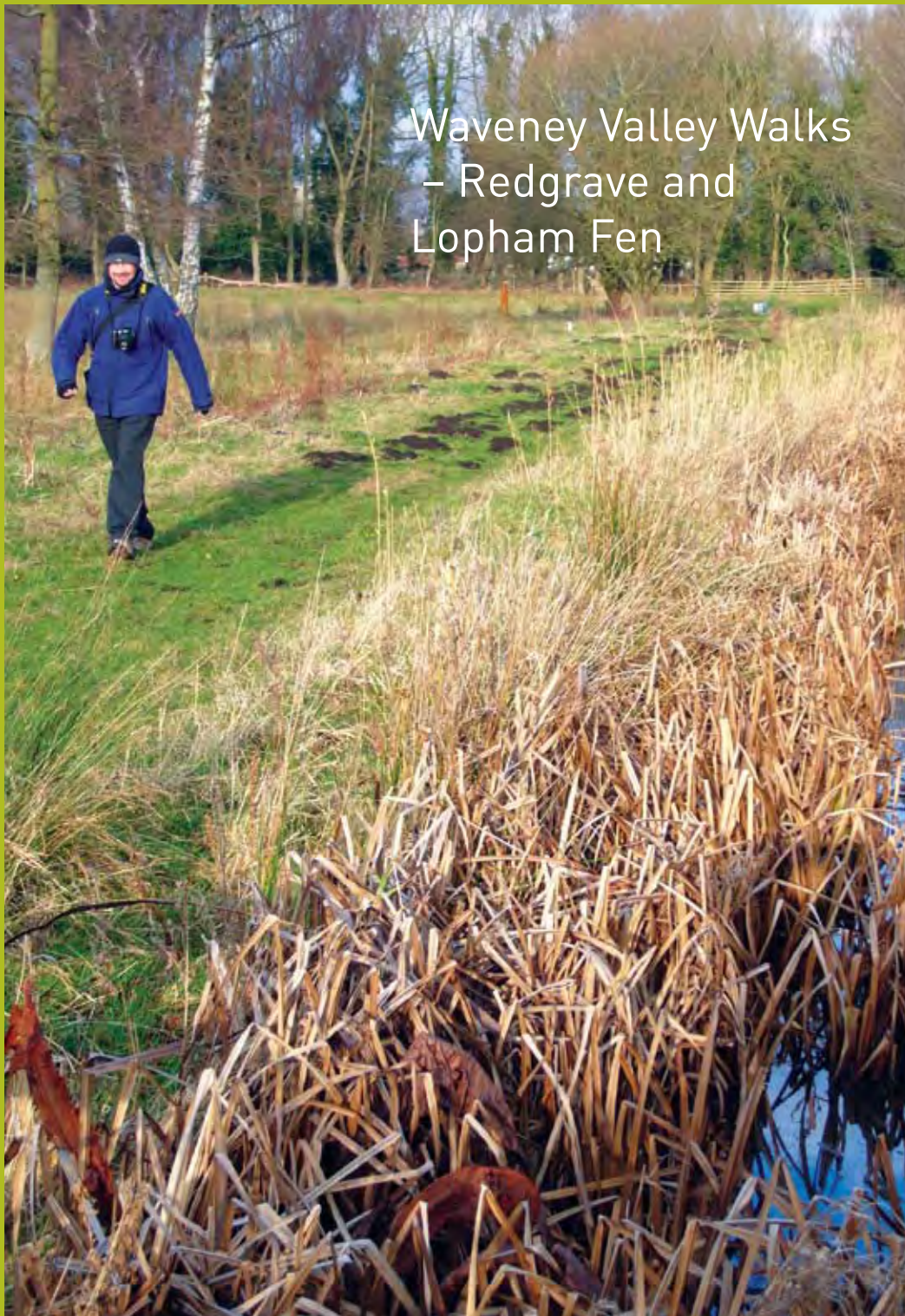


Waveney Valley Walks – Redgrave and Lopham Fen



Redgrave and Lopham Fen is an internationally important wetland site with recently restored fen, lush meadows, heath, woodland, pools and the source of the River Waveney. It is the home of the rare fen raft spider. Polish Tarpan horses have been introduced to graze the fen to help control invasive scrub vegetation. The fen is open daily, the Visitor Centre, from where the walk starts and finishes, is open weekends and bank holidays and additional days during the school holidays.

