

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.

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Cromer Explorer Loop

Norfolk is a county of churches, and many can be seen on this ride from the round towers to thatched. With the lovely stately home estates of Mannington and Wolterton this ride provides a fascinating glimpse into the area.

24 miles

- 1 Imposing village sign at Gresham (the grasshopper was the crest of the Gresham Family). Also shows Gresham Castle. Look in at All Saints' Church with its round tower.
- 2 At the junction look straight ahead. The mound in the trees is what remains of Gresham Castle (no access), destroyed in 1450 during the Wars of the Roses.
- 3 Turn right at St Mary's Church, Bessingham. Some believe that its imposing position was for defensive purposes.
- 4 St Mary's Church, Barningham Winter. Take time to discover this gem in the grounds of Barningham Hall. By the thatched gate lodge take the road marked Private Road Access to Church Only. **The Hall is private so please do not go beyond the church.**
- 5 As you climb this short hill look out for a fine view of Barningham Winter Church and the Hall.
- 6 You'll need to use your imagination but this site was RAF Matlask, a wartime airfield 1940-1945. At 5 way x-roads follow signpost for Ippinge.
- 7 St Andrew's Church, Barningham Parva. An intriguing box pew has a slogan that would put a dampener on any wedding!
- 8 All manner of delights await at Mannington Hall. Owners Lord and Lady Walpole have created walks and a heritage rose garden on this delightful country estate. 01263 584175 (teas and toilets when open).
- 9 At this junction you can, if you wish, cross straight ahead even though it is marked Private Road. This takes you through the Wolterton Hall estate (seasonal access only for cyclists).
- 10 Wolterton Hall, also owned by Lord and Lady Walpole. Originally home to Horatio Walpole, diplomat brother of England's first Prime Minister - Sir Robert Walpole. Lake walks, adventure playground, and house tours. Toilets.
- 11 Saracen's Head inn and restaurant.
- 12 St Mary's Church, Aldborough. Its strange spirelet a legacy of the collapse of the original tower in 1790. A window marks the slaughter of the Norfolk Regiment in the Dardanelles, Turkey, in 1915.
- 13 Aldborough Green is a venue for an annual fair, and many other events including cricket. The village has pubs, shops and a surgery.
- 14 Thurgarton Church is unusual in that it is thatched, has no tower and you are likely to find sheep in the churchyard! Please close the gates.
- 15 St Peter and St Paul Church, Sustead. Gaze up at the painted ceiling.

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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