# Ringstead Route

## A circular walking route from The Gin Trap Inn

### Ringstead Route

11km (7 miles) | 2hr 30 mins

Start your walk at the door of The Gin Trap Inn and head out of the carpark and left down the High Street to the end of the road. Turn left at the bend, following signs for Docking.

When you reach a small island with a large horse chestnut tree in the middle of the road, take the right fork. Then take the next right onto Peddars Way, heading out into the countryside. Continue until you reach a gravel road.

Turn left here and follow the path until you reach Docking Road. Cross Docking Road onto Thornham Road and continue up the track towards a wooded area.

Upon reaching the treeline, avoid the bend and continue straight ahead along the track in front of you. Follow this path until you reach Burnham Road. Turn left and continue along the road to the next junction, marked by a black and white striped waymarker sign. Follow the directional sign towards Thornham.

Continue along the road until it bends to the right. At this point, go straight ahead onto the track. Follow this until you reach a junction, then turn left onto Thornham Road and continue for some distance.

As you approach the edge of Ringstead village - marked by a rusted metal farm building and a few houses - continue straight ahead, passing a small brick bus shelter on your left. At the end of the road, turn left once more to rejoin Ringstead High Street.

Follow the High Street, passing landmarks such as the historic St Andrew's Church and the old school, as you make your way back into the heart of Ringstead village. Reward yourself with a well-earned refreshment or meal at The Gin Trap Inn - the perfect way to end your walk.

# Around & About

## Points of interest in Ringstead

### St Andrews Church

St. Andrew's Church, Ringstead, dates back to the early 14th century. The building was refurbished in the 18th century, using materials from the demolished St. Peter's Church and enlarged in 1864 with the construction of the north aisle, vestry, porch and partial reconstruction of the tower.

### Ringstead Tower Mill

Ringstead Tower mill was a six-storey tarred brick mill, unusually fitted with six sails for Norfolk. Built between 1837 - 1842 on the site of a former postmill, it had a boat-shaped cap, a stage on the second floor, and stood three quarters of a mile north of the village with a cottage and outbuildings. The sails powered three pairs of French burr stones and a flour cloth machine. Much of the machinery was wooden, and the dust floor was 17 ft. across. A brick keystone on the first floor had the Le Strange rampant lion carved on it.

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