

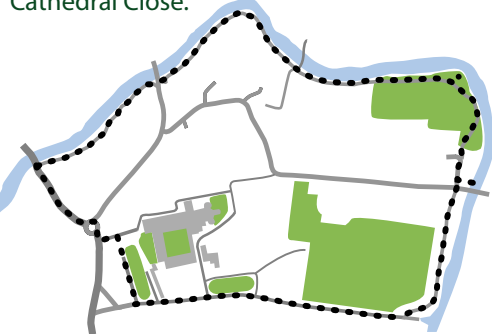
Caution Rough water after heavy rainfall

Norwich Bridges

- 1 Carrow Bridge
- 2 Novi Sad Friendship Bridge
- 3 Lady Julian Bridge
- 4 Foundry Bridge
- 5 Bishop Bridge
- 6 Jarrold Bridge
- 7 Whitefriars Bridge
- 8 Fye Bridge
- 9 St Georges Bridge
- 10 Duke Street Bridge
- 11 Coslany Bridge
- 12 New Mills Bridge



Please refer to the **Norwich Canoe Trail – Walking Trail** for a picturesque stroll taking in historic sites near the river and the Cathedral Close.



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- The Broads is an ideal place to enjoy paddling, with little or no experience required.
- Please park sensibly and only use the indicated launch points.
- We advise you to wear a life jacket, and to check weather and tide information prior to starting your trip.
- The waterways in the Broads are open to all forms of navigation so please be aware of other craft and also anglers fishing from the riverbanks.



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.

These maps are for illustrative purposes and are not drawn to scale. Please do not try to use them for accurate navigation.



NORWICH CANOE TRAIL

There are two starting points on this route. No experience is necessary and the route is suitable for families with children. Please check opening times and other details for places mentioned below.
www.enjoythebroads.com

- There are two canoe launch points on to the **River Yare**. One is next to the **Outdoor Education at Centre at Whitlingham Country Park**. Once launched, turn left and paddle upstream towards the city.
- The other launch point is at **Cary's Meadow**, to the south of **Thorpe Road** near **Harvey Lane**. Cary's Meadow is a local nature reserve with safe access to the river. There is a small area for parking. From the meadow, turn right and head under the railway bridge. Turn right again on to the main river and paddle towards the city.
- On this trail you can discover the history of Norwich through its bridges and riverside buildings. **Trowse Eye** is the confluence (meeting point) of the Rivers Yare (on the left) and **Wensum** (on the right). Confluences were sacred sites in prehistory, often resulting in settlements springing up on them. Paddle up the Wensum, to the right.
- **The Deal Ground** is on the left, so called as in times gone by sea going coasters would unload softwood (or 'deal') here for Colman's to make barrels and crates for distribution of its products. On the right is the utilities site, once home to two power stations, but now awaiting decisions on redevelopment. Go under the railway **swing bridge**. Buildings that once formed the mustard works are on the left.
- Just before **Carrow Bridge (1)** are the remains of the **boom towers**, part of the old city wall. You can see a converted flour mill on the left and on the right the remains of Corporation Quay.
- Pass beneath the **Novi Sad (2)** and **Lady Julian (3)** footbridges. **Dragon Hall** is on the left. This former medieval merchant's hall is open to the public.
- Just by **Foundry Bridge (4)** is the Broads Authority's **Norwich Yacht Station**, open from April to October.

