

soldiers strewn along the escarpment they had tried in vain to defend, and whose spirits allegedly haunt The Grove to this day.

#### 4. The Great Stone of Lyng

A large erratic stone set beside a public foot path. The stone is subject to local legends, including the allegations that it bleeds, that birds cannot be heard singing near it and that treasure is buried beneath it. Norfolk has no real native rock, but the countryside has a number of 'erratics' or large boulders brought here by the glaciers of the last ice age. These ancient features of the landscape were almost certainly important to our pagan ancestors, who frequently moved them to other spots and venerated them, or used them as way-markers, boundary points, meeting places, court sites or preaching stones. They are often the subject of local legends or superstitions, involving druids, devils, sounds, the stone moving or growing, burials and treasure.

An article in the EDP on 13 March 1939 recounts how the large toad-shaped boulder is the focal point of the 'dark legend of The Grove'. On certain nights – it doesn't say which - the stone is said to bleed if pricked with a pin. The blood in the stone was perhaps absorbed after its use as a sacrificial altar, or following the bloody battle between King Edmund and the Danes. A second legend tells of treasure buried beneath the stone, but also how a former owner once tried to move the stone without success!

D. Gurney (NLA), May 2007.

## norfolk heritage explorer

This heritage trail comes from a website which documents Norfolk's 50,000 archaeological sites, finds and historical buildings. To find out more information about any of the sites mentioned in the trail or to investigate the archaeology on your doorstep go to:

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Union House  
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### Lyng Heritage Trail



Enjoy the views of the beautiful Wensum valley and discover a World War Two pillbox, the ruins of a 15th century chapel and the legends of the Great Stone of Lyng.



# Lyng Heritage Trail

Enjoy the views of the beautiful Wensum valley and discover a World War Two pillbox, the ruins of a 15th century chapel and the legends of the Great Stone of Lyng.

The walk is around 3 kilometres long. Some areas can be muddy. There is one stile and some easy downhill/uphill walking. Park near the junction of Collen's Green and Hase's Lane, just north of Collin Green Farm, south-east of Lyng village.

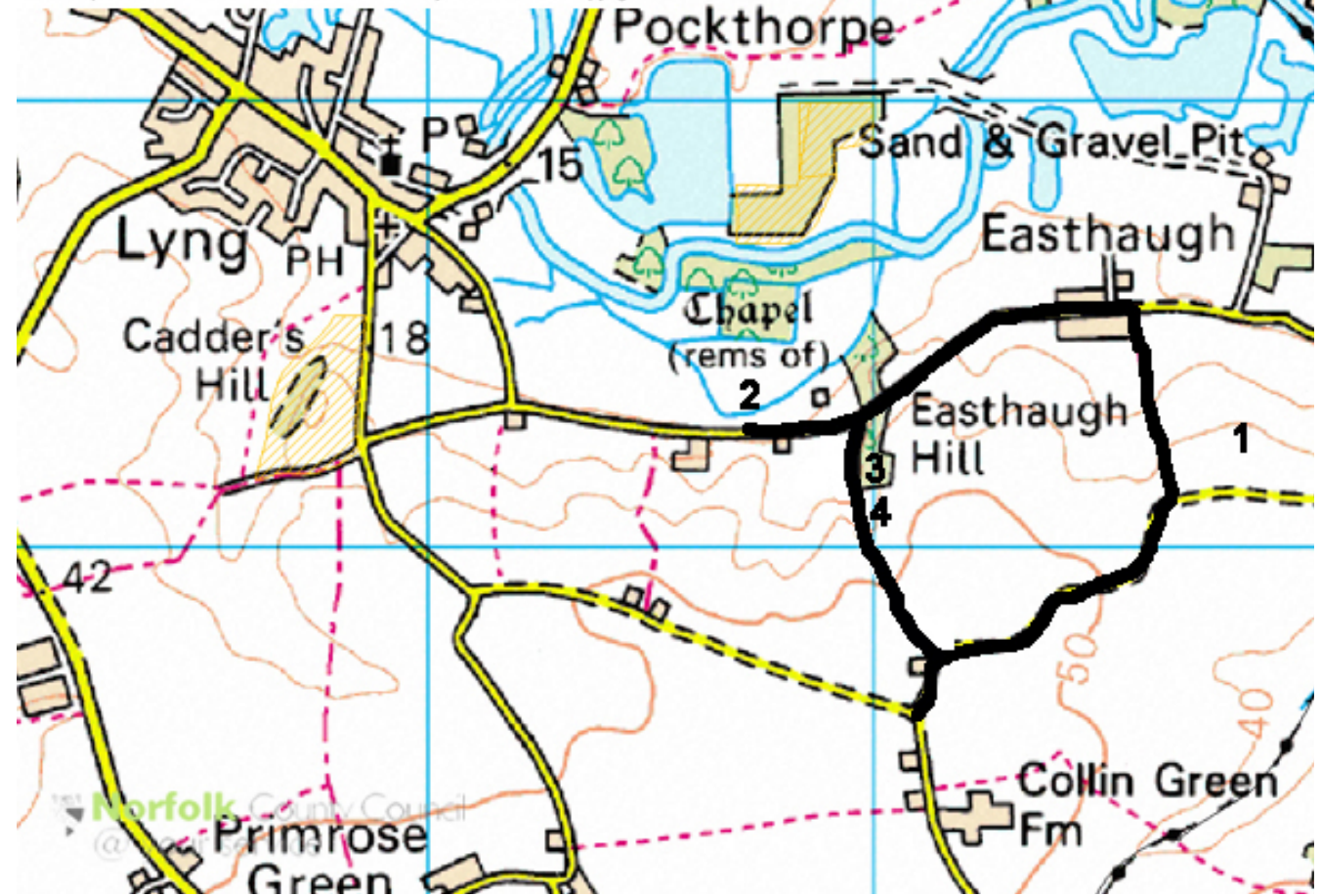
## 1. World War Two pillbox

A common type 22 hexagonal concrete pillbox, built in about 1940 as part of the anti invasion defences of the time. Aerial photographs taken just after the war show earthworks and buildings around the pillbox that may have been gun emplacements or a searchlight battery.

## 2. Ruins of St Edmund's Chapel

The fragmentary remains of a probably 15th century priory church, partially obscured by vegetation. A broad range of Roman, Saxon, medieval and post medieval objects have been found on the site since the 19th century, but mostly in more recent years by metal detecting. Other finds include a Mesolithic microlith and a very rare Middle Saxon spur.

Local Authority No. 100019340. Based upon the Ordnance Survey 1:10,000 map with the permission of the controller of H.M. Stationary Office © Crown Copyright



Map of Lyng Heritage Trail

## 3. The Grove or King's Grove

This strip of woodland of contorted oaks and dark hollies is called 'The Grove'. An article in the EDP of 13 March 1939 records the fascinating legends attached to this supposedly dark, lonely and mysterious place, and suggests that the name indicates a place where in ancient times secret religious mysteries or magic-working were practised, and which was possessed by ghosts.

In the mid 1800s, local schoolchildren

were allowed out of school early, so that they could get past one particular spot before it got dark. And the reason? This was a place where headless horses had been seen!

Then there is the story that this is really 'King's Grove', and the site of a long-forgotten battle between St Edmund and the Danes. St Edmund was defeated and retreated to Castle Acre, leaving the bodies of his

Continued overleaf...