

**Out and back route starting at Bungay Staithe heading upstream around Outney Meadow past some beautiful woodland to turn around where the river passes under the A143 west of Bungay.**

## Key Info



Scan or visit [bit.ly/river-waveney](http://bit.ly/river-waveney) to find the map in Mapometer and download the GPX file

**Start & Finish:** Bungay Staithe, Staithe Road, Bungay, Suffolk NR35 1BF  
Free parking, purpose made launching stage

**Distance:** 6.8 miles  
**Time:** 2-3 hours  
**Locks/Portages:** 0  
**OS Map:** Explorer 40 The Broads and 237 Norwich



- 1 From the portage launching point upstream of the weir turn left and follow river upstream towards Outney Meadow.
- 2 Pass under the old road bridge bearing left then right into open grazing land.
- 3 Straight ahead you will see the newer A143 bridge just before the Outney Meadow campsite which you will pass on the left.
- 4 Continuing upstream you will pass a bend in the river where there is often a rope swing; we don't recommend you try it.

- 5 Proceeding further the river meanders close to wild woodland where you might see kingfishers, otters and herons. Looking away from the woodland you will have a good view of the historic town of Bungay.
- 6 Further up after passing some lovely old houses and as you start to turn towards the closing stages of this route you will see the workings of the quarry where gravel is washed and graded.
- 7 Follow the river for the last stretch being mindful of fisherman on the left until you reach the second A143 road bridge of this trail.
- 8 Take a moment before turning around and heading back.

Find more  
paddling trails at:  
[gopaddling.info](http://gopaddling.info)



Users of this stretch of river should be aware that there are limited landing opportunities (save for an emergency) with no landing on the north bank as it is almost all private land.

**Please be respectful of all fishermen and landowners you meet and remember - the quieter you are the more wildlife you'll see.**

This trail is part of the upper River Waveney which is a natural river that flows from Lopham Fenn just west of Diss to Great Yarmouth on the coast. It is suitable for most paddle craft including stand up paddle boards.

The river is generally very clear which means paddlers will often see shoals of fish, including Rudd, Perch and Tench, navigating the shallows. Otters do live on the river but are rarely spotted.

In the summer months cattle are grazed down to the water's edge across much of the route. Kingfishers, with their vivid colours, nest along the river but are easily scared so a quiet and observant approach might be needed to see them. Herons are often spotted on the river or flying overhead.

It has been suggested that the river Waveney is one of the southernmost valleys created in the last ice age which could explain the presence of the sand and shingle quarry seen on the trail.

For paddlers wishing to spend more time in the area the Outney Meadow Camping & Caravan Park, with immediate access to the river, is ideally situated.

Waveney Valley Canoe Club :

[www.waveneyvalleycanoecub.org.uk](http://www.waveneyvalleycanoecub.org.uk)

Outney Meadow Caravan Park : [www.outneymeadow.co.uk](http://www.outneymeadow.co.uk)

Waveney Valley Trust : [www.riverwaveneytrust.org](http://www.riverwaveneytrust.org)

YouTube : <https://www.youtube.com/watch?v=ZqNJXoN51Cw>



## Safety and Licenses

*We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.*

### Paddle Safe:

Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & suncream!

### Paddle Responsibly:

Respect the natural environment and other users:

- Respect other waterway users #sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

Licences: Paddlesport use of this part of the upper Waveney is through a negotiated access agreement between landowners and representatives of different user groups, including Waveney Valley Canoe Club who work hard to maintain access for all of us.

Visit our website  
[britishcanoeing.org.uk](http://britishcanoeing.org.uk)  
for more information

