

Useful contacts

Tourist Information Centres:

Dereham - 01362 698992
www.dereham-tic.org.uk

Watton & Wayland - 01953 880212
www.wayland-tourism.org.uk

Swaffham - 01760 722255
www.aroundswaffham.co.uk

Thetford - 01842 820689
www.explorethetford.co.uk

Bicycle maintenance/assistance:

Dereham
Paul's Cycles - 01362 696276

Watton
Rudlings - 01953 881760

Bicycle Hire:

Thetford Forest - Bike Art, High Lodge - 01842 810090

For information on cycle hire throughout Norfolk contact:

Peter Howe, Norfolk Cycle Hirer's Group
01603 783096 / 07887 480 331

Attractions:

Gressenhall Farm & Workhouse - 01362 860563
www.museums.norfolk.gov.uk March-October

Mid Norfolk Railway Preservation Trust - 01362 690633
www.mnr.org.uk

County School Station - 01362 668181
Easter-September / Sundays & Bank Holidays

Public Transport:

Traveline: 0870 608 260 8
www.traveline.org.uk

Thetford is served by rail
National Rail Enquiries: 08457 48 49 50

Dereham and Watton are served by coach
First Eastern Counties: 08456 020 121

This route is a partnership between:

- **Breckland Council**
- **East of England Development Agency**
- **European Union**
- **Norfolk County Council**
- **Norfolk Environmental Waste Services**
- **Sustrans**

Sustrans and the National Cycle Network

Sustrans is the UK's leading sustainable transport charity, working on practical projects so people can choose to travel in ways that benefit their health and the environment. The charity is behind many groundbreaking projects including the National Cycle Network. The first 10,000 miles of safe and attractive cycling and walking routes has been completed bringing the Network to within 1 mile of 50% of the population.



For more maps and guides, route information in your area or more about Sustrans and how to become a Supporter, visit or call:

www.sustrans.org.uk
0845 113 00 65

Registered charity number 326550



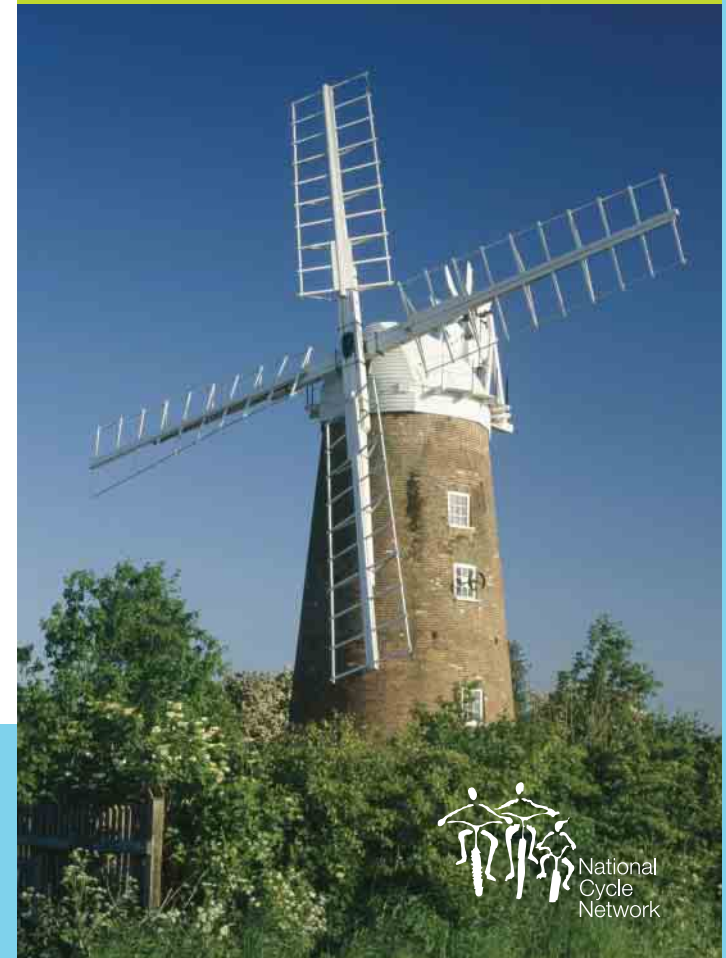
Cover: Windmill

Photography © Breckland Council. Credit, Rod Edwards and Richard Flowers.



Mid Norfolk

Fakenham - Thetford





The route uses mainly quiet lanes with some short off-road sections and can be ridden 'end to end' or in parts, perhaps as part of local circular routes.

