

Norfolk Coast Cycleway

The map guide was developed by the Norfolk Coast Cycling Initiative using Sustrans National route 1 and regional route 30 following quiet roads and lanes through varied countryside between King's Lynn and Great Yarmouth via Cromer. On the reverse of the main map are a selection of 'explorer loops and links' which include the route below. Copies of the 'Norfolk Coast by Bike' maps are available through Tourist Information centres along the route and direct from Sustrans.

3 Ringstead Explorer Loop

Although it has plenty of interest, the western loop of this route does involve some busy roads, so please be careful. The link between Hunstanton and Heacham avoids traffic by following the sea wall.

23 miles



1 Take care busy road. St Mary the Virgin Church. Cyclist friendly King William IV country inn & restaurant.

2 Peddars Way is an historic Roman road dating back to AD61.

3 Fring (see map 4).

4 Caution here, cars can be travelling quite fast.

5 Docking (see map 4).

6 Courtyard Farm (see map 4).

7 St Andrew's Church, Ringstead. The Gin Trap PH. Village Stores. Ringstead

towermill c.1850 once boasted 6 sails.

8 Extreme care on short section of A149.

9 St Mary's Church, Old Hunstanton built 14th Century with font from 11th Century. Pond.

10 Old Hunstanton. Several pubs, hotels, and an antiques and crafts centre. Le Strange Arms is named after a local family.

11 Short section of rough unmade road.

12 Lighthouse, clifftop cafe, toilets, sea and beach views.

13 Hunstanton is a popular seaside resort with wide sandy beaches, distinctive 'red' cliffs, interesting landmarks, numerous events and attractions along with a wide range of shops, places to eat and stay. **Take care riding in the town.**

14 Take care - route uses sea wall promenade.

15 Silver Sands Teas. Toilets. Shop.

16 St Mary's Church, Heacham (has connections with the American Indian princess Pocahontas, as her husband John Rolfe was born in the town).

17 Various shops, PHs and surgery. **Take care riding in the town**

18 Norfolk Lavender, tourist attraction and a working lavender farm. Riverside teas, toilets... even specially signed bicycle parking! 01485 570384. **Take care using the B1454.**

A key to symbols is on the main map and a copy can also be found on the www.norfolkcoastaonb.org.uk website along with other loops and information. Although we have tried to ensure the information contained in this map is correct we cannot accept any responsibility for errors or omissions.

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