

## GREAT EASTERN PINGO TRAIL

Distance: 7 miles (11km)

Start/finish: Great Eastern Pingo Trail car park, Stow Beadon, near NR17 1DP

Terrain: Track, trail

Toughness: Easy

Ascent: 53 metres

Navigation: Easy

Good for: Wildlife

Route info:[wildrunning.net/32](http://wildrunning.net/32)

This peaceful route on well maintained trails, including a former railway, explores the eastern edge of the Norfolk Brecks, taking in the fascinating pools of the Pingos, created during the last Ice Age. From the car park take the path straight ahead, aiming SW through woodland to a ruined cottage. Turn R onto Peddar's Way Circular Trail then R onto main Peddars Way. Pass Thompson Water before R turn into Thompson Common Nature Reserve, following waymarkers. Cross two bridges and Thompson Carr, with its resident Shetland ponies, following signs through woodland back to the start.

Miles	Km	Directions
0.0	0.0	From car park take path <b>south west</b> through woodland and across fields
1.0	1.6	Cross lane and continue <b>south west</b> across Breckles Heath and through further woodland
2.5	4.1	At Hockham Heath (ruined cottage) turn <b>right</b> onto lane, then first <b>right</b> onto Peddar's Way Circular Trail heading <b>north west</b> to reach Thompson Water
4.4	7.1	After Thompson Water turn <b>right</b> and head <b>north east</b> through woodland and Thompson Common Nature Reserve, following waymarkers along path and then lane towards Thompson
6.5	10.4	Turn <b>right</b> , crossing two bridges and heading <b>east</b> across Thompson Carr to return to car park