The route heads north out of **Thetford**, passing through the edge of Thetford Forest. It briefly joins the ancient Roman "Peddars Way" National Trail and then passes through the market towns of **Watton** and **Dereham**. North of Dereham the route takes in the pretty village of **Gressenhall**, with the excellent **Gressenhall Farm & Workhouse** Museum a short distance from the route. From Gressenhall the route continues northwards to join National Route 1 at **Gateley**, near Fakenham.

Circular Routes and breaks

For more information on cycle routes visit www.nationalcyclenetwork.org.uk and check out the mapping section. Regional Route 30 offers good potential for circular routes by linking with National Route 1. A combined bike and rail trip is also a good option.

Three unsigned circular routes have also been developed. These are approximately 20 miles and are intended for day trips based around Dereham (The Bishop's Chapel), Swaffham (The Brecks) and Gressenhall (The Lost Villages of Breckland).



Gressenhall Farm and Workhouse

Photography © Breckland Council. Credit: Rod Edwards

Why not take a weekend trip from Thetford to Gateley along National Route 13 and then on to **Norwich** using National Route 1 – 62 miles, with the return to Thetford by rail.

To the best of Sustrans and Breckland Council's knowledge, the information in this leaflet is correct at time of print. It is advised that people call the telephone numbers in advance to check details.

Breckland

The Breckland area covers 1295 sq km (500 sq miles) and is ideal for cycling with few hills and little traffic. Far enough away from the pace of urban life to relax, but never too far from a welcoming village pub!

Breckland takes its name from "the Brecks" – a truly unique landscape through which the Mid Norfolk Cycle Route passes. Ancient heathlands mingle with vast expanses of lowland forest, pockets of agricultural land and characteristic belts of strange, twisted scots pine. The area has a semi-continental climate, which supports rare bird and plant life, including stone curlews, nightjars, wood larks and long eared owls.

Wayland Wood, Watton

Photography © Breckland Council.



The National Cycle Network is ideal for cyclists and walkers of all abilities.

All users

- Can you reach the start of your journey by bike or public transport?
- Please keep the route tidy and take your litter home
- Please respect other users
- Do not wander on to adjacent private land other than on public rights of way
- Respect countryside activities, such as farming and forestry
- Please do not pick wild flowers

Cyclists

- Obey the rules of the road
- Always follow the Highway Code

Be courteous

- Give way to pedestrians
- Remember that some people are hard of hearing or visually impaired. Don't assume they can see or hear you
- Where there are wheelchair users or horse riders please give way
- Ring bell or politely call out to warn of your approach; acknowledge people who give way to you

Look after yourself








- Take special care at junctions, when cycling downhill and on loose surfaces
- In remote areas carry food, repair kit, map and waterproofs
- Keep your bike roadworthy; use lights in poor visibility
- Consider wearing a helmet and conspicuous clothing

