

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.

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.

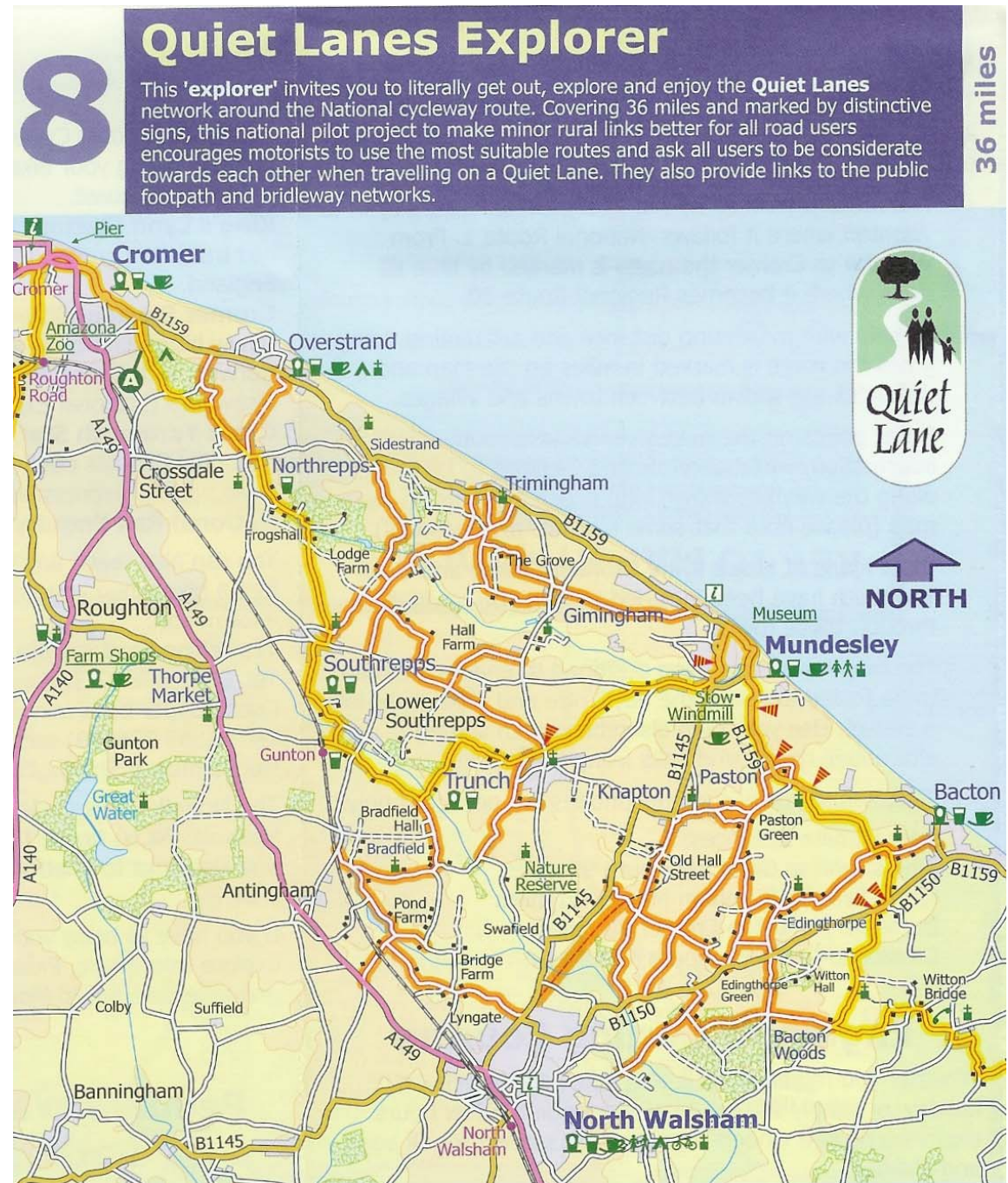
QUIET LANES EXPLORER

During preparation of the revised Norfolk Coast Cycleway map various sources were used to check existing details and update where possible. On the ground surveys provided much of the information which was backed up using popular web search engines and a simple search to a village. Whilst no responsibility can be accepted for any errors we hope this background information will assist and whet the appetite to find out more. As this information is via a mix of sources no direct acknowledgements are attributed but a number of website links have been attached. Why not try searching - it will bring a host of results that range from the obscure to a town or village website and quite often an encyclopaedia source such as <http://en.wikipedia.org>. For much of the historic detail a lot of information can be found via the church history <http://www.norfolkchurches.co.uk>.

