

# BIKE IT!

## South Norfolk Tour Map

Route Length approx 140 kilometres (88 miles) excluding detours. Car parking is available in Norwich, Whittingham Country Park, Loddon, Bungay, Harleston, Diss, Wymondham and elsewhere with care. Alternatively, bring your bike on the train, and get off in Wymondham, Norwich or Diss, where the route is easily accessible from the stations.

### WYMONDHAM

- Historic Market Town
- Shops, pubs, toilets, car park
- Market Cross (17<sup>th</sup> century) including Tourist Information Centre (seasonal), tel: 01953 604721
- Friday market
- Twin-tower Abbey (ex-priory of 1107)
- Town Museum (ex-Bridewell: Britain's first model prison) 10 The Bridewell, Norwich Road. (open March – November inclusive – Tel: 01953 604650)
- Green Dragon PH (Abbey Street)
- Restored railway station 'Brief Encounter' themed tea-rooms (at main station). Meals and memorabilia, tel: 01953 606433.
- Tourist railway station at Becketswell Road (near to the Abbey)
- The Lizard' and the Newt Reserve are two of the areas looked after by Wymondham Nature Group. (16),
- A short distance away is Hethel. Hethel Airfield (17) was a WWII USAAF base, home to the 389<sup>th</sup> Bomb Group, 'The Sky Scorpions', flying B24 Liberators. It is now the home to Lotus Cars, Tours available on Wednesdays from 10.30-2pm phone 01953 608547 to book. Hethel is also the site of one of the smallest Nature Reserves in the UK – 0.06 acres – the Hethel Old Thorne is a 700year old Hawthorn located near the Church. Old Thorne Barn B&B – Welcome Cyclist level 3.
- Moot Hill Ringwork Scheduled Monument (18)

**BUNWELL** – The Cottage B&B Welcome Cyclist Level 2.

### NEW BUCKENHAM.

- Pubs & Shops
- This was a Norman 'Planned Town' with a grid street plan.
- The Castle (15) lies about a ¼ mile off of the route, built between 1145 – 1150, the key can be obtained from Castle Hill Garage for a small charge.
- There is also a large open common.

### WINFARTHING.

- Pub

### BRESSINGHAM

- Bressingham has a shop / post office, a B&B and a Pub – on the A1066.
- Also a little off the route along the A1066 is Bressingham Steam Experience and Gardens. 01379 688585 – www.bressingham.co.uk

Locomotives, stationary engines, traction engines and a Victorian Steam Roundabout, as well as 3 narrow gauge railway rides running around the gardens. Add this to the Dad's Army Collection, Alan Bloom's world famous 6 acre 'Dell Garden' and 'Foggy Bottom', Refreshments are available, as well as toilets and the garden centre.

• Near **Boyland Common** there is the WWII Fersfield Station 554 Airbase (14). This was a satellite for the Knettishall Station of 388<sup>th</sup> Bomb Group fame. Fersfield was the operational base for Project Aphrodite. This project involved packing 20,000lbs of High Explosive into a redundant Flying Fortress and flying it by remote control into specific targets, notably the German V1 & V2 Bases. The project was not a success and led to the death of a number of pilots, including Lt Joe Kennedy (USN) elder brother of John F Kennedy.

• In 1944 this airfield had reverted to the RAF, flying Mosquitoes. The base finally closed in December 1945.

- From here there is Welcome Cyclist Level 3 B&B—Streneth within easy reach.

### ROYDON

• Roydon has a Pub, a Shop, and a B&B with Welcome Cyclist Level 2 rating—Fen Lodge, and a pleasant piece of open common land—Brewers Green. A little Way off the route is Roydon Fen Local Nature Reserve. There is a mix of Reed and Sedge Fen, Alder Carr and Woodland, along with the associated wildlife.

