

Fred's First Walk.

Fred Pain was an ever-present member of this walking group but sadly died about a year ago, in the midst of Lock-down. This was the first walk that Fred came on- 3rd December 2017- so is a fitting tribute to him. It begins at the Swanton Abbott Village sign opposite the telephone box on Aylsham Road. Across fields and using country tracks to Lammas and back through Badersfield, you will spot two pubs, WWII camoflage, an old hall, a spitfire, and two churches. Five miles on mainly country lanes and footpaths. All welcome and dog-friendly (except one section of busy road where care must be taken).

1. Stand with your back to the village sign and proceed down the lane in front of you, passing the Jolly Farmer on your left, towards a brick bridge over Stakebridge Beck.
2. Turn right at the T-junction and walk along Scottow Row, a series of 18th century Estate cottages.
3. Once you reach Scottow Pond take the signed footpath through a stile across meadows.
4. This path follows the course of the river (on our right) over stiles and through gates. It sometimes has cattle in it and can be muddy. **Hall Farm** is visible across fields to your right.
5. Keeping the hedges and fields on your left you will eventually reach a stile that opens onto a road. Turn left up the road for about 20 yards and then take the footpath signed on your right.
6. Carry on past the houses and enter a track sloping gently upwards across a field
7. At the top of the hill turn sharp right and join a straight grassy track (part of the ancient Roman **Fen Causeway**) for about 200 yards and then join a shingled track heading left and slightly down towards houses. A number of Roman and pre-Roman **artefacts** have been found in the area
8. The track passes between barns and houses. On your left you will happen upon the impressive 17th century **Lammas Hall** and then on your right the even older 16th Century **Lammas Old Hall or Lammas Manor**. Take time to admire the view across the field to the flood plain of the Bure and **St Andrews church**.
9. At the top of the lane beside Lammas Old Hall turn left onto a narrow and quite busy section of road. **TAKE EXTREME CARE** here, walk facing oncoming traffic.
10. After 200 yards you can get onto the field on your left and follow the field boundary around the corner- much safer than walking along the road!
11. Once round the corner there is a field exit beside a house. Turn left onto the road again, cross over and take the first road on your right towards Badersfield in the parish of Scottow.
12. At the top of the road, cross over into Badersfield. This was once **Coltishall airbase** and was laid out with a "Garden City" plan. Note that some of the houses still show the traces of painted camouflage.
13. Carry straight on past the church, shop (ex-NAAFI) and the Battle of Britain hall. If you wish take a drink in the Officers Mess (now the Diplomat pub, down the lane on your left opposite the hall).
14. Carry on past the Scottow Enterprise centre; take a sharp left before reaching Scottow Hall and follow the road round, sharp right then sharp left. At the second corner there is a rural view over to Scottow Church.
15. Follow the road down to the main road. Cross over and continue on until you reach Scottow Row

Hall Farm House: Hall Farmhouse is a 17th century and later building of brick and pantile, with a lobby entrance. This two storey building has a later two storey rear range.

Neolithic worked flints: Two Neolithic worked flints were found at this location in 1988. Stray Find. Found south-south-west of The Grange. **Possible Bronze Age ring ditches or hut circles, enclosures, and linear features:** aerial photography revealed the cropmarks of six possible Bronze Age ring ditches and a double ringed ditch. **Neolithic flint adze:** In 1986 part of a Neolithic polished flint adze. butt missing was found at this location.

Fen Causeway Roman road: The Fen Causeway is the name given to the Roman road which runs from a junction with Ermine Street and King Street near Peterborough across the Cambridgeshire and Norfolk fens.

Lammas Hall: A late 17th century and later hall of red brick, partly limewashed. It is two storeys high including dormers, with string course between floors, and has a pantiled roof. The façade has eight window bays. A porch and north wing were added in the 19th century. A coach house in the grounds has been dated to 1675. In 1978 a plaque of a 'sheela-na-gig' -an obscene male figure, possibly 14th century, was found in one of the walls. It was falsified as female in 19th century.

St Andrew's Church, Lammas: A mainly 15th century church, although much of the original work was lost during extensive rebuilding in the late 19th century. The church consists of a 15th century west tower, nave, chancel and south porch. Construction is of flint with limestone dressings. The roof was originally thatched but is now pantiled. The chancel, which sits at an angle to the nave, was entirely rebuilt in the late 19th century (although using some old material), as was the south porch. Inside there is a carved octagonal font, and an organ that came from Scottow hall.

Lammas Old Hall, or Lammas Manor: A central three storey building, in brick with a pantiled roof, that has the date 1525 in black brick on its east gable with a tall quadruple chimney. A west section also of three storeys was added in about 1600, and an east wing, now much altered, at a later date. Various alterations occurred in succeeding centuries, culminating with the addition of a swimming pool and sauna complex in 1991. There is reported to be an icehouse in the grounds.

Coltishall Airbase: During World War Two RAF Coltishall was used as a fighter base, and famous pilots such as Douglas Bader and John Cunningham were based there. After the war the base was used by the Polish air force. The RAF have continuously used the base since the war until 2006, with early jet fighters such as Meteors and Vampires, and personnel from the base have been involved in almost every major conflict. Blast walls are well preserved examples of early 1950s defensive features, associated with Meteor and Vampire jets. The RAF housing estate within the site on the basis that this is a 'more or less unique and intact landscape which might be categorised as being specific to the RAF and in particular the development of RAF stations since the late 1930s and based on the then current sub-urban landscape aesthetic of the 'Garden Town'

The site lies within a dispersed group of cropmark ring-ditches, the majority of which are likely to have been the remains of prehistoric barrow mounds. Struck flints and stone implements have been recovered from a number of sites in the area, which suggests at least low level activity across the area. The proximity of the site to the Fen causeway suggests some form of Roman activity.