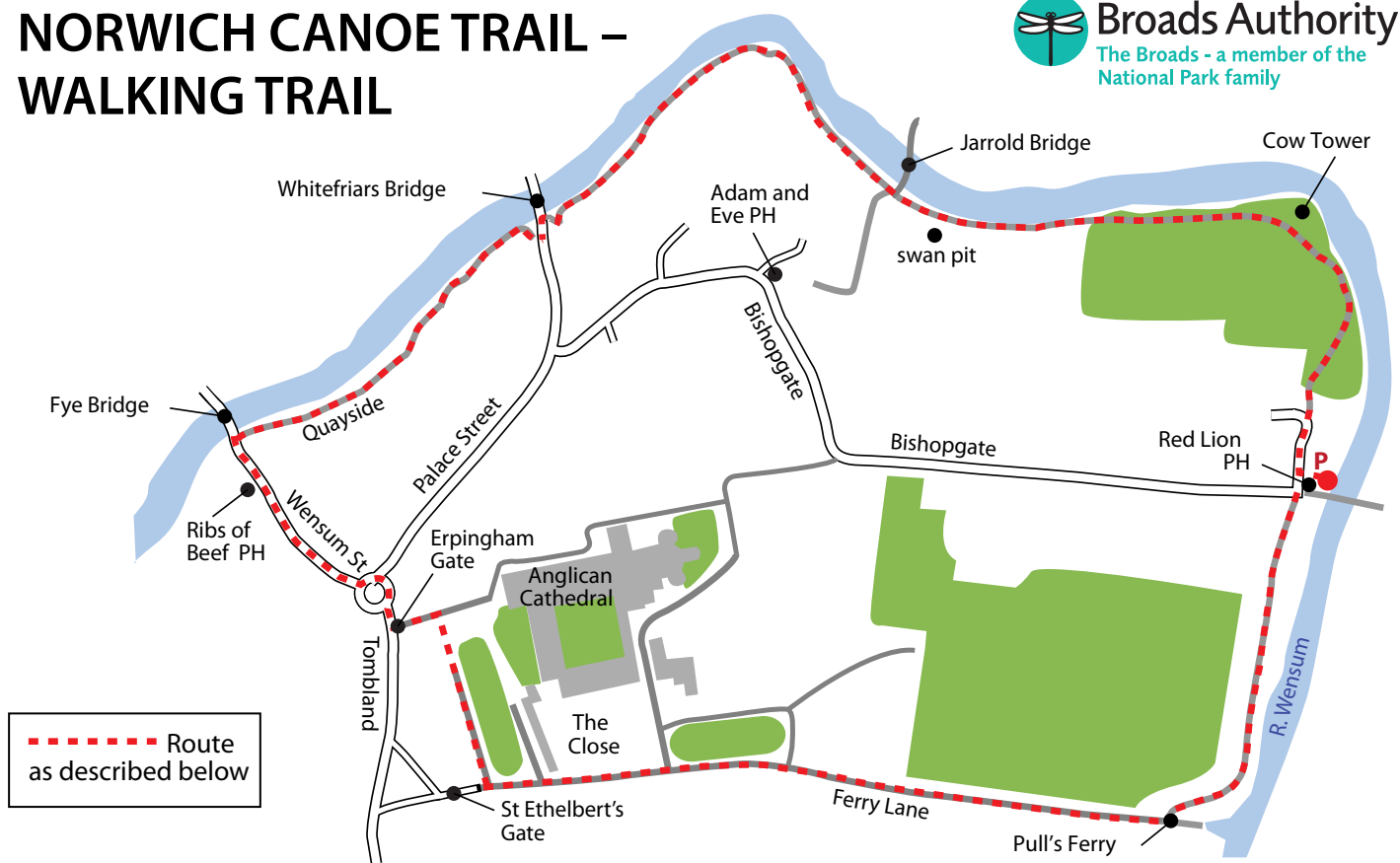
- **Pull's Ferry** is marked by a 15th-century watergate. The building is named after John Pull, who ran the ferry from 1796 to 1841. There was a ferry service here across the Wensum until the 1930s.
- The current **Bishop Bridge (5)** was built around 1340 and is the only surviving medieval bridge in the city.
- **Cow Tower** was intended to house a garrison of gunners to defend the approach to the city across the river. It seems likely that the tower's name is derived from the surrounding meadow, previously known as Cowholme.
- **Jarrod Bridge (6)** was opened in 2012 and crosses the river at St Helen's Wharf, beside the **Adam and Eve** pub which claims to be the oldest pub in Norwich.
- **St James Mill** is a former yarn mill, now used as offices.
- The current **Whitefriars Bridge (7)** opened in 1925 and is named after Carmelite monks who founded a monastery next to the bridge in the 13th century.
- The present **Fye Bridge (8)** opened in 1933. A plaque tells us that this was once the site of a ducking stool, used for punishing dishonest people, usually women, in the river.
- **St Georges Bridge (9)** was built in 1783 by Sir John Soane, architect of the Bank of England, at a cost of nearly £1,300. It has a single arch of Portland stone, with cast iron railings.
- **Duke Street Bridge (10)** is in the area which was once the location of the Duke of Norfolk's palace.
- The current cast iron **Coslany Bridge (11)** was constructed in 1804 and is the oldest metal bridge in Norwich.
- The impressive building at **New Mills Yard** still houses a set of pumps that, until the 1970s, pumped sewage to the old treatment works at Trowse, almost back at the beginning of our trail!

