

# 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.

