

## NO. 7 – NEA MEADOWS

This walk starts from the shops in Saufland Place (1) and then follows Bure Brook to Nea Meadows.

From the shops, turn right onto Saufland Drive and then left into Rowan Drive. Then take the first turning on the right, Preston Way, and the first on the left into Cornford Way. At the end of Cornford Way follow the narrow tarmac path past the bin and then over a footbridge (2). *Take care crossing the bridge as there is a step and uneven ground at the far side.* Walk along the dirt path as it follows Bure Brook.

When you reach the end of the footpath, cross Smugglers Lane South and follow the tarmac road on the opposite side which is sign-posted to Nea Meadows and the Bowling Green. At the end of the road (3), turn left and cross to the far end of the car park. Follow the gravel footpath on the right along the left hand side of the pond (4). When you reach the other end of the pond (5) take the footpath on the left and follow it until you reach a large wooden gate (6). Go through the gate and turn left onto Moonrakers Way.

Follow the road as it bends sharply to the left and becomes Smugglers Lane North. Walk along the road and back to the shops on Saufland Place to complete the walk.

### Walk Extension

If you feel like walking further and exploring more of Nea Meadows then why not try this longer route? However, please note that it can be muddy in winter. The extension runs between points (3) and (5) of the above route.

On reaching point (3) pick up the gravel footpath that starts from the notice board. Continue along the path as it runs along beside the bowling green. When the gravel path comes to an end turn left to cross a wooden footbridge (3a). Follow the path straight ahead until you reach a grassy meadow.

Following a faint footpath in the grass, head towards the bench and bin on the opposite side of the meadow (3b). Continue along the faint path as it bends to the left and heads towards the pond. Cross the wooden footbridge to rejoin the main route at point (5).

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GRADING: 1  
TIME: 20 - 25 minutes  
DISTANCE: 1.1 miles (extended route 1.3m)  
SURFACES: Tarmac/Gravel

This short distance health walk starting from Saufland Place Shops takes you to Nea Meadows Nature Reserve via Bure Brook.

Take care when crossing the wooden foot bridges in Nea Meadows as they can be slippery when wet.

