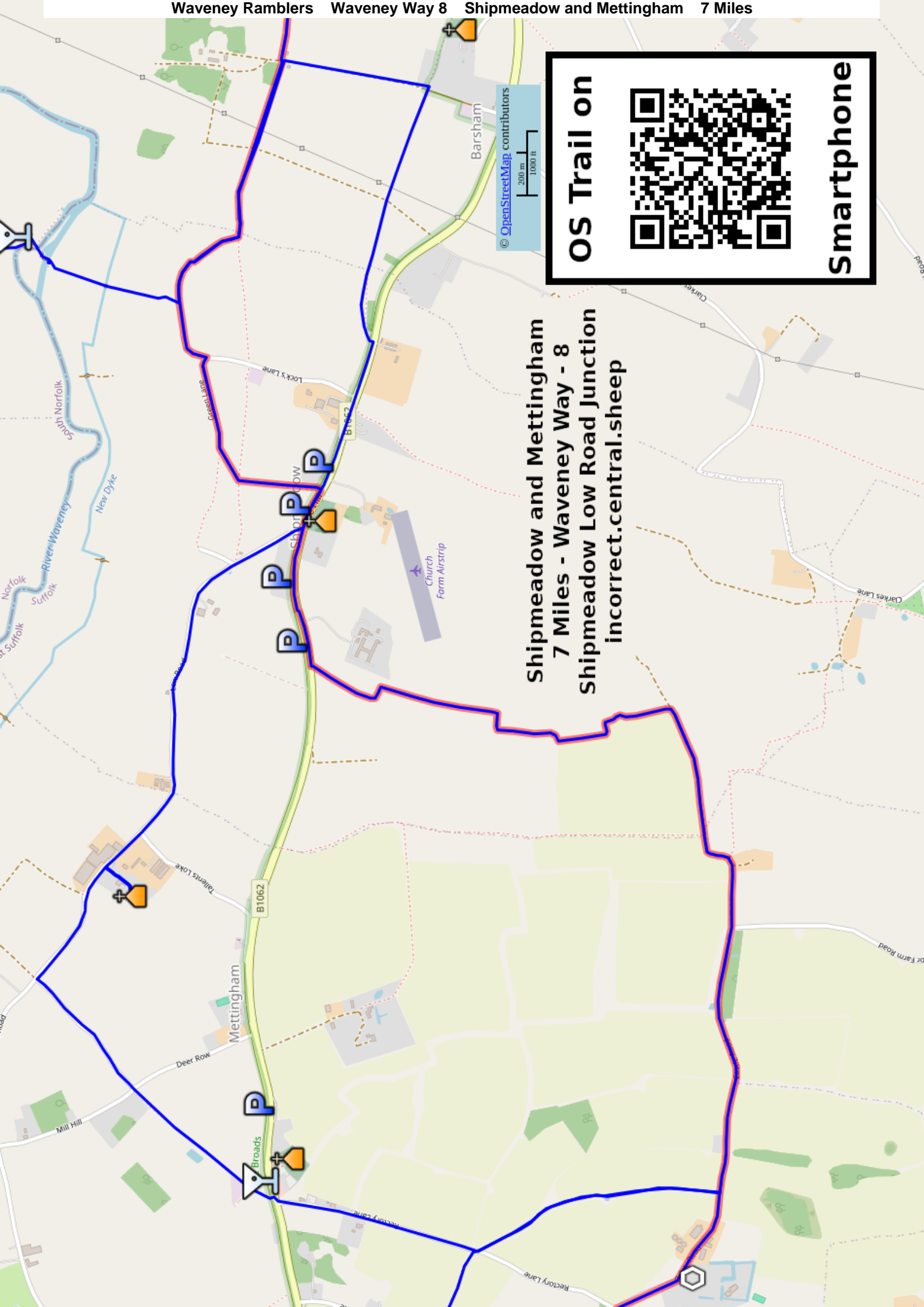
OS Map: X 231, OL 40 Track: [TM 38174 90043](#) [GPX for SatNav](#) 7 Miles Updated: 2024

This text is for the seven mile version. Map: BEDCBAJIHGFA

Park in any of the cluster of four Shipmeadow lay-bys.
Meet at the Shipmeadow village sign at the junction with Low Road.

Head east along the B1062 to the Maisebrooke Farm Shop.
Opposite the shop access lane, turn left, north, over a stile.
Head east through the fields. This path is rarely reinstated. Roughly follow the power lines.
Continue east on a better path towards Barsham.
Turn left, north, along Callender Houses towards the Barsham Hall remains.
Turn left, west, along the Angles Way.
Turn right, NW, and follow the field perimeter, woodland right.
Go right and left through a gate and continue NW in woodland.
Merge with and follow Locks Lane going west.
Just after a left bend, turn right, west, along Green Lane.
Turn left, SW, over a ditch, up decayed steps and over a stile.
Head SW across the field. Turn left, south, fence right, uphill.
At Hillcrest, emerge onto the B1062. This path needed pruning! Turn right, west.
Head past the walk start point and continue west.
After the turning into the Viewpoint Mews and after a layby, turn left, SW, hedge right.
Follow the field perimeter with about five hedge kinks going up to high ground.
Turn right, west, and follow the perimeter, hedge left.
Near the Highfields Farmhouse the track bends left and right. Continue west onto Castle Road.
Turn right, north, along the Angles Way, tree-lined path.
Turn right, north along Rectory Lane.
At the Tally Ho tearooms (closed), cross the B1062 and head NE to Mill Hill and Deer Row.
Cross these lanes and head NE on an unnamed lane.
At Low Road, turn right, SE.
Opposite farm buildings, turn right, SW, into the grounds of the Russian Orthodox chapel.
It's signed "The College of Our Lady of Mettingham".
The chapel is beyond the large white house and it's open to the public.
Follow Low Road, SE, back to the start point.

The original Waveney Way followed Gull Lane. This is usually flooded, overgrown and slippery. Only the intrepid or foolhardy should follow this line. Our preferred route follows the line of the Angles Way on a much safer path with better views. Gull Lane might be restored if a solar panel "farm" goes ahead.



Shipmeadow and Mettingham
7 Miles - Waveney Way - 8
Shipmeadow Low Road Junction
incorrect.central.sheep

OS Trail on



Smartphone

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