



Go straight over a junction by the old school building (signposted to Gresham). At the next Typhoons.

Spitfires from RAF Coltishall and also housed World War aircraft that occasionally sheltered was the site of **RAF Matlaske** ② – a Second Turn left out of the Hall and north towards junction and traffic island turn in towards the church approach, by the white posts.



# MANNINGTON CIRCULAR CYCLE ROUTE

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PASTON PATHWAYS ROUTE 1



## Paston Pathways explores the historic landscapes of the Paston Family

A series of walks and rides aiming to provide a chance to suspend the daily routine, take some exercise, learn something about the Paston family story, and explore the local landscape.



PASTON FOOTPRINTS



Barningham Hall was built by Edward Paston in 1612. The Pastons owned lands in Matlaske, Barningham, Bessingham, Gresham, West and East Beckham.

**St Mary's Church at Barningham Winter** ③ contains a monument to a John Paston, Edward Paston's grandson. The Winter suffix is the name of the family who owned the medieval manor.

Continue north to North Barningham Church, then fork right (signposted Gresham), North Barningham Church contains monuments belonging to the Palgrave family.

Look out for Chaucer's Barn on your left as you approach Gresham. William Paston purchased Gresham from the grandson of Geoffrey Chaucer. In Gresham, fork right to the Castle Mound, then back up to Gresham Church.

**Gresham Castle** ④ was besieged in 1448 by a force of 300 men belonging to Lord Moleyns and John Heydon of Baconsthorpe. Margaret Paston had to flee to nearby Sustead Hall. One of the most famous of the Paston Letters was written from here.

**Gresham Church** ⑤ contains a memorial to a Paston chaplain. Thomas Gresham was to a Paston chapelain. Thomas Gresham was

## THE PASTON FAMILY IN MANNINGTON

The Pastons were one of Norfolk's most prominent families from about 1380, until about 1750. They rose from medieval peasants, becoming successful and prominent lawyers in Tudor England, and eventually gaining lands and titles as members of the aristocracy. Today they are perhaps best known as the authors of the Paston Letters – the world's earliest family letter collection.

These unique letters take us around the villages and along the lanes of Norfolk, and through the plague-ridden and lawless streets of Norwich, telling the story of a family desperately trying to navigate their way through and preserve their hard-won status and wealth.

William Lumnor of Mannington Hall was a very good friend and supporter of John and Margaret Paston. In return, John Paston supplied timbers from his Saxthorpe estate for the building of Mannington Hall in the 1460s. The Paston Letters contain many warm references to William Lumnor, who often provided the family with advice and helpful lobbying on their behalf.

One of John Paston's sons, Edmund, married William Lumnor's widow Margaret. Margaret is buried in nearby Itteringham Church.

In the Civil War of the 17th century, Sir John Potts, the new owner of Mannington Hall and a leading Parliamentarian, dealt considerably with negotiations concerning the Royalists Sir William and Lady Margaret Paston of Oxnead. Lady Margaret wrote to Sir John Potts to negotiate the size of the fine the Pastons had to pay for retaining ownership of their property. Later, Sir William Paston wrote from exile in Holland to Sir John, to agree to the terms for his return to England.

In the 18th Century, Horace Walpole, nephew to Horatio Walpole - the new owner of Mannington, greatly encouraged John Fenn of Dereham to publish the Paston Letters.

Such was Horace Walpole's enthusiasm that he declared that the Paston Letters "makes all other letters not worth reading".

*Our thanks to Lord and Lady Walpole for their support for the Paston Footprints Project*

## PASTON FOOTPRINTS

The Paston Footprints Project is working to provide information and display facilities as part of a wider project to enable community access to areas which specifically relate to the Paston Family in Norfolk.

www.paston600.co.uk

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Cover photo: Gresham Castle and Blickling Bluebells. All photographs courtesy Nick Stone

THE MAP CAN ALSO BE ACCESSED FROM THE WEBSITE AS A PDF DOWNLOAD AND AS A DIGITAL CONTENT

# MANNINGTON CYCLE ROUTE

1. MANNINGTON HALL (START/END)
2. MATLASKE AIRFIELD
3. BARNINGHAM HALL & CHURCH
4. GRESHAM CASTLE
5. ALL SAINTS CHURCH - GRESHAM
6. ST PETER & ST PAUL - SUSTEAD
7. ST MARY'S - ERPINGHAM
8. BLICKLING HALL
9. ST MARY'S - ITTERINGHAM

