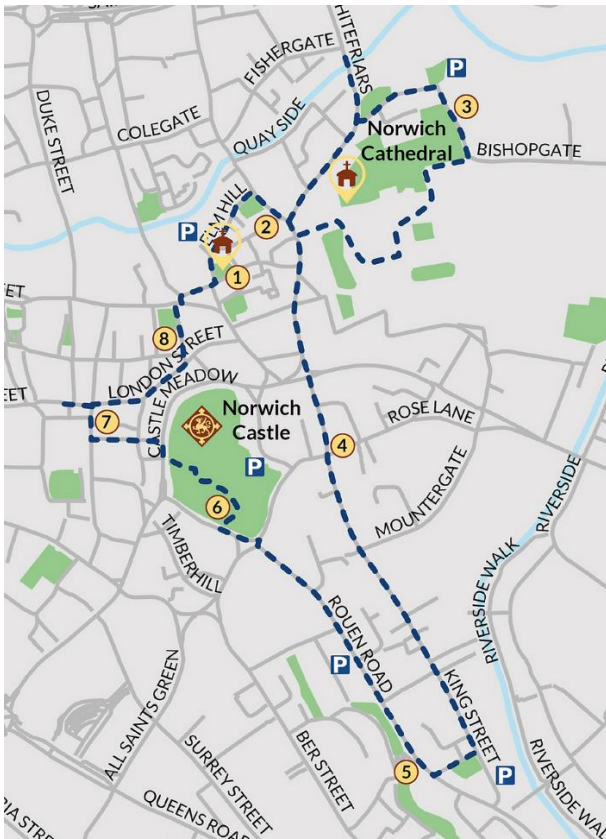




**PASTON
FOOTPRINTS**

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1. Start at St Peter Hungate Church at the top of Elm Hill. This was the Norwich parish church of the Pastons. Margaret and John Paston paid for repairs to the nave and transept around 1460. Their youngest child, Walter, died in 1479 (probably of the plague) and is buried here. The church is open at the weekends. Inside, you can see roof corbels reputed to be of Margaret and John.

2. Walk down Elm Hill to Strangers' Club, which is about half way down the cobbled hill.

The blue plaque marks this was the site of the Pastons' house. Margaret wrote many of her letters here, full of domestic affairs, estate management, family crisis and political

intrigue. Here, her son John Paston III received the first-ever Valentine's letter on 14th Feb, 1477, from Margery Brews.

At the bottom of Elm Hill, turn right toward the Cathedral and stop at the Maid's Head Hotel on the corner on the left. Here since the 13th century, this hotel the country's earliest known surviving hotel. A Paston Letter dated 22 November 1472, gives the first mention of the Maids Head. You can see a map of all Norwich's Paston 'hotspots' in the former courtyard of the 15th century inn, at the entrance of the 15th century WinePress restaurant.

Walk towards the Cathedral and walk under the main Erpingham Gate into the Cathedral Close.

The gate was built c.1420, funded by Sir Thomas Erpingham, the leader of the archers who won the Battle of Agincourt. Beware though as you enter the close, as John Paston I

was attacked here, by the same gang who attacked his wife's family, the Mautbys, at Braydeston Hall. There was much lawlessness the fifteenth century.

Bear right across the cathedral close and take the path past the statue of Nelson.

Somewhere in this close, in 1469, John and Margaret's daughter Margery had secretly married the family's bailiff, Richard Calle. They were marched here to be interrogated by the Bishop, who in fact validated the marriage. Affairs of the heart mixed with family strife are never a good mix.

Walk past the flint houses until you reach the far side of the close. Take a left and walk past the herb garden to the square with a green.

At the green take a left towards the cathedral.

To the left through the archway enter the cathedral cloisters.

3. Explore the cloisters.

Here you will find a labyrinth in the grassed centre to complete. In the cloisters, also make sure you look up and admire the decorated ceiling - can you spot unusual faces, green men and other interesting bosses?

Leave the cloisters and return to the south gate of the cathedral.

Look up at the cathedral spire and see if you can spot any peregrine falcons who like to roost here.

With the south gate in front of you, turn right and continue round the side of the cathedral.

Just past the grave of Edith Cavell you will come to the ruined chapel where Judge William Paston was buried. William served as Steward to the Bishop of Norwich and conducted a number of high-profile cases in the Guildhall.

Keep following the path and leave the Cathedral Close at the bottom exit by the flint wall.

