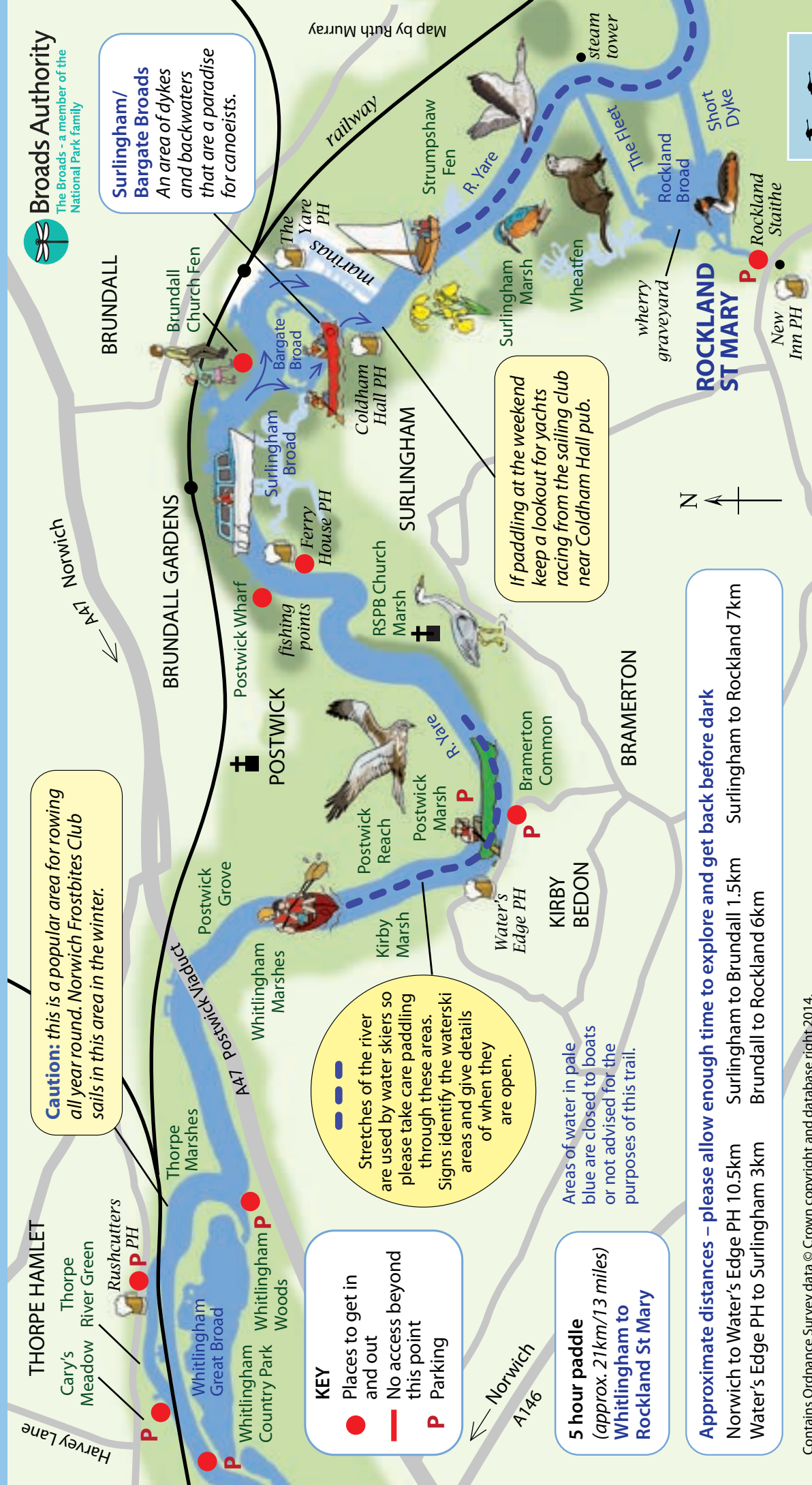


# NORWICH FRINGE TO ROCKLAND CANOE TRAIL

www.enjoythebroads.com



**Caution:** this is a popular area for rowing all year round. Norwich Frostbites Club sails in this area in the winter.

**KEY**

- Places to get in and out
- No access beyond this point
- P Parking

Stretches of the river are used by water skiers so please take care paddling through these areas. Signs identify the waterski areas and give details of when they are open.