### DISS.

- Shops, Pubs, Restaurants and Take Away Outlets, Tea Rooms, Car Parks and Public Toilets – Behind Tourist Information Centre on Mere Street and by Car Park next to Mere Park.
- Welcome Cyclist B&B's – Koliba—Level 2, and Oak Tree Cottage—Level 3.
- Picturesque market town with lake (The Mere) at its centre, adjacent there is also Mere Park.(9)
- Historic conservation area (inc. St Mary's Church and timbered former Dolphin Inn off the Market Place and Mount Street to north) (10)
- Good range of shops, and services (pedestrianised Mere Street)
- Award winning small museum in Old Shambles buildings (Market Place) (Tel: 01379 650618) Admission free, open Weds – Sats (11)
- Tourist Information Centre (Tel:01379 650523) and public toilets (Mere Street, adjacent to Mere's Mouth)
- Gaze's Market and auction sales every Friday (12)
- Optional diversion to Fair Green: 16<sup>th</sup> and 17<sup>th</sup> century houses and home of fairs since the Middle Ages.

### BAWBURGH

Pub, Shop, Car Park, Public Toilet  
Old bridge/riverside picnic spot  
Round-towered Church of St Mary and St Walstan/St Walstant's Well, Church Street, (site of pilgrimages since 1016)  
Attractive conservation area & old water mill.  
Welcome Cyclist Level 1 – The Old Lodge.