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Quiet Lanes

The 'Quiet Lanes' was a national pilot project developed in partnership with the Countryside Agency and implemented in Spring 2000. Quiet Lanes schemes aim to make minor rural links better for road users, including walkers and cyclists and horse riders. They encourage motorists to use the most suitable routes and ask all users to be considerate towards each other when travelling on a Quiet Lane. They also provide links to the public footpath and bridleway networks.

Map reference: A

The Norfolk Coast Cycleway route out of Cromer into the Quiet Lanes but you need to take care as the road is also used to access Northrepps Caravan Park.

Bacton

Bacton is a small coastal community offering a sandy beach, a variety of business from accommodation to something to eat. Besides the village of Bacton, the parish includes the nearby settlements of Bacton Green, Bromholm with its ruined Cluniac Priory (now within a private farm, once famous for housing a 'true piece of the Holy Cross'), Keswick and Pollard Street. To the northwest of the parish, straddling the boundary with Paston is the UK terminal of the Interconnector gas pipeline to Europe (left).



BactonGas Terminal



Signpost near Bradfield

Bacton Woods

Situated to the east of North Walsham the woods are open for walkers, cyclists and horse riders (information from www.north-norfolk.org.uk or Tel: 01263 513811). There has been a wood here since Saxon times, partly because of the poor quality soil for farming. On the quiet lane into North Walsham is Bacton Wood watermill at Spa Common, a Domesday site with the last working mill being rebuilt in 1747 and extensively modified for the anticipated increase in trade with the opening of the adjacent North Walsham & Dilham Canal in 1826. Originally a white rendered brick and slate building. The mill house however had a Norfolk pantile roof, although, although this was later changed to slate. The new wheel was 18 feet in diameter and about 8 feet wide manufactured in cast iron. No doubt larger than previously in anticipation of an increased in head of water. The pit wheel, wallower and the spur wheel, which meshed with the wooden teeth of the stone nuts were also cast iron. The wheel powered three pairs of stones, 2 pairs were French burr stones and the other was of a composite material for animal grist.

Bradfield

Just off the main cycleway between Gunton and Trunch with nearby Bradfield Hall Farm providing nature walks. St Giles church (c1350) is a large church for what is now a small community but was even larger. It's perpendicular tower has some lovely chequered patterns of lime stone and chalk although no parapet, inside is a wall painting of Christ in Judgement dating from the 15th Century. Evidence of the arcades being filled in when the aisles were demolished where pillars and arches can be seen set in the walls.

Cromer

Cromer became popular through its 'Poppyland' image in Victorian times, still a busy seaside town with all the expected facilities. Known for its Cromer Crab, famous lifeboatmen Henry Blogg, end of Pier shows it has plenty to offer. The town can obviously get very busy so do take extra great care when cycling.

Although 'Cromer' is not mentioned in the Domesday Book two other

settlements, Shipden-juxta-mere and Shipden-juxta-Felbrigg are. It is thought Shipden-juxta-Felbrigg was around where the parish church of Saints Peter and Paul is with the other Shipden now under the sea off the north east of Cromer Pier. Its site was marked by Church Rock, but after a vessel struck the rock in 1888 the rock was blown up for safety. Its popularity as a resort started in the early-19th century, with some of the rich Norwich banking families making it their summer home. In 1883 the London journalist Clement Scott began to write about the area and named the stretch of coastline, particularly the Overstrand and Sidestrand area, "Poppyland" (due to the numerous poppies that grow on the roadside and meadows), this along with the railway brought many visitors. Now more associated with 'Cromer Crab' the fishermen also crewed Cromer's lifeboats with the most famous of the lifeboatmen being Henry Blogg, who received the RNL

gold medal for heroism three times, and the silver medal four times.

