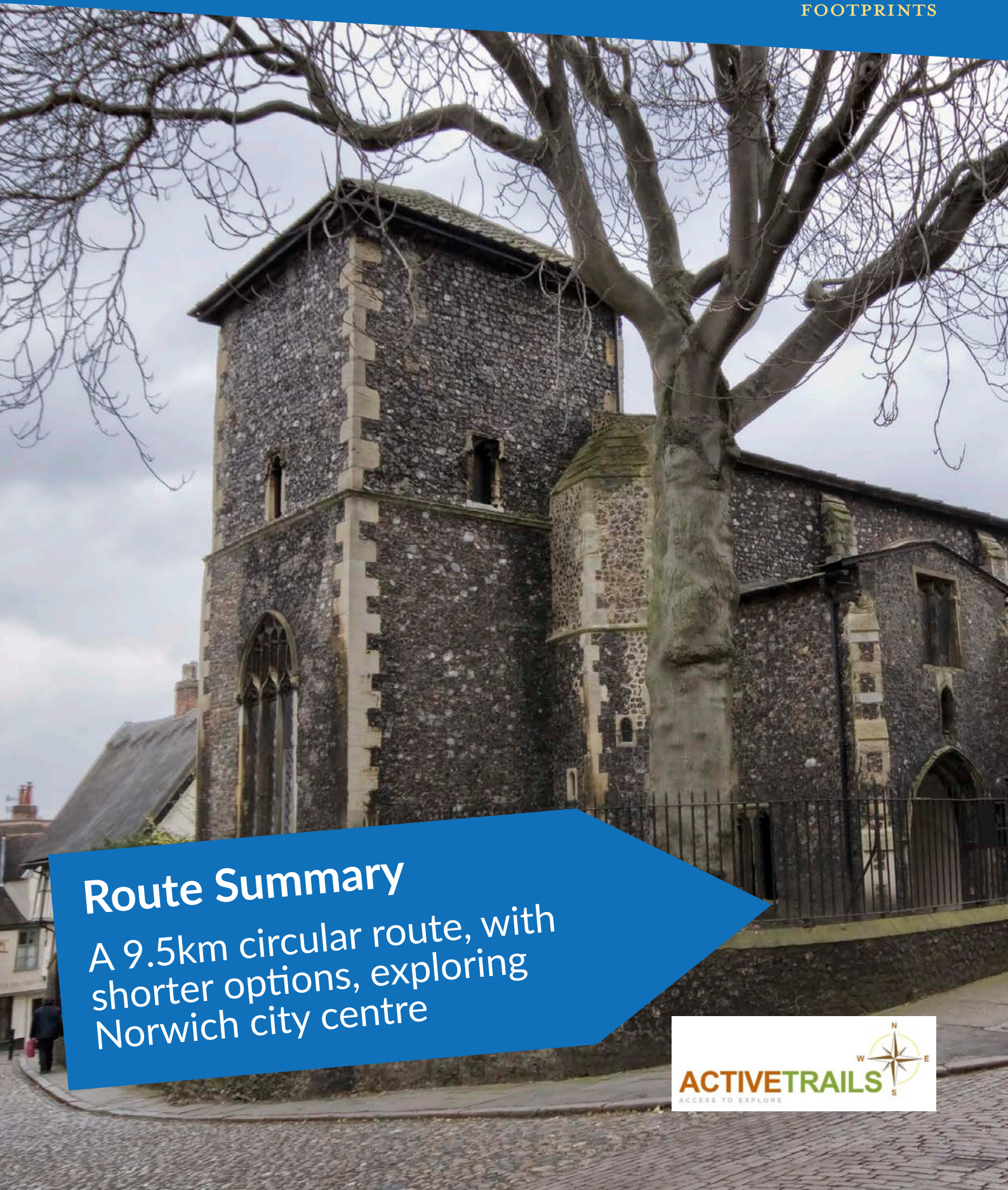


# Paston Footprints: Norwich Circular



PASTON  
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## Route Summary

A 9.5km circular route, with shorter options, exploring Norwich city centre



# What is an Access Audit?:

An access audit looks at the suitability of a trail for people with mobility impairments. We measure 12 parameters that are relevant for people accessing the countryside. If these are exceeded they are detailed in these booklets.