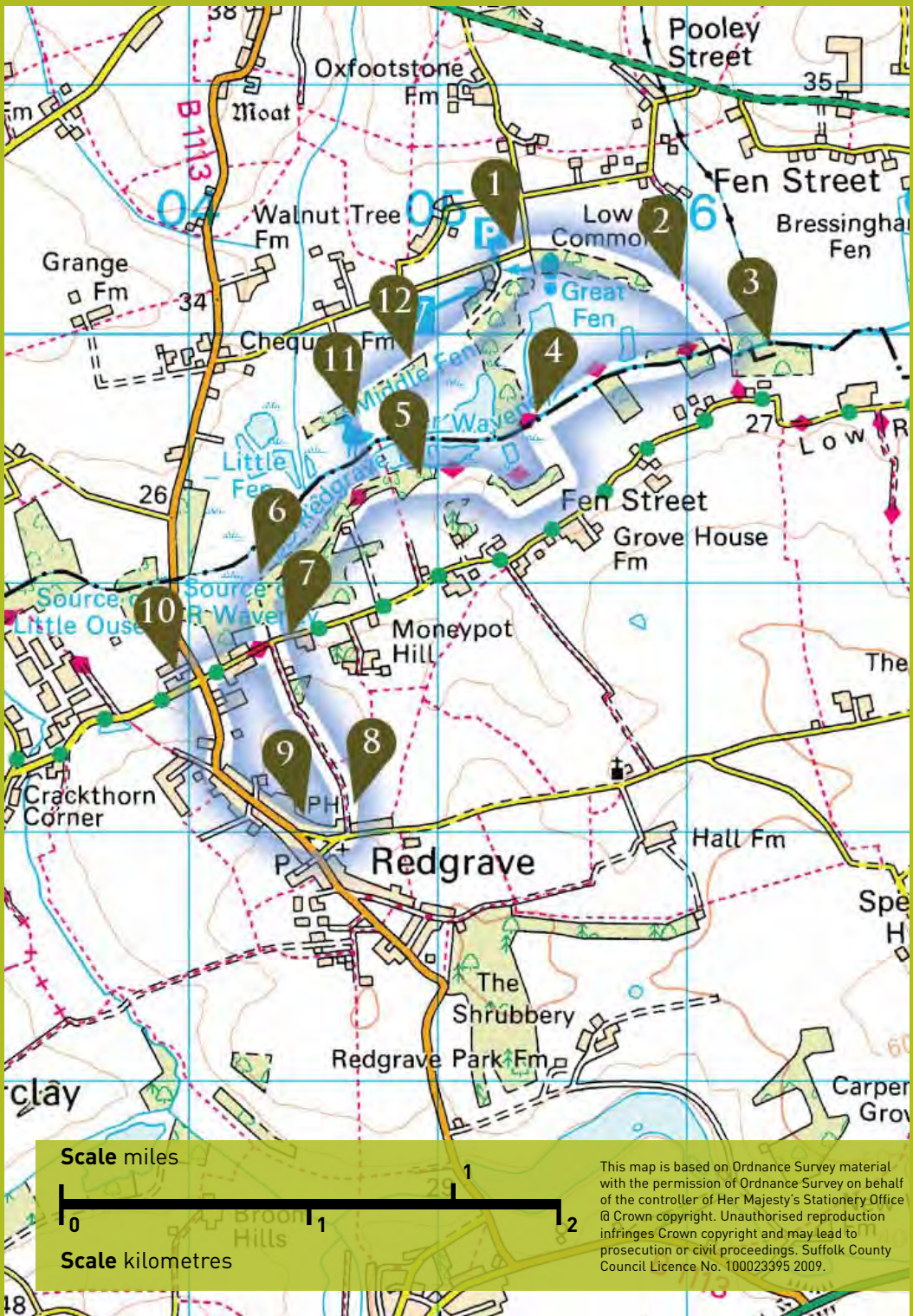
This walk follows waymarked trails that have been set out by Suffolk Wildlife Trust. It covers sections of each of the trails including the Angles Way and also visits the nearby and picturesque village of Redgrave. A leaflet is also available from the Visitor Centre.



WALKING ROUTE INFORMATION

Car park	Suffolk Wildlife Trust Visitor Centre, north of Redgrave
Starting point	Visitor Centre
Length of walk	5 miles or 3 miles with shortcut
Type of walk	Easy – family friendly
Terrain	Heathland, pasture, tracks, footpaths and quiet lanes. One small section on road through Redgrave.
Refreshment stops on walk	Community stores and The Cross Keys Public House in Redgrave.





REDGRAVE AND LOPHAM FEN

- 1 The walk starts from the Visitor Centre close to the car park. With the Visitor Centre at your back walk through the gate straight ahead and take an immediate left to follow the 'Great Fen Trail'. The trail takes you through woodlands to the north of Great Fen until reaching a stile at the far end of the woodlands.
- 2 Cross the stile and turn right and then cross another stile straight ahead into a plantation of trees. Follow the path through the trees and into the reeds before reaching another stile.
- 3 Cross the stile and turn right to follow the Angles Way with the river on your left. Continue following the riverside path ignoring the Great Fen trail sign pointing to the right and keeping straight ahead until reaching a sluice and bridge.
- 4 Turn left over the bridge and follow path into woodlands. This is now the Woodland Trail. Keep following the path for approx 800m until reaching a gate.
- 5 At this point there are two options. Continue towards Redgrave by following the path which bears left through the woodlands to point 6 or returning towards the Visitor Centre by taking the track to the right towards point 11 – a wooden bridge.
- 6 Reaching a sign which says 'No Entry' turn left through double gates until reaching a lane – Fen Lane.
- 7 Walk across the road and up the track/footpath straight ahead passing a house on the left and then along the edge of a field before descending into the village of Redgrave.
- 8 Turn right at the road into the village and within 100m arrive at the village green with duck pond and village store to your left and The Cross Keys Inn to your right.
- 9 Turn right through the village on the pavement on the right hand side. Keep on the pavement until finishing just before the Business Centre on right. Keep to the grass verge on right until reaching crossroads.
- 10 Turn right along Fen Street until reaching point 7 – at which point retrace your route to point 5. When reaching point 5 turn left for 100m to reach a wooden bridge.
- 11 Turn right immediately over the bridge and follow signposts for 'Waveney and Woodland Trails'. After 600m you will come to a gate on the left. This is the Spider Trail.
- 12 Turn left through gate and within 100m you will arrive at the Spider viewing platform from which you may glimpse the rare fen raft spider. Continue following the path which then turns right and back to the visitor centre.



FURTHER INFORMATION

Redgrave and Lopham Fen is managed by Suffolk Wildlife Trust who organise a series of events throughout the year. For full details of these and for more information on the fen visit their website: www.suffolkwildlife.co.uk