

Trail 4: The Yare Valley

As you walk around the south edge of the Broad, the Yare Valley boardwalk leads off the UEA Trail. Spend a few minutes on the viewing platform over the Water Soldier Pond, immediately to the right. The water soldier is a native plant with long pointed leaves. It rises to float on the surface during the summer and sinks to the bottom in winter. UEA Volunteers have cleared the pond and cut back trees to prevent leaf and twig fall. This allows sunlight to penetrate, encouraging the water soldier to rise again each summer.



The boardwalk continues towards Cringleford. In summer the Yare Valley blooms with abundant flora and fauna; the air is thick with insects and you can hear the song of sedge and reed warblers. You may catch the blue flash of a kingfisher zipping down the river. The pastures to the left were formerly strawberry fields and to the right the flood plain is criss-crossed with drainage ditches where cattle once grazed. There are also a number of rare plants along this section of the Trail, including the Spring Snowflake, a white winter flower that grows in the carr (woodland). The land and waterways on the south side of the river are privately owned. Walking here 100 years ago, you might have seen ladies and gentlemen in rowing boats or punts floating past enjoying a Sunday picnic! **The Yare Valley Society** are actively involved in the conservation of wildlife in this area.



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Photos: Ros Dixon, Elaine Sherriffs and James Armes

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