Parameters	Standard threshold for recording
Surface condition	The path is not firm, stable and non slip
Barriers to wheelchair users	When steps or stiles present
Path width	The Path less than 1200mm wide
Restriction	Restriction to the path less than 815mm wide
Ramp Gradient	The slope along the path is steeper than 1:10
Rise of Ramp	Ramp sustained for more than 950mm without resting place
Cross Gradient	The slope across the path is greater than 1:35
Steps	Steps greater than 15mm high
Resting places	No bench or other seat after 300m
Passing places	Paths below 1200mm should have a wider passing place every 150m
Surface breaks	The path surface has a gap greater than 12mm wide
Clear Walking Tunnel	The path is clear to a width of 1200mm wide and to a height of 2100mm

The access audit shows the position and measurements where these threshold standards are **not met** as well as benches and other facilities.

# Paston Footprints: Norwich Circular



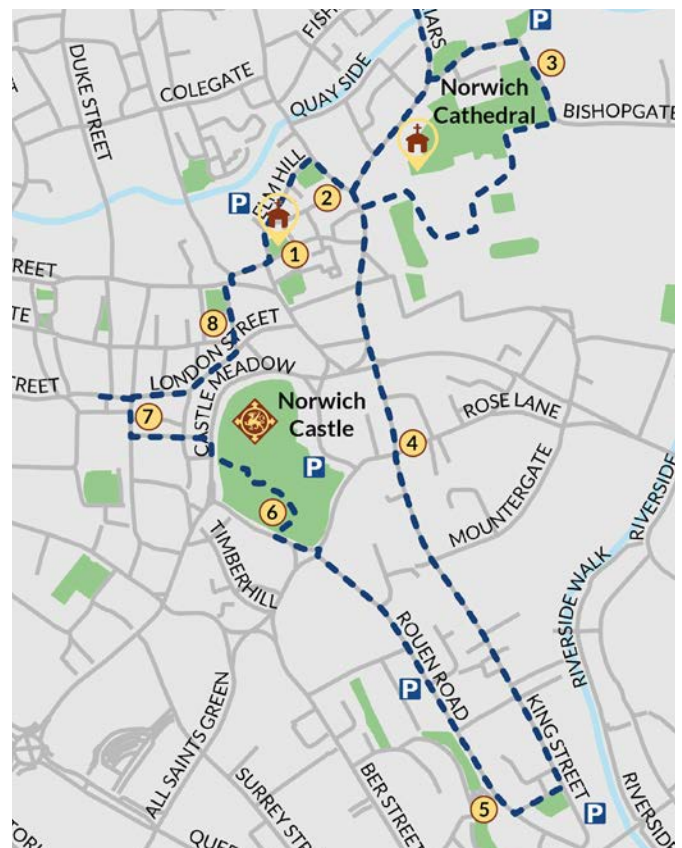
## Points of Interest

### Norwich Circular Walk – Points of Historical Interest

1. St Peter Hungate Church was the Norwich parish church of the Pastons. Inside are roof corbels reputed to be of Margaret and John Paston. On Saturdays the Church is often open and ramps for access can be arranged on request.
2. On Elm Hill, the blue plaque marks the site of the Pastons' house, where Margaret Paston wrote many of her letters. She is the most prolific letter writer of any medieval woman. At this house her son, John Paston III, received the world's earliest known Valentine letter, from Margery Brews.
3. Optional detour: to the site of Whitefriars' Priory, where Agnes, her husband William and son Clement are buried.
4. The Music House was owned by John Paston III and later by William Paston.
5. In the Castle, the 'Paston Treasure' 17th century painting can be seen. It depicts the wealth the Pastons had accumulated at Oxnead Hall.
6. The medieval markets were well known to the Pastons.
7. The Pastons paid for roof repairs of both St Andrew's and Blackfriars' Halls, and provided the oak door to St Andrew's, which carry the crests of the Pastons and the Mautbys (Margaret Paston's family).



