

**Footpath No16:** From Rollesby Road, south to Cowtrot, Rollesby.

OS map ref: TG454170 to TG456162. Distance: 1193 yards (1090 metres)

**Surface:** Ploughed fields, green lane and metalled road.

**Description:** A lovely little walk on what was once a short cut from Martham to Rollesby before the advent of speeding cars.

**Linked Footpaths:** Links to some of the Rollesby footpaths.

**Start:** Leave Martham village centre on the Rollesby Road and the path can be found approximately 500 yards on the left just before you get to Hill Farm. Parking is very limited indeed with room for only one car just off the road where care is necessary from the vehicles racing at ever increasing speeds in and out of the village.

Walk east down the side of the paddock for 200 yards (184 metres) and then turn right at the footpath sign. The path then crosses a field that is sometimes ploughed up. Halfway across this short stretch you actually cross over the parish boundary into Rollesby.

Once across the open fields you enter a charming little grass path kept in beautiful condition and sheltered from prevailing winds by hedges on both sides. The path is kept in immaculate condition crowned in spring with a carpet of daffodils that guide your way. Follow the path as it turns left until it meets the end of Cowtrot Lane which is a cul-de-sac.

Follow Cowtrot Lane past Byfield Farm and Cowtrot Cottages on the right and just around the next left-hand bend on your right is another footpath direction post taking you south to the end of the path at Back Lane. Just across the lane is a further footpath that takes you past Rollesby playing field into Rollesby itself.

### **Alder Carr**

As you cross these fields to your left you can see the Alder Carr fringes of Ormesby Broad. Whilst oak and ash thrive on the drier soil alder dominates the rich waterlogged woodland soil before reeds give way to open water. Alders can grow in the wettest of conditions, being able to withstand having their roots in waterlogged ground. Such woodland is commonly found around the Broad wetlands. Besides alder, the only trees which flourish in truly waterlogged woodland conditions are the willows, especially grey willow. In drier spots ash and hairy birch get a foothold, but generally these trees indicate a change towards a drier oak/alder woodland.

