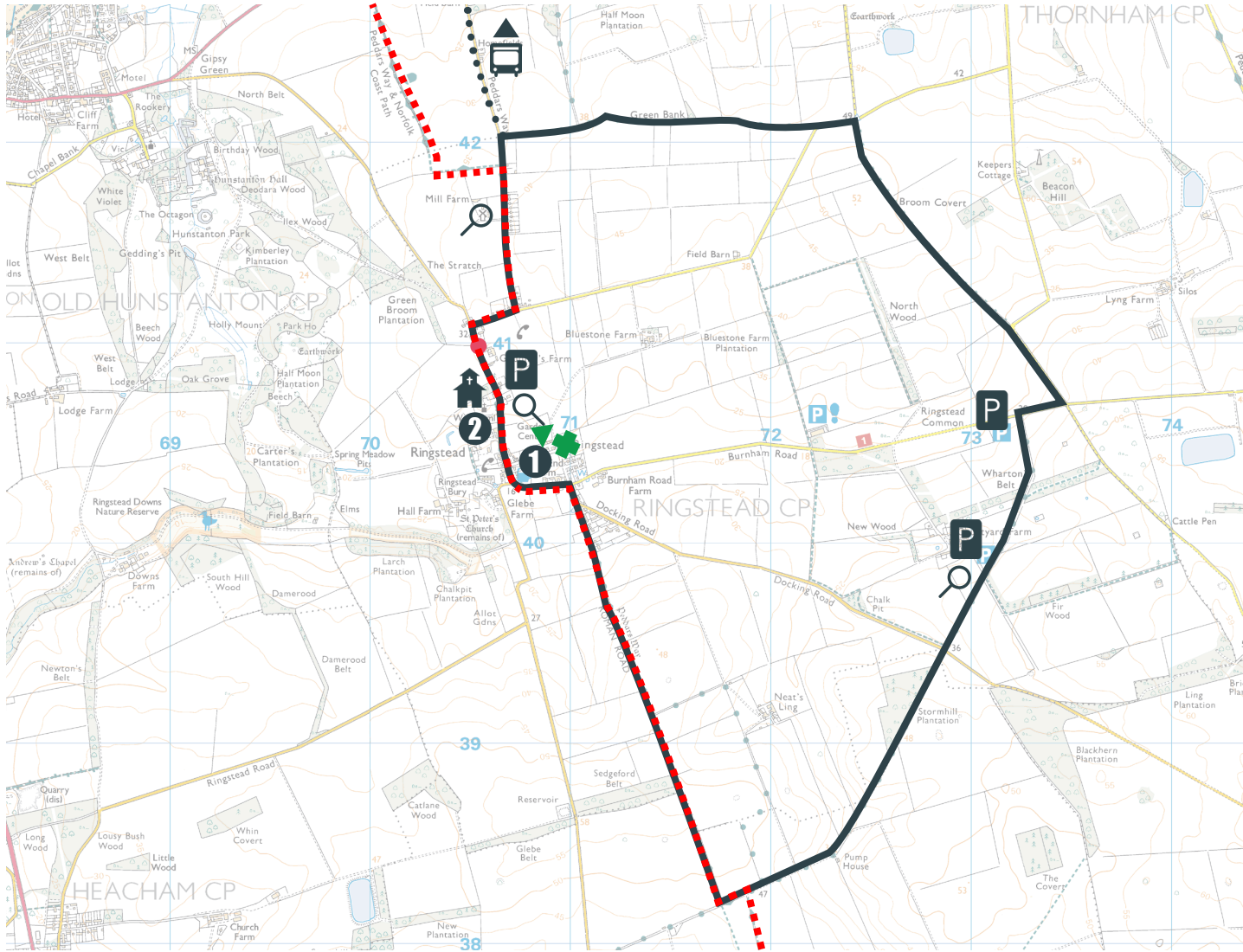














RINGSTEAD

7 miles / 11.25 km



- Defibrillator (AED) map location. 
- Business location. 
- Route link. 
- Route. 
- Start point. 
- Bus Stop 
- Parking 
- Heritage point of interest 
- Church 
- The Gin Trap Inn 
- The General Store 
- Peddars Way & Norfolk Coast Path 

Business open times may vary.
Please check with venue if you look to
use their facilities & services.



This is the longest of the Coastal Treasures walks. The sense of remoteness that exists along this walk's green and pleasant lanes is a wonderful experience for the more adventurous walker and the perfect excuse to indulge in some great local food afterwards.

For the majority of its history, farming provided the population of Ringstead with its primary source of employment, as was the case for most rural communities across north-west Norfolk. The village sign represents this with a tractor at work in a field.

Great Ringstead School was built in 1852. The log books indicate several pupils were routinely absent owing to other commitments. An entry from 1866 records a particularly extreme example: 'Every child in the 1st Class Register absent this week working in the fields and at home.' The school closed in 1985 and has since been converted into a residence.

Modern agricultural technology and techniques have greatly reduced labour requirements and have resulted in increased yields. Some of these innovations have been implicated in causing dramatic decreases in populations of native wildlife species, and the marginal habitat offered by hedgerows has decreased over the last half-century. Courtyard Farm at Ringstead responded to these concerns by becoming fully organic in 2000. Their main crops of wheat, barley, beans, peas and red clover are now grown using a six year rotational system.

Ringstead Towermill, built around 1840, still stands, but unfortunately it has lost its characteristic complement of six sails – most Norfolk mills had just four. The mill ceased working in 1897 and was left derelict until 1927 when it was purchased by Professor Francis Cornford and his wife Frances, grand-daughter of Charles Darwin. The couple employed an architect to convert the mill into a house and in 1936 and 1937 hosted meetings of the Theoretical Biology Club in the brick base of the windmill, for those fascinated with the natural world and the complexity of life. The scientific philosopher Karl Popper described the club as 'one of the most interesting study circles in the field of the philosophy of science.'

Ringstead Circular Walk runs along the High Street passing by the Gin Trap Inn, the Old School, St. Andrew's Church and Ringstead Towermill. It then passes out into the countryside with some fine views over land managed by Courtyard Farm.



Getting Started

The route's starting point is on the village green/picnic area in Ringstead (TF705410).

Getting There

There is no bus service through Ringstead. The nearest bus stop is Holme's Crossroads, Main Road stop served by Lynx service 48 – approximately 1.4 miles north of the route via Peddars Way. Limited car parking in Ringstead but see map for alternative parking on the route.



FEEDBACK FORM

How many people are in your party? (including yourself) Please write in number

Male Under 18 18-35 36-60 Over 60
Female Under 18 18-35 36-60 Over 60

Are you: Walking Dog Walking Cycling Other

Which ONE of the following BEST describes your visit to this Trail?

SHORT visit (less than 1 hour) PART-day visit (1-4 hours)
FULL-day visit (5 or more hours) LONG DISTANCE trip (more than 1 day)

Where is your permanent residence? (This is just to help us monitor where visitors come from)

Did you use a website to find out information about the route before your visit to this Trail? YES NO **if YES which website?**

During your visit to this Trail, approximately how much have you spent on the following, per person, per day and where? Please write in £

Accommodation [£] Food and drink [£]
Where:..... Where:.....

Is this your first visit to this Trail? YES NO

Returned forms can be posted to Norfolk Trails, Floor 6, County Hall, NR1 2DH