What is LOHP?

Little Ouse Headwaters Project (LOHP) is a community charity looking after over 190 acres (76 hectares) of scarce habitats for wildlife and people, at the head of the Little Ouse Valley. Located on the Norfolk/Suffolk border, covering villages from Garboldisham to Redgrave.

What we do...

- Restore and manage habitats
- Wildlife conservation and monitoring
- Volunteering (something for everyone)
- Improve access
- Community events
- And much more…

How can you help?

- Volunteer
- Become a member
- Donate
- Sponsor an Acre
- Gifts in Wills

Helen Smith

How to find us...

Location: LOHP, Thelnetham Windmill, Mill Road, Thelnetham, Diss, Suffolk, IP22 1JS

Access: Our reserves are open all year round. Access is still permitted while cattle and sheep are grazing.

Dogs are welcome, but we ask that they are kept under close control, on a lead during the bird breeding season (31st March to 31st August). Dogs **must** be kept on a short lead where grazing livestock are present.

During the winter wellies are recommended as paths can be muddy, some reserves can also become inaccessible due to flooding.

Please park sensibly on local roads.

Contact Details:

Phone: Conservation Manager, Ellie Beach 07919 912045
Email: enquiries@lohp.org.uk
Website: www.lohp.org.uk

Leaflet design by Martin Phillips Associates, 2025

Discover the Little Ouse Valley Fens

Explore the miles of footpaths and special wetlands

Discover habitats with species including Water Voles and Orchids

Volunteer with us to help protect these important places

More than 90 species of birds have been seen

Join us to enjoy the experience of caring for our wildlife and our special places

Join us to care for and share the really special places near you

Explore the Little Ouse Walks

Enjoy beautiful walks through extraordinary scenery – wetlands, grasslands, heathlands and woodlands.

Experience wildlife encounters with Kingfishers, Water Voles, even Otters.

Join us on guided walks, events and volunteering to learn more about these special places and species.

Look out for the **'Little Ouse Walks'** waymarkers that show the paths.

LITTLE OUSE WALKS
WWW.LOHP.ORG.UK

Garboldisham

600 metres ↑

South Lopham

750 metres ↑

B1113

Scarfe Meadows

Garboldisham Windmill

Broomscot Common

B1111

Common Road

B1111

100 metres

Broomscot Common

The Street

The Frith

Blo'Norton

Middle Road

SWT Redgrave and Lopham Fen

Norfolk

Hinderclay Fen

River Little Ouse (County Boundary)

Parkers Piece

Bettys Fen

Blo' Norton Fen

The Lows

Redgrave Road

Suffolk

Thelnetham Windmill

Bob's Bridge

Fen Road

River Waveney

Swallow Bridge

Blo' Norton Little Fen

The Frith

30

New Fen

Fen Lane

Bleyswycks Bank

Oak Tree Fen

Webbs Fen

Reeves Meadows

Hinderclay Fen

Hinderclay Road

B1113

Mill Road

Church Lane

Carr Meadow

Fen Road

Hinderclay

Redgrave

30

N

For more detailed maps see
O.S. Landranger 144: Thetford & Diss,
or Explorer 230: Diss & Harleston

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New Fen

Thelnetham

350 metres

Miles
0.5

0 1

Kilometres
0 .... 0.5 .... 1 .... 1.5

KEY

- LOHP Reserves
- Suffolk Wildlife Trust Reserves (SWT)
- Permissive Paths
- Public Footpaths
- Angles Way
- By Way Open to All Traffic
- Bridleway
- Restricted Byway
- Regional Cycle Route 30
- Footbridge
- Bench
- Sculpture with Interpretation Panels
- Information Panel
- Village Hall
- Public House
- Coffee Shop

LOHP