**5 hour paddle**  
(approx. 21km/13 miles)  
**Whitingham to Rockland St Mary**

**Approximate distances – please allow enough time to explore and get back before dark**

- Norwich to Water's Edge PH 10.5km
- Surlingham to Brundall 1.5km
- Brundall to Rockland 7km
- Water's Edge PH to Surlingham 3km
- Brundall to Rockland 6km

If paddling at the weekend keep a lookout for yachts racing from the sailing club near Coldham Hall pub.

**Surlingham/ Bargate Broads**  
An area of dykes and backwaters that are a paradise for canoeists.

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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.



Map by Ruth Murray

# NORWICH FRINGE TO ROCKLAND CANOE TRAIL

- There are three 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](http://www.enjoythebroads.com)
- There are two canoe launch points on to the **River Yare** at **Whitlingham Country Park**. One is at the eastern end of the park near **Whitlingham Woods car park**, the other is next to the Outdoor Education Centre. Once launched, turn right from both sites and paddle downstream towards **Bramerton**.
- The third starting point is at **Cary's Meadow**, to the south of **Thorpe Road**, near **Harvey Lane**. The meadow is a local nature reserve that offers an enjoyable walk close to the city and safe access to the river. There is a small area for parking. From the meadow, paddle on to the River Yare and turn left towards **Thorpe River Green**. Continue past the green and the **Rushcutters** pub, then head under the **railway bridge** and join the main route of the river. Take care in this area as it's also popular for rowing all year round and in the winter the Norwich Frostbite Sailing Club members will be out on the water. Head for the south (Whitlingham) bank and go left downstream towards Bramerton.
- Paddle under **Postwick Viaduct** and pass through **Postwick Grove**, once a popular destination for day trippers from Norwich, leaving behind the bustle of the city. As the countryside approaches the landscape changes, with **Postwick Reach** giving the first glimpses of typical Broads grazing marshes for cattle. This stretch of river is used by water skiers so please take extra care. Signs mark the water ski areas and show times when they are open to skiers.
- The first village you reach is **Bramerton**. Outside the **Water's Edge** pub you can find out about one of Norwich's most colourful characters, **Billy Bluelight**.
- Once past the free moorings at **Bramerton Common** the river broadens out with sweeping bends marked by **woods** on the right and the continuation of **Postwick Marsh** on the left.
- As the river takes a tight right hand bend you pass the RSPB's **Surlingham Church Marsh Nature Reserve** on the right. If you'd like to explore the reserve, continue to the moorings at the **Ferry House** pub at **Surlingham** on the right. As the name suggests this is the site of an old ferry across the river, opposite **Postwick Wharf**.
- Head on towards **Brundall** on the left. You can moor up at **Brundall Church Fen** for a short walk.
- You now have a choice of routes. To the right a small dyke leads to **Surlingham Broad** and **Bargate Broad**.
- Alternatively stay on the main river and head for the busy boating area of Brundall. Please be careful paddling through here.
- Once past Brundall the river changes personality again, widening out at this point, making it easy to see how Norwich acquired so much wealth through water based trade. If you're paddling at the weekend keep a good lookout for yachts racing from the Coldham Hall Sailing Club near the **pub**.
- With **Strumpshaw Fen** on the left and **Surlingham Marsh** on the right, this is an ideal stretch for seeing a wide range of birds and other wildlife. Keep an eye out for kingfishers, marsh harriers and otters.
- Take the first dyke on the right, **The Fleet**, which leads to **Rockland Broad**. As you cross the broad you'll paddle past a **wherry graveyard**. If you look carefully amongst the vegetation you can still see the remains of the timbers at low tides. Wherries were sunk there as a way of disposing of them when they were no longer fit to work.
- **Rockland Staithe** is an ideal stopping point with **moorings** and a shallow, sloping slipway near the **New Inn**. It's also on the Wherryman's Way which follows the River Yare between Norwich and Great Yarmouth

*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](http://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.