*The decorative corbels in the roof of St Peter Hungate are often claimed to be portraits of John and Margaret Paston. There is no proof that is the case, but they are the right date and show the costume and hair styles of people of their age and class.*



# Route description: Norwich Circular



PASTON  
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Enjoy the medieval quarters of Norwich, exploring the architectural and historical legacies of the Paston family, including visiting the site where the world's earliest Valentine letter was delivered. With the audio tour, let Margery Brews Paston entertain you with family dramas, tips on how to avoid the plague and all about the Queen's visit. Her husband, John Paston III, will also share insights into the Pastons' enterprising life in the city during the Wars of the Roses.

The route mostly follows reasonably good pavements but there are two sections of cobble stone (1) and (2). We have provided an alternate route to avoid the width restriction (2).

**The route is suitable for wheelchairs, but assistance may be required due to steep gradients.**

**Short route:** St Peter's Hungate, Princess Street, down Elm Hill to Bishopgate. Or to avoid cobbles and width restriction, via The Monastery as shown in orange.

**Medium route:** continue to King Street, ending at the Castle.

**Full circular route:** after the Castle, continue through the markets and return to Hungate, Princess Street.

# Route description: Norwich Circular



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**Start point:** St Peter's Church, Hungate. NR3, 1AE



**Distance:** 9.5km



## **Accessible facilities:**

There is a Changing Places accessible toilet at the Cattle Market Street entrance to the Castle Mall (8).

Wheelchair access to the Cathedral is on the west side (4), a lift allows access to the top floor café, and accessible toilets can be found under the Refectory on the south side (5).



## **By car:**

There are several free disabled parking spaces along the route including parking for two cars near the start of the route at the bottom of Princes Street.

P1 - Free disabled parking for two cars roadside at the bottom of Princes Street

P2 - Disabled parking for three cars at the Monastery car park

P3 - Free disabled parking for two cars on Greyfriars road

P4 - Free disabled parking along the roadside at the top of Rouen road



## **By bus:**

A large number of buses stop in Tombland, just outside the Cathedral.

Check [bustimes.org](http://bustimes.org)

There are a large number of buses around the Castle. Check [bustimes.org](http://bustimes.org)

