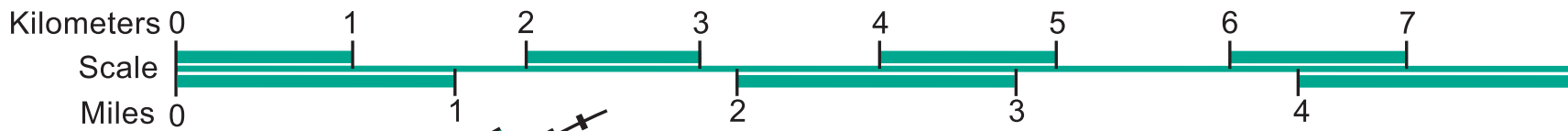


BIKE IT! 8

A South Norfolk Leisure Cycle Route Leaflet

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Route Length approx 30 kilometres (19 miles) excluding detours. Car parking is available in Mulbarton, Swardeston, Long Stratton and elsewhere with care.

SWARDESTON

- Pub, Shops, Bakery & Tea Room
- Beautiful Open Common (1)
- St Mary's Church - (2) The family graves of Edith Cavell are located here, Edith was a famous WWI nurse, executed by the Germans for assisting Allied Soldiers to escape to their own lines whilst working in a Red Cross Hospital, however, her final resting place was 'Life's Green' in Norwich Cathedral.
- Ketteringham Hall (3) - Tudor Mansion, HQ for American Air Bases in Norfolk (2nd Air Divn), during WWII and later a base for the Lotus Grand Prix Racing Team.

MULBARTON

- Pub, Shop, Farm Shop, Car Park (next to Village Hall) and Chemist.
- St Mary Magdalen's Church.

EAST CARLETON

- East Carleton Hall & Parkland (7)
- Cheshire Home (8)

BRACON ASH

- Informal Local Nature Reserve (9)

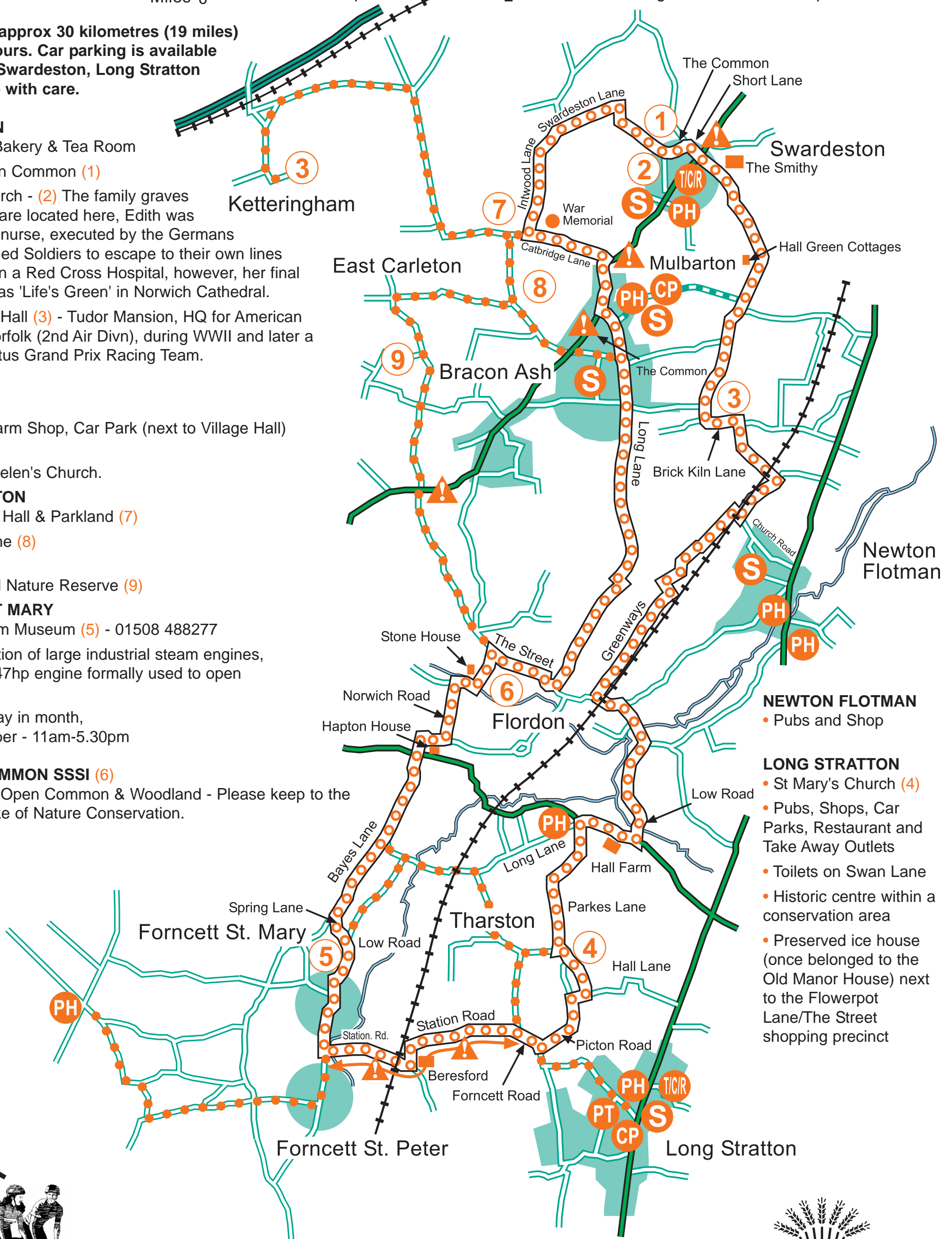
FORNCETT ST MARY

- Forncett Steam Museum (5) - 01508 488277
- Unique collection of large industrial steam engines, including the 147hp engine formally used to open Tower Bridge.

Open; 1st Sunday in month,
May to November - 11am-5.30pm

FLORDON COMMON SSSI (6)

- Beautiful Wet Open Common & Woodland - Please keep to the path for the sake of Nature Conservation.



NEWTON FLOTMAN

- Pubs and Shop

LONG STRATTON

- St Mary's Church (4)
- Pubs, Shops, Car Parks, Restaurant and Take Away Outlets
- Toilets on Swan Lane
- Historic centre within a conservation area
- Preserved ice house (once belonged to the Old Manor House) next to the Flowerpot Lane/The Street shopping precinct