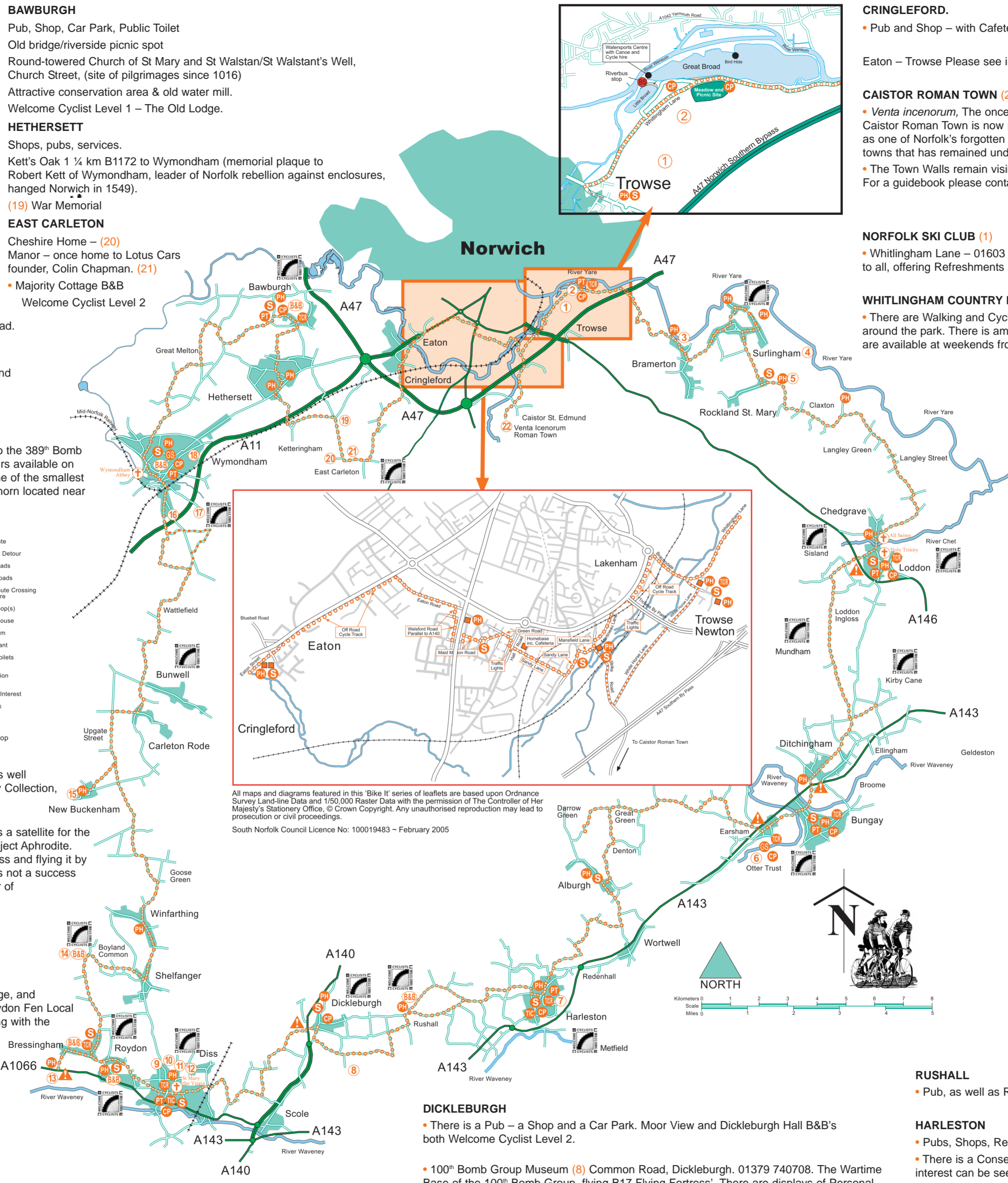
### HETHERSETT

Shops, pubs, services.  
Kett's Oak 1 ¼ km B1172 to Wymondham (memorial plaque to Robert Kett of Wymondham, leader of Norfolk rebellion against enclosures, hanged Norwich in 1549).

(19) War Memorial

### EAST CARLETON

Cheshire Home – (20)  
Manor – once home to Lotus Cars founder, Colin Chapman. (21)  
• Majority Cottage B&B  
Welcome Cyclist Level 2



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### CRINGLEFORD.

- Pub and Shop – with Cafeteria.

Eaton – Trowse Please see inset for location of Pubs, Shops and Refreshments.

### CAISTOR ROMAN TOWN (22)

- *Venta incenorum*. The once-bustling regional centre of East Anglia, Caistor Roman Town is now relatively unknown and classed by many as one of Norfolk's forgotten treasures. It is one of only 3 Romano-British towns that has remained undeveloped in subsequent periods.
- The Town Walls remain visible, there is a car park and on site interpretation. For a guidebook please contact South Norfolk Council.

### NORFOLK SKI CLUB (1)

- Whittingham Lane – 01603 662781 Experience the thrill of downhill skiing in Norfolk! – Clubhouse open to all, offering Refreshments and Bar.

### WHITTINGHAM COUNTRY PARK (2)

- There are Walking and Cycling routes to enable you to enjoy the exciting wildlife & enchanting scenery around the park. There is ample car parking, picnic areas, toilets and refreshments. Pay & Play activities are available at weekends from Easter to September between 1pm & 5pm. – 01603 756026.

### BRAMERTON

- Enjoy the pleasant surroundings and refreshments at the Pub, or relax with a picnic at Bramerton Common (3) on the banks of the River Yare.

### SURLINGHAM

- There are 2 Pubs to choose from. You can also call in at Wheatfen Nature Reserve (4), the home of the Ted Ellis Trust, there is 130 acres of marsh carr and wood. – 01508 538036. www.tedellistrust.org.uk
- Pottles Barn B&B – Welcome Cyclist Level 1.

### ROCKLAND

- There is a pub, a shop and Rockland Broad (5).

### CHEDGRAVE & LODDON

- There are a number of Pubs, tea rooms and take away outlets, as well as restaurants and shops. There are also car parks and public toilets (in the Staithe Car Park) and Interesting Churches in both Parishes. Hall Green Farm Loddon – Welcome Cyclist Level 3.

### SISLAND

- Poplar Farm B&B – Welcome Cyclist Level 2.

### KIRBY CANE

- Butterley House B&B – Welcome Cyclist Level 2.

### MUNDHAM

- Grange Farm B&B – Welcome Cyclist Level 3.

### DITCHINGHAM

- Pub and shop.

### BUNGAY

- Just inside Suffolk, this town has all the services you might require.

### EARSHAM

- The Otter Trust (6) has a car park, tea rooms, a gift shop and toilets. As well as being able to see British & Asian Otters at close quarters, there are riverside walks, picnic areas and 3 lakes where a large collection of European Waterfowl joined by many migrant birds visiting in the spring and autumn. Muntjac and Fallow Deer wander the grounds freely.
- Earsham Park Farm B&B – Welcome Cyclist Level 1.

### RUSHALL

- Pub, as well as Rushall House B&B which has Level 2 Welcome Cyclist classification.

### HARLESTON

- Pubs, Shops, Refreshments, Car Parking and Public Toilets.
- There is a Conservation area at the heart of this market town, where many buildings of interest can be seen, including St. John The Baptist Church (7) Metfield: Villa Farm B&B Welcome Cyclist Level 3.

### ALBURGH

- Pub & Shop.