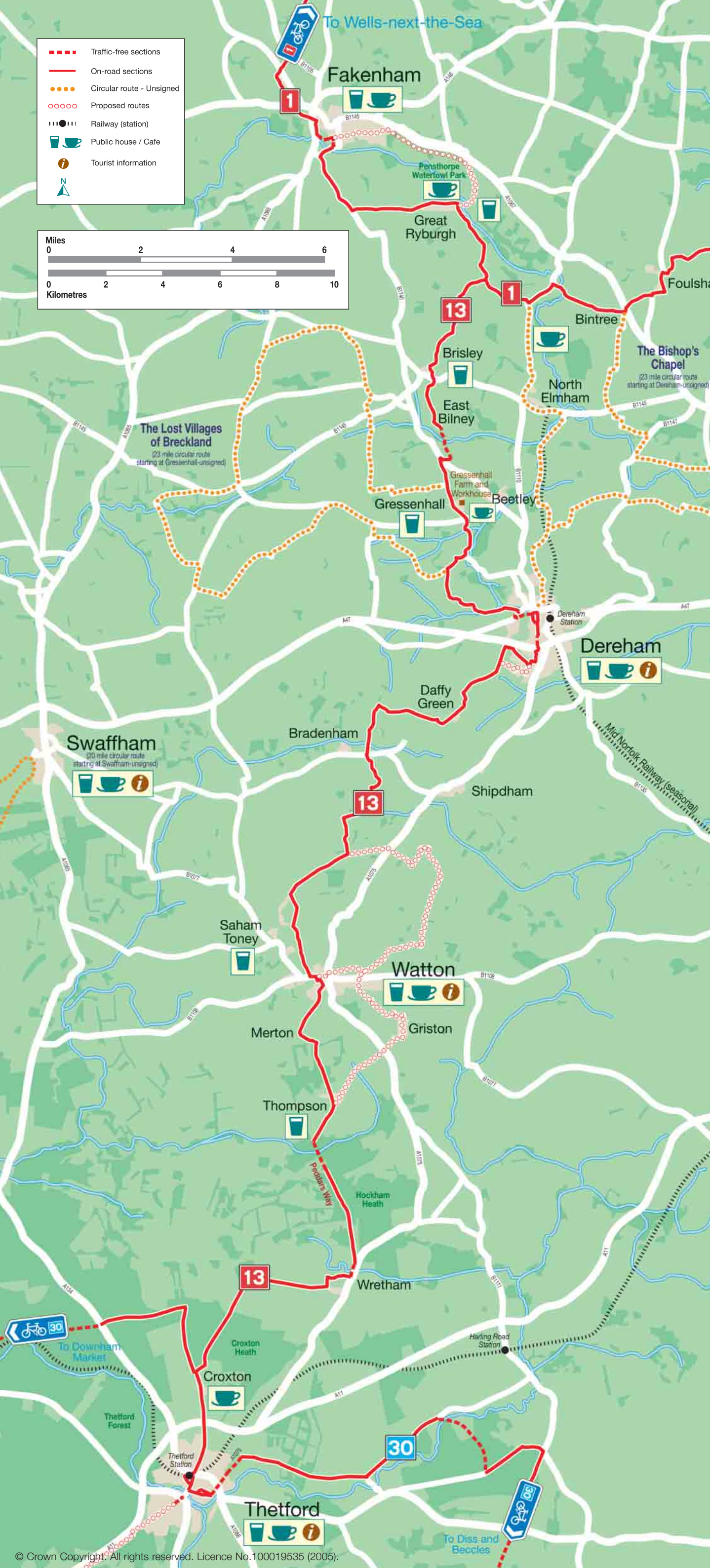
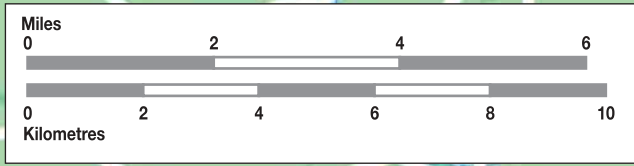
You can order a bell for your bike and other accessories from the Sustrans Shop, visit or call:

www.sustransshop.co.uk

0845 113 00 65

Cycle Routes in Mid Norfolk

-  Traffic-free sections
-  On-road sections
-  Circular route - Unsigned
-  Proposed routes
-  Railway (station)
-  Public house / Cafe
-  Tourist information




When you are on the National Cycle Network you will see these signs, red for National route, blue for Regional route.



Maps and other routes available:

National Route 13 links with National Route 1. The map available from Sustrans is the **Fakenham to Harwich**, call: **0845 113 00 65**.

There are a number of additional cycle routes in the Brecks area, for further details contact the tourist information centres (listed in this leaflet) or visit the Brecks website: www.Brecks.org

Maps for circular routes are downloadable from the East of England Tourist Board, www.visiteastofengland.com

Places to visit

As you pass through the pretty village of **Gressenhall** look out for the sign to the nearby **Gressenhall Farm & Workhouse** museum. Housed in a former workhouse the museum has displays on village and rural life, a farm worked with horses and stocked with rare breeds and an excellent café.

Dereham was originally established in Saxon times as a religious community and is now a busy market town with an excellent range of shops and cafés. The route through Dereham follows a one way system, which takes those travelling south-north through the town centre and past **Bishop Bonner's Cottages**. For those travelling north-south it would be worthwhile making a circuit through the town, but following the one-way route through the town centre. Places to visit include **St Nicholas church**, **St Withburga's Well**, the small local history museum (summer only) and **Dereham Windmill** on the outskirts of the town. (Check opening times with Dereham TIC.)

The route passes along part of **Watton's** broad shop-lined high street, but it is worth visiting the whole street, at least as far as the unusual 17th century clock tower which houses a small information centre (summer opening). The High Street includes a number of pubs and cafés and is an obvious stopping place. The town sign features the two 'babes' from the well-known fairy tale. Reputedly the nearby **Wayland Wood** is where the two Babes in the Wood met their fate.

For details of accommodation & other attractions in Breckland go to www.visitbreckland.com