Trail map and information designed by Ruth Murray



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NORWICH CANOE TRAIL – WALKING TRAIL



- 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 **Ribes 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



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Planning your trip...

- Wear bright clothing for high visibility and footwear which will protect your feet.
- Things to take in a waterproof bag (provided) to go in the canoe:

charged mobile phone

first aid kit and antiseptic wipes

torch and spare batteries

waterproof clothes and spare warm clothes

sun screen, sun hat and sunglasses

hot and cold drinks plus lunch or snacks

anything you need to protect such as a camera

At the launch site...

- Everyone must always wear a buoyancy aid when on or near the water. Don't remove it until you have left the water's edge.
- Beware of Weil's disease (leptospirosis) – it is very rare but serious. Cover all cuts and grazes with waterproof plasters.

On the water...

- Canoes are light and easy to tip over. Keep the canoe balanced at all times. Step into the middle when getting in and out. Sit or kneel in the canoe – don't stand up or change places unless you can hold on to the bank. Don't lean over and don't hit the bank.
- Stay on the right hand side of the river or channel. Don't cut corners on bends. Keep close to the banks unless advised otherwise.
- Keep track of time – allow enough time for the return journey. Make allowances for winds and currents which may slow you down.
- Paddle gently and at a distance from wildlife to minimise disturbance.
- Keep a lookout for other boats and anglers and give them plenty of room – they may not have seen you.
- Be considerate when entering other designated water sports zones.
- Keep clear of overhanging trees and branches.
- Don't grab hold of ropes from other boats, even if moored.
- For safety reasons don't drink alcohol on the water.
- Clean your hands with antiseptic wipes before eating or drinking.
- Never enter the water to rescue someone – reach, or throw a rope or anything that will float.
- If you capsize stay with the canoe – it will float. Swim with it to the bank, empty it out and use it to collect anything lost overboard.

And if you have your own canoe...

- Make sure your equipment, including a buoyancy aid for everyone, is suitable and in good order.
- Let someone know where you are going and when you are safely off the water.
- Take into account the weather forecast, tides, and water flows and levels in relation to your equipment and your ability, and that of others if you are in a group.
- Don't cause an obstruction when parking or obstruct footpaths with gear.
- Make sure you have permission to use the launch site and use the designated paths.
- Launch and land with care and where the bank has vegetation.



We need to minimise the spread of invasive alien species such as *Dikerogammarus villosus* or the 'killer shrimp'. So after canoeing please remember to:

Check equipment and clothing for live organisms – particularly in areas that are damp or hard to inspect. If you come across any killer shrimp, leave them at the water body where you found them.

Clean and wash all equipment, footwear and clothing thoroughly.

Dry all equipment and clothing – killer shrimp can live for up to two weeks in moist conditions. Make sure you don't transfer water to another place.

www.checkcleandry.com

EMERGENCY INFORMATION:

If you have any problems please contact your Canoe Hire Centre. You can also 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.