The Lifeboat house is at the end of the Pier along with the Theatre. The first 'jetty' (210ft) was built in 1822, destroyed 21 years later and replaced with a 240ft structure which became a fash-

ionable venue – and still is. The exposed nature of this part of the coast has meant over the years it has been damaged many times by storms and more recent in 1993 a 100ton jetty severed it.



Edingthorpe

Just inland from Bacton is one of those little communities best appreciated from the saddle, All Saints Church with its thatched roof and round tower stands isolated aloft on high ground. The simple tower Saxon at the bottom and late Medieval at the top, the simple interior has many medieval survivals within. The font has simple quatrefoil panels on a tiered octagonal pedestal, on the wall behind hangs the 'Paston door', the original 12th century north door of the church. The south door and roodscreen are old too and a sequence of wall paintings probably date from the 14th century.



Gimingham

A village not to be missed, was known as Gimingham in the Domesday Book - thought to come from 'homestead (ham) of Gymma's people' (Anglo-Saxon warlord whose people settled here in 5th to 6th Century) and has appeared in several different versions. In 1192 as Gumingham, in 1211 it appears as Gemingehem. All Saints church has elegant Tudor windows with clear glass with the intricate patterns on the framing dated from around 1300.

A feature of the village is the mill pond fed from the River Mun which

stretches along the western edge of the main street and is very popular with local fisherman. Close by is the rebuilt corn mill, the original watermill burnt down in 1979 (a mill was present here in the Domesday Book). The pit for the original water wheel still remains, as does the old diesel engine, which provided power to the mill for many years.

Gunton

There is no Gunton village. St Andrew Church is in the grounds of Gunton Hall, one of those 18th century palaces in the middle of a large wooded estate with a deer park, a fishing lake and coverts for pheasant shooting. Gunton Station was built primarily for the convenience of Lord Suffield (a major investor in the original East Norfolk Railway Company) is on the Bittern Line and with the Norfolk Coast Cycleway signposted from the station gives an ideal opportunity to bring your cycle by train. Suffield Arms PH adjacent. Gunton Sawmill is said to be the oldest surviving water-powered sawmill in the country.



Knapton

Listed as 'Kanapatone' in the Domesday Book of 1086. The plain exterior of the 14th Century St Peter & Paul church gives no clue to the treasure of mediaeval carving inside and evidence exists of an earlier church which no doubt housed the impressive 13th century font. One of the finest 'double hammer beam roofs' in the country (c1503) with fine workmanship and superb carving is probably the work of London carpenters transported to nearby Mundesley. Local tradition claims that the roof was built from a shipwreck at Mundesley. A gravestone of Commander Jeafferson Miles, RN, inscribed with the legend "the vindicator of Nelson."



Mundesley

In the Domesday Book as Muleslai, this popular seaside village has a good mix businesses with from shops to accommodation. The beach is sandy and the Maritime Museum is reputedly the smallest. Once a ruin this cliff edge

Church of All Saints has no tower but has an unusual gallery and inspiring interior. Stow Mill, south on road to Paston was built in 1827 and is open to the public (refreshments & souvenirs).

North Walsham

North Walsham was at the heart of the woollen and weaving industry in the 14th Century and Church of Saint Nicholas is the largest 'Wool Church' in Norfolk. Now a busy expanding country town with a wide-range of shops, refreshments and places to stay and a modern leisure centre.

The present St Nicholas Church dates from the 14th century. In 1724 following a double peal the tower collapsed and was at 147 ft taller than Cromer. The medieval rood screen contains images of the Apostles, the Virgin Mary and six Saints. The large alabaster monument in the Chancel is to Sir William Paston, founder of the Paston School to which Nelson once attended. A Communion table of c 1550 and a Royal Arms board used at least three times for Cromwell's Commonwealth, King Charles I and Charles II.

