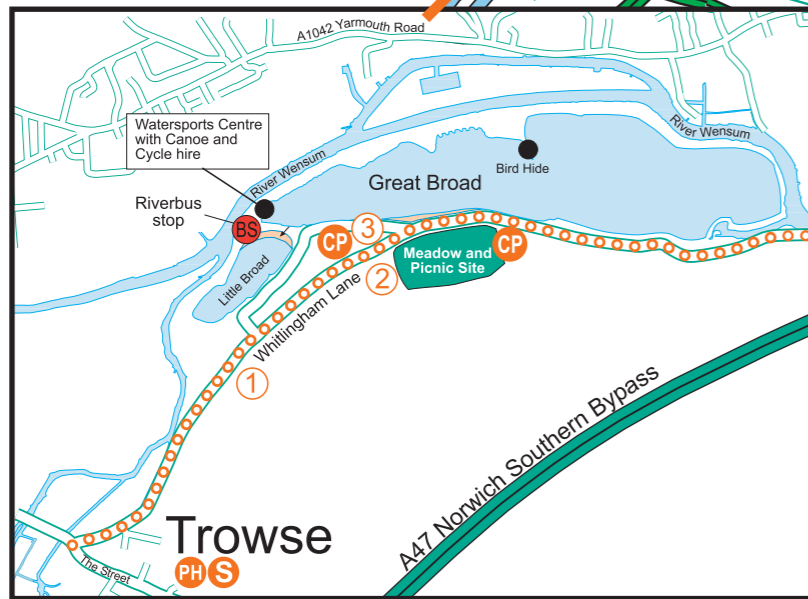


BIKE IT! 3

Route length approximately 45 kilometers (28 miles) excluding detours, but several options allow much shorter rides. Car parking is available on street in Trowse and Loddon, in car parks at Whitlingham, Chedgrave, Loddon and Rockland St Mary (by Rockland Broad) and elsewhere with care.



TROWSE/WHITLINGHAM

- Shops and pubs.
- Whitlingham Lane and Crown Point Estate (parkland). (1)
- Remains of Trowse Newton Hall. (2)
- Whitlingham Country Park and new Broads, plus woodland walks, picnic site, Victorian lime kilns. (3)

BRAMERTON

- Riverside pub.
- Riverside green. (4)

SURLINGHAM

- Walks around Surlingham Church Marsh RSPB Bird Reserve (info. panel at the Church). (5)
- Nature Reserve. (6)
- Ted Ellis Trust administers Wheatfen Broad and 130 acres of marsh carr and wood including a 2 mile walk over the last remaining tidal marshes and carrs on the River Yare. (7)

- Two riverside pubs.

ROCKLAND ST. MARY

- Rockland Broad (opp. Pub) (8) ecologically varied plus walks and bird watching hide.

- Shop.

CLAXTON

- Ducan's Marsh. Site of Special Scientific Interest off Folly Lane/Chapel Lane (9), home to rare grasses and butterflies. Please walk with care.

LANGLEY GREEN

- Langley Abbey remains (founded 1195) (not open to the public) (10)
- Farmshop in Langley Street (Hardley Road).

HARDLEY STREET

- Hardley Staithe (11) and riverside footpath to Hardley Cross (junction of Rivers Yare and Chet).
- Hardley Flood nature reserve (including walks) (12)

CHEDGRAVE

- Shops, tea room, car parking, pub
- All Saints Church (east window coloured glass brought from Rouen in 1802) (13)

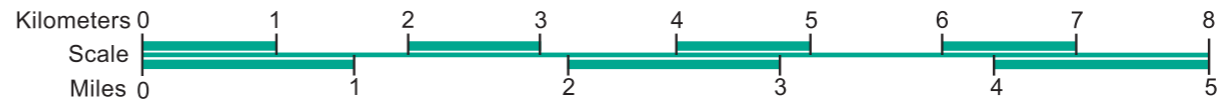
LODDON

- Shops, pubs, tea room, hot food takeaways
- Car parking (at the Staithe and at Village Centre)
- Public toilets (at The Staithe)
- Holy Trinity Church (17th/18th Century) with attractive views (14)

KEY

- The Route
- Optional Detour
- Other Roads

- Busy Route Crossing Take Care
- Food Shop(s)
- Public House
- Tea Room Cafe or Restaurant
- Public Toilets
- Tourism Information Centre
- Point of Interest
- Car Park
- Gift Shop



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