

BUNGAY LOOP CANOE TRAIL

www.enjoythebroads.com



Please make sure you take all you need in the way of food and drink on this route as there are no 'services'.

KEY

- Canoe hire
- Places to get in and out

3 hours (approx. 7km/4 miles)
Bungay loop and return

Starting from the caravan park, paddle upstream (left). Where the river forks, take the channel on the right. The left hand channel is called the Old River. It's the original course of the River Waveney before the newer channel was dug to supply water to a mill. Shortly afterwards there's a narrow channel to the right. Stay on the main river and go under the small footbridge. Follow the Bungay loop all the way round to the road bridge which marks the end of the route.

These maps are for illustrative purposes only and are not drawn to scale.

Contains Ordnance Survey data © Crown copyright and database right 2013

Outney Meadow Caravan Park, Outney Meadow, Bungay NR35 1HG
01986 892338
www.outneymeadow.co.uk

Here are some suggestions for your route, whether you are paddling your own canoe or hiring one. No experience is necessary and routes are suitable for families with children. Times are approximate.

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.



Canoe Hire
 Outney Meadow Caravan Park
 01986 892338

3 HOUR TRAIL ENDS HERE



2 Mers Seas Zeeën
 INTERREG IVA
 FINE - STRONG - SUSTAINABLE - HORIZON

"Investing in your future"
 Crossborder cooperation programme
 2007-2013 Part-financed by the European Union
 (European Regional Development Fund)

BUNGAY LOOP CANOE TRAIL

Outney Meadow Caravan Park, Outney Meadow,
Bungay NR35 1HG 01986 892338
www.outneymeadow.co.uk

The canoe hire network may make a small charge or ask for a donation for launching your own canoe. This includes use of car parks and toilets.

Here is a suggested route, whether you are paddling your own canoe or hiring one. No experience is necessary and the route is suitable for families with children. Timing is approximate and you'll have plenty of time for breaks. Please make sure you take all you need in the way of food and drink on this route as there are no 'services'. You can make up for this before or after your paddle with a visit to Bungay which has plenty of shops and places for refreshment. You can also visit ruined **Bungay Castle**. Please check opening times and other details. www.enjoythebroads.com

3 hours – Bungay loop and return

- Part of the joy of this route is that it's entirely through open marshland with very little intruding on the lovely views of open water, riverbanks, willows and open skies.
- The water here is very clear – you can peer into it to spot bream or pike. Look out too for freshwater mussels and water birds including swans, herons and kingfishers. Owls may be around in the late afternoon or early evening. Otters live in the river and you may be lucky enough to see one. During the summer the whole area is full of butterflies, dragonflies and damselflies, especially the banded demoiselle damselfly and the beautiful demoiselle damselfly. You should see yellow water lilies too.
- Starting from the **caravan park**, paddle upstream (left). Where the river forks, take the channel on the right. The left hand channel is called the **Old River**. It's the original course of the **River Waveney** before the newer channel was dug to supply water to a mill.
- Shortly afterwards there's a narrow channel to the right. Stay on the main river and go under the small footbridge.

- The loop goes past **Baldry's Mill**. George Baldry was a local folk hero whose life story is told in *The Rabbit Skin Cap*, edited by Liliias Rider Haggard. Here stood the Mill House where George had his boats which he used to hire, and the workshops where he strove for the secret of perpetual motion. Liliias and her father, Henry Rider Haggard, author of many Victorian adventure stories, are buried at St Mary's Church, Ditchingham.
- **Outney Common** owners all hold one or more of the 300 shares known as 'goings'. A going will allow half a cow or a sheep to graze the meadow, so if you have a cow to graze you need at least two goings. The meadow was also used as a site for horse racing for 200 years.
- The common contains a large deposit of sands and gravel known as '**The Hards**' since at least the 1880s. The lower lying river valley areas either side are known as '**The Lows**'. Cattle graze on The Lows in summer and The Hards in winter when the marshy Lows would be too wet for them.
- The common also has a **golf course** so do watch out for golf balls heading for the river.
- **Bath Hills** are steeped in history. In Georgian times a cold spring existed there and Bungay was a famous spa town, attracting visitors from far and wide who came to take the waters. The hills are south facing – there were vineyards on them for centuries, even going back to Roman times. Roger Bigod (whose family built Bungay Castle) had extensive vineyards here in 1240.
- Across the common on a clear day you have a really good view of the Bungay skyline.
- There is usually plenty of clear water washing over the gravel – you can see the bottom of the river easily. You can also see the workings of the quarry. The Waveney was one of the southernmost valleys created in the last ice age, and the area is widely used for quarrying sand and shingle deposited at the time of the ice age.
- The **road bridge** marks the end of the route. The Waveney flows from Lopham Fen just west of Diss and out to sea at Great Yarmouth. During the summer it can be very shallow further upstream from the road bridge.
- If you have any spare time on return to the hire centre have a paddle the other way towards Beccles.



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.



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.