For the historian or plain curious there is a wealth of interesting information to be found out about the area. The arrival of the weavers in the 12th Century – nearby Worstead even gave its name to the cloth! the Peasants Revolt of 1381 and the battle of North Walsham, a way-side shrine to St. Thomas of Canterbury, Horatio Nelson, Sir William Paston, the North Walsham and Dilham Canal among others.

Northrepps

Much of its history is depicted on village sign, it is the seat of the Gurney family founders of what became Barclays Bank, Henry Rolls designed his car radiator grille whilst staying here, and the Gallas Plough developed here can be seen in the Church of St.Mary the Virgin. The tower is 90 feet high with 8 bells, 2 of which date from the 17th century.



The font, some of the benches and the rood screen are 15th century. Foundary Arms PH even advertises it welcomes cyclists.

Overstrand

Quiet holiday resort, from the Anglo-Saxon 'Ox Strand' meaning above the beach, christened 'Poppyland' by writer Clement Scott in 1883.

Right: Methodist Church designed by Sir Edwin Lutyen



Paston Church

Paston

Known as Pastuna in the Domesday Book the village is probably best known for its association with the Paston Mack family and the noted Paston Letters that paint a vivid picture of country life between 1422 and 1509. The flint St Margaret church with its thatched roof dates

from the 14th century. Next door is the magnificent Paston Barn, built by Sir William Paston in 1581 as a corn store. The barn constructed of flint and brick with an alternate tie and hammerbeam roof, which is thatched. The barn is 160feet (49m) long, 24feet (7.3m) wide and to the apex 60ft (18m). The barn is designated a SSSI for its bat colony.

Sidestrand

Name said to derive from English 'Sid' meaning broad and Danish 'Strond' – shore. St Michael church is one of 124 existing round tower churches in Norfolk. Built using material from an earlier church demolished (apart from the tower which was left as a landmark) when it became too close to the cliff. The tower and graveyard known as 'The Garden of Sleep'

Southrepps

Rustic village a couple of miles inland from Mundesley in two halves –

Upper and Lower, possibly to do with the Black Death. The tower of the large St James Church in Upper Southrepps can be seen for miles and nearby is a village stores, Post Office and PH. In Lower Southrepps can be found Southrepps Common Local Nature Reserve comprising of 12 hectares of woodland, reeds, grass and rare wild flowers.



Swafield

St Nicholas Church sits proudly on a hill with beautiful views over the surrounding countryside and has one of the few remaining Medieval Rood Screens in Norfolk. Not on the designated quiet lanes but accessible by country lane from Trunch or Bradfield. (Take extreme care if using the B1145 Mundesley to North Walsham road.



Quiet Lanes

Thorpe Market

This small village has the rather unique Georgian church of St Margaret built by Lord Suffield in 1796 to replace a larger derelict one. Nowadays a lively venue for exhibitions, concerts and other cultural activities as well as regular services with an estimated 5,000 people visiting the church every year. Not on Quiet Lanes and great care required as roads here can be very busy.

Trimingham

Three quiet lanes lead up to Trimingham and a visit to the Church of St John the Baptist's Head - the strange dedication dates from the medieval period when a life size alabaster head of the saint which was kept at the church and pilgrims came, rather than make the journey to Amiens Cathedral were a relic said to be the real head of was kept. The alabaster head did not survive, probably destroyed as a result of an injunction in 1538 or 1547. The nearby Village hall is called pilgrim shelter as a reminder of Trimingham's past. The remote air defence radar station shaped like a giant golf ball can be seen for miles around. Unfortunately no shops or cafes here although along the coast road towards Cromer is Woodlands Caravan Park has many facilities open to the public.



Trunch

A village that boasts a well stocked Stores/PO along with a pub. The Church of St Botolph is famous for its carved and painted wood canopy (one of four to still exist in England) also features a hammerbeam roof with carved angels, as well as medieval misericords under the seats in the chancel. Lord Nelson's daughter is said to have been married here.



Witton

Take a walk to the far side of the churchyard at St Margaret's Church, Witton for a vast view of the North Norfolk coast and countryside. It takes in several churches – including the ruined Bromholm Priory (private) at Bacton and the red and white striped Happisburgh lighthouse.

(Below: curiously named Witton Bridge!)

