



Park at the Church of St Peter and St Paul. When the Church is open please visit inside, where there is a permanent display telling the story of Margaret Mautby Paston, the 'captainess' of the Paston family and most prolific medieval woman writer. Also explore the churchyard, to find a memorial plaque to Margaret.

Explore where Margaret grew up. Leave the church and follow the road to the first bend and keep straight along the footpath. Follow the Circular Path to the finger post then to the next road and go straight on for 50 metres. At the next bend take the

footpath straight on and follow this diagonally across the fields to Lower Wood Farm.

Pause and glimpse Caister Castle in the distance between the trees to your left.

Bear left along the road for 100 metres and then take the marked footpath between the buildings.

Follow across the meadow, crossing the Pickerill Holme dyke, stop 2. Pickerill Holme was the waterway which supplied Caister Castle, first with the bricks needed for construction and later as the main route to the River Bure for Yarmouth, Norwich and Coltishall. The marshes would have been heavily grazed by the Paston and Clere sheep flocks.

Follow the path through some trees to emerge between a house and a paddock. Turn right and follow the road down to the marshes.

At the end of the road take the bridleway to the left and follow along the base of the sandy bluff which marked the old boundary of the estuary. Great Yarmouth can be seen in the distance. In the 15th Century the marshes of Caister and Mautby had the largest number of saltpans in Norfolk.

At the next road, turn left up Clink Hill, stop 3.

This was the old route linking Yarmouth and Norwich and one of the reasons why Caister Castle was built here. And past the primary school on your left.

At the crossroads at the top of the hill, turn left. Caister Castle can be viewed from here, stop 4.

The great tower was needed to provide a view towards Yarmouth and the possibility of attack by French ships. Sir John Fastolf was a leading knight in Henry V's wars with France.

Fastolf was also an astute businessman and had amassed over 80 estates in Norfolk and Suffolk. He also had a great house opposite the Tower of London with a staithe for his small fleet of ships.

Continue for a further 600 metres and retrace your steps down the footpath on the right between the house and a paddock.

Follow the path across the muddy area by the Pickerill Holme and up between the buildings to the road. Turn left here and follow the road round to the left and then follow the track past a pond.

The track becomes a footpath which will bring you up by a small warehouse and along a gravel drive to a road junction opposite Paston Farm.

Bear right and then left at the crossroads and follow the road past Mautby Hall. The original Mautby Hall, stop 5 is described in Margaret Paston's will.

Mautby Hall had a chapel, a Great Chamber and a Chapel Chamber. The parlour included green wall hangings and a curtained bedstead. In a letter from John Paston the Younger to his older brother John, he explains that their mother would like John to remove some of his belongings from here into a place of his own.

Follow the road back up to Mautby Church passing Osier Farm on the left (Osier indicates Willows).

This last stretch is slightly uphill and ideal for fitness walking.