Turn left as you come through the gates and follow Bishopgate round to the left and past the Adam & Eve pub, one of the oldest (and smallest) in the city.

Continue down Bishopgate, passing St Martin at Palace Plain Church on your right.

At the T-junction you have the option to take a short detour to Whitefrairs' Bridge.

Optional detour: walk to Whitefriars Bridge.

The area now in front of you and to your right on the opposite side of the river where the mill now stands is the site of the Whitefriars Priory. It is here where Agnes, wife of the first William Paston, and her son Clement were buried.

Turn back and retrace your steps to the junction with Bishopgate.

Continue down Palace Street and back to Tombland, bearing left at the Maid's Head.

Walk past the main cathedral gate you entered before and stop a few hundred yards further in front of the south gate of the Cathedral pictured here.

This gate is over 1000 years old. See if you can spot the dragons. Dragons feature strongly in the city's history. The Guild of St George was a powerful institution in medieval Norwich, with members including Judge William Paston and son John Paston.

This is the end of the SHORT route.

MEDIUM ROUTE

Continue on to upper King Street. Cross over using the traffic lights on Prince of Wales road into King Street.

Cross over across another junction and continue along King Street.

After walking around 200 yards on King Street you will reach Mountergate on the left. The white house on the corner here was the Tudor house formerly owned by the Heydons, once enemies of the Pastons until Bridget Heydon married William Paston in 1502.

4. Continue along King Street to Dragon Hall

Dragon Hall is where Robert Toppes, a friend of the Pastons in the 15th century, owned an impressive merchants' hall. The Pastons traded from the river (behind Dragon Hall). Today, Dragon Hall houses the National Centre for Writing. Norwich is the UK's first UNESCO City of Literature and first City of Refuge for writers.

5. Continue along King Street until you reach the Music House

Owned by John Paston III and later William Paston, who put in the windows on the first floor.

Retrace your steps past Music House Lane and take St Julian's Alley on your left.

Julian was an anchorite and the first known female to write a book in English, at the end of the 14th century: *Revelations of Divine Love*. The church with her anchorhold (and where she talked to Margery Kempe through the window), is open from 9.30am to 6pm every day.

On Rouen Road, turn right and walk to the end of the road. Cross the road and continue along Farmers Avenue opposite for a short while.

6. Turn right into the Castle Green gardens.

The 1,000-year-old Norman keep is now a museum. It is home to the famous 17th-century Paston painting, 'The Paston Treasure', which depicts some of the objects amassed by William Paston (1610-62) and his son Robert (1631-83), both of whom travelled through Europe to the Middle East. In the Castle, also look out for the Paston Footprints' sponsored poleaxe, which is similar to the one Margaret Paston would have used when she defended her Gresham home. (The Castle is pay to enter.)

This is the end of the MEDIUM route.

LONG ROUTE

From the Castle make your way down to Castle Meadow by taking the lift or retracing your steps and continuing down Farmers' Avenue.

Cross over the road and take the passageway with the UNESCO City of Stories mural towards the Royal Arcade.

Go through the Royal Arcade and merge on to Gentleman's Walk, which has 19th and 20th century shopfronts. From No 27 at right angles to the street is a tall, narrow, three-storey range of probable late 17th-century date flint rubble walls and a roof with raised cruck rafters. Beneath this range are two surviving bays of a similarly-aligned medieval undercroft that probably originally extended to the street line.

7. You will emerge in Norwich market.

The market has existed on the same site for over 900 years, and was frequented by the Pastons. Their own business was in malting barley and the wool trade. Norwich was central in the textile trade, as cloths were exported to the Low Countries and beyond via the River Wensum.

Turn right and follow the market until you can see the Guildhall on your right.

This impressive flint fronted building next to the more modern city hall was built in the first half of the 15th century and housed the law courts.

8. Turn right at Jarrolds, bear left at the junction and keep walking up London Street until you reach St Andrew's Hill by the Hive bookshop. Turn left down the hill and at the bottom you will find an open space and a large hall. This is St Andrew's Hall adjoining Blackfriars Hall. The buildings created by the Dominicans in 1274 were destroyed by fire in 1413. The complex was rebuilt and completed in 1470, with some help from the Pastons, who paid for the roof and provided the oak door to St Andrew's Hall, which carries the crests of the Pastons and the Mautbys (Margaret Paston's family).

As you come away from St Andrew's Hall, turn left up Princes Street until you reach the junction with Elm Hill, and St Peter Hungate Church – your starting point.