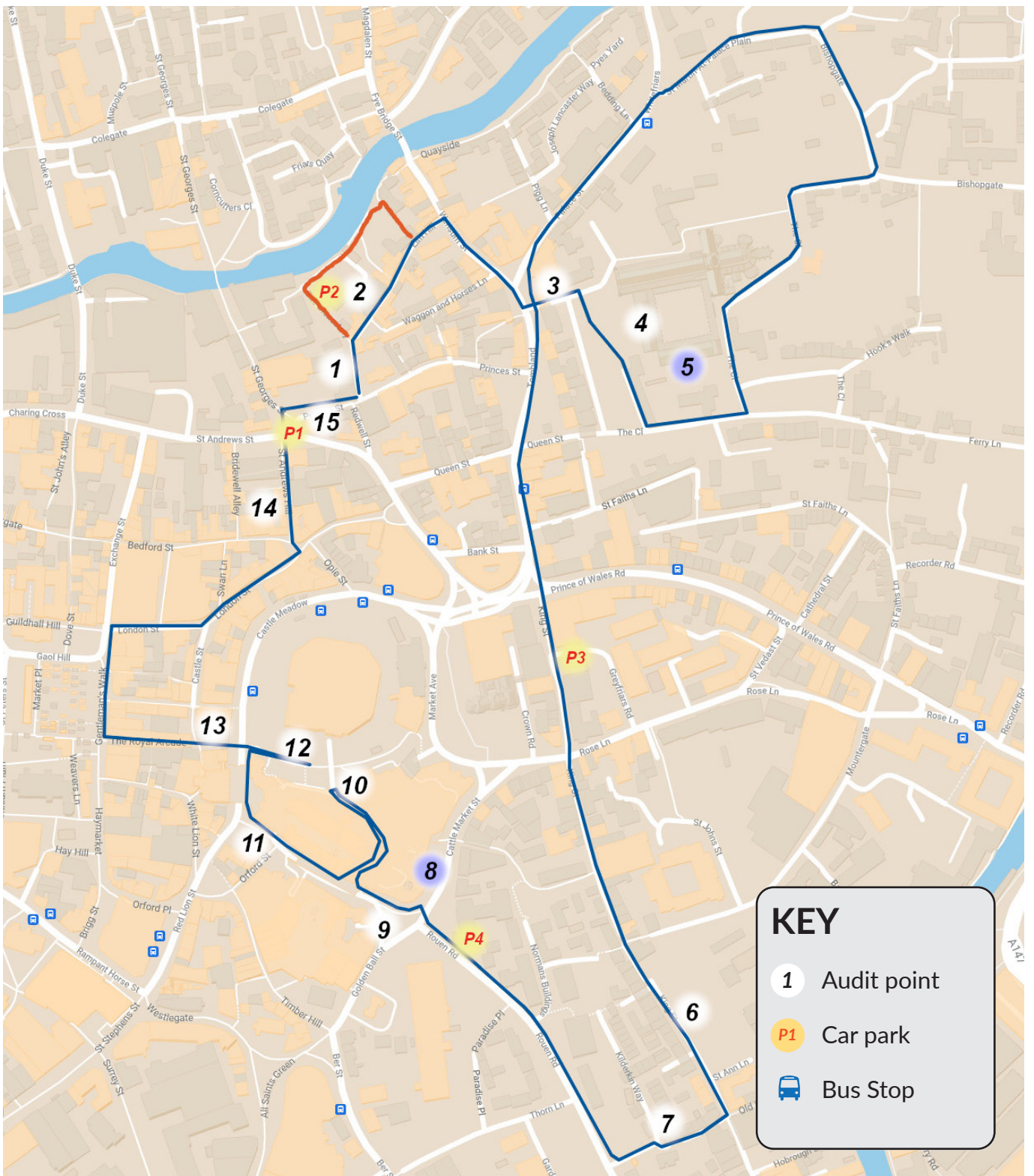
## **By taxi:**

There is a taxi rank outside Erpingham gate at the Cathedral.

# Audit map: Norwich Circular



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# Accessibility Information



**1 - Cobble stones.**  
Pavement uneven surface



**2 - Cobble stones.**  
Pavement width restriction 600mm  
(alternate route via The Monastery  
shown in orange)



**3 - Uneven surface**  
through The Erpingham Gate



**4 - Wheelchair access**  
to cathedral



**5 - Accessible toilet**  
- short-ramped entrance 1:7



**6 - Cross gradient**  
1:6 on footpath

# Accessibility Information



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**7 - Incline**  
1:7 along St Julian's Alley



**8 - Changing Places accessible toilet**



**9 - Incline**  
1:7 Castle Hill



**10 - Incline**  
1:7 up to the castle. Alternatively take the accessible lift from Castle Meadow (12)



**11 - Incline**  
1:9 along Castle Meadow



# Accessibility Information



**12 - Accessible lift**  
up to the castle



**13 - Incline**  
1:7 along Arcade Street



**14 - Uneven surface**  
Incline 1:7 along St Andrews Hill



**15 - Trip hazard**  
- uneven surface and metal grate -  
incline 1:8 along Princes Street

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To find out more about Paston Footprints

visit [www.pastonfootprints.co.uk](http://www.pastonfootprints.co.uk)

