



- 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.

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

# ROCKLAND TO LODDON CANOE TRAIL

Park in the **parish car park**. No experience is necessary for this trail 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)

- Paddle out on to **Rockland Broad**.
- The channel splits, and to the left the route takes you past the **wherry graveyard** known as The Slaughters. This is the name given to the remains of 16 wherries (old cargo sailing boats) that were sunk in Rockland Broad. Sometimes you can still see the timbers. After crossing the broad follow the channel to the right down **The Fleet** and on to the River Yare.
- Alternatively, where the channel splits, take the right hand fork. After passing the Slaughters follow the channel down Rockland **Short Dyke** to the River Yare.
- From either dyke turn right on to the River Yare and start making the journey down to Loddon.
- On the left hand side of the river is **Strumpshaw Fen** which is owned and managed by the RSPB. You can also see the **tower** of a former steam-powered drainage mill.
- The small structure on the left, **Buckenham Ferry Drainage Mill**, is used to maintain the water levels on the marsh.
- Paddle down past the **Beauchamp Arms** and **Buckenham Sailing Club** on the right hand side of the river.
- If you paddle down **Langley Dyke** (on the right) and moor up you can see parts **Langley Abbey** from the lane. The abbey was founded in 1183 by the French Premonstratensian order of White Canons. The vaulted cellarers' range still stands and there are the remains of the church, barn and fishponds.
- Back on the river, the vast structure in the distance is **Cantley Factory** which processes sugar beet. As the river winds its way towards Great Yarmouth the factory seems to move from one side of the river to the other.

- Once past the factory the next mill, on the right, is **Hardley Drainage Mill**. A hundred years ago windmills like this one were a common sight, working alongside our rivers to drain the adjoining marshes. This windmill was capable of raising 12 tons of water per minute via a 12 foot high vertical shaft, five feet in diameter. Continue and follow the river past Hardley Dyke.
- Beyond it, on the right, is **Hardley Cross**, a typical medieval boundary marker, but in an unusual position at the junction of the the Rivers Yare and Chet. The cross was erected in 1543 to mark the limit of the City of Norwich's control over the navigation on the Yare. The river was crucial for trade with Great Yarmouth and the wider world. Norwich established a water bailiff to collect fees on the traffic to and from Great Yarmouth. The bailiff was paid in goods that were seized if they had been traded without payment of the necessary fees.
- Turn right on to the **River Chet**. We don't recommend canoeing further downstream on the Yare due to increased tidal flow which makes canoeing difficult.
- The river wends its way towards Loddon, passing **Hardley Flood** which is an area of shallow lagoons and reedbeds formed in the 1940s when agricultural land flooded. Breaches in the riverbank allow tidal waters to move freely between the river and the marsh. At low tide much of the flood can dry out and this attracts many wading birds, including some nationally important breeding populations.
- Further up the Chet you'll pass **Pyes Mill** which is the site of two former mills.
- Follow the river into Loddon where the staithe for mooring is ideally situated, with toilets and other facilities close at hand, including tea shops and pubs to provide a range of food and drink following a day's paddling.

*Trail map and information designed by Ruth Murray*



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.



## 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.