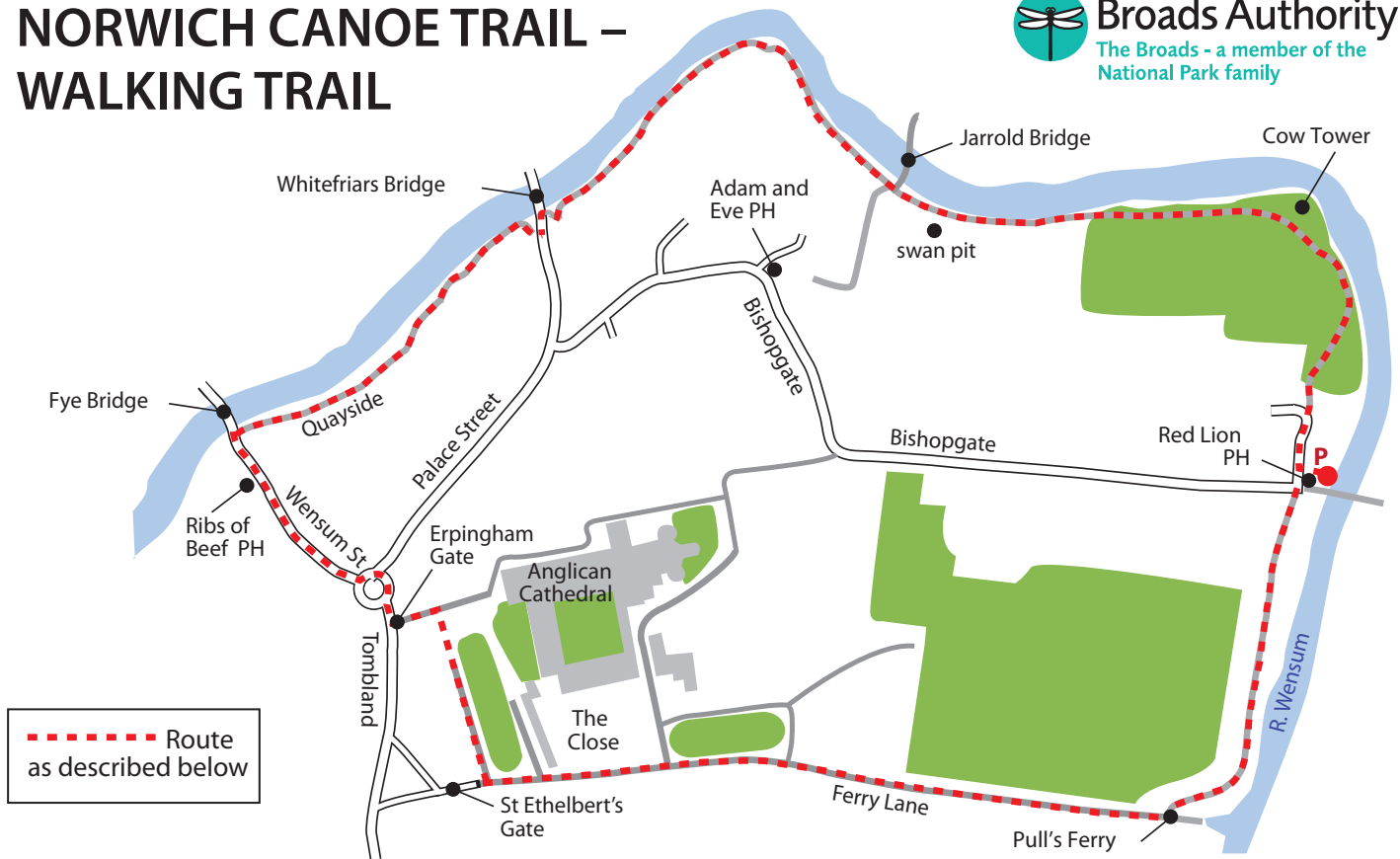


NORWICH CANOE TRAIL – WALKING TRAIL



 Route as described below

- Start from outside the **Red Lion pub**. With the pub on your right, follow the riverside footpath towards **Cow Tower**, named after the surrounding meadow once known as Cowholme.
- The tower was built as an addition to the defences already encircling medieval Norwich and held both guns and a garrison to defend the approach to the city across the **River Wensum**. Its height of nearly 50 feet was necessary to overlook the high ground on the opposite bank.
- Look for the art installation in the nearby tree which is used by birds and bugs!
- One of the last remaining **swan pits** can be seen further along on the left; it was once part of the Great Hospital's property. The cygnets were fattened on grain and sold to the great and good throughout the land. One of them was sent to Sandringham every year, as a gift to the king!
- The next pub is the **Adam and Eve** (to your left across the car park). It's reputed to be the oldest pub in Norwich, claiming to date from 1241 when it was used by workmen building the cathedral.
- Follow the path through to **Quayside** by crossing the road by **Whitefriars Bridge**. Quayside has a public art installation mirroring the bales which would have been loaded and unloaded here in the past.
- Look for the plaque at **Fye Bridge** at the end of Quayside.
- Turn left here opposite the **Ribs of Beef** pub towards the cathedral. Enter **The Close** via the **Erpingham Gate** and discover a haven of tranquillity – it's the largest cathedral close in the country.
- The gate was named after Sir Thomas Erpingham who had it built as a penance for having killed a monk following the Battle of Agincourt.
- Follow the path back down to the river to a flint building. This is **Pull's Ferry**, a 15th-century watergate, named after one of the ferrymen, John Pull. A canal (no longer here) was constructed by monks to transport the stone for building Norwich Cathedral. The stone came by sea from France and up the Rivers Yare and Wensum.
- Turn left here to retrace your steps to the **Red Lion pub** and your canoe. Retrace your paddle back to the start point.

Trail map and information designed by Ruth Murray



If you have any problems please contact Broads Control on 01603 756056, staffed daily 9am-6pm from April to October and 9am-5pm during the winter. If the incident is more serious please call 999 or 112 and ask for the appropriate emergency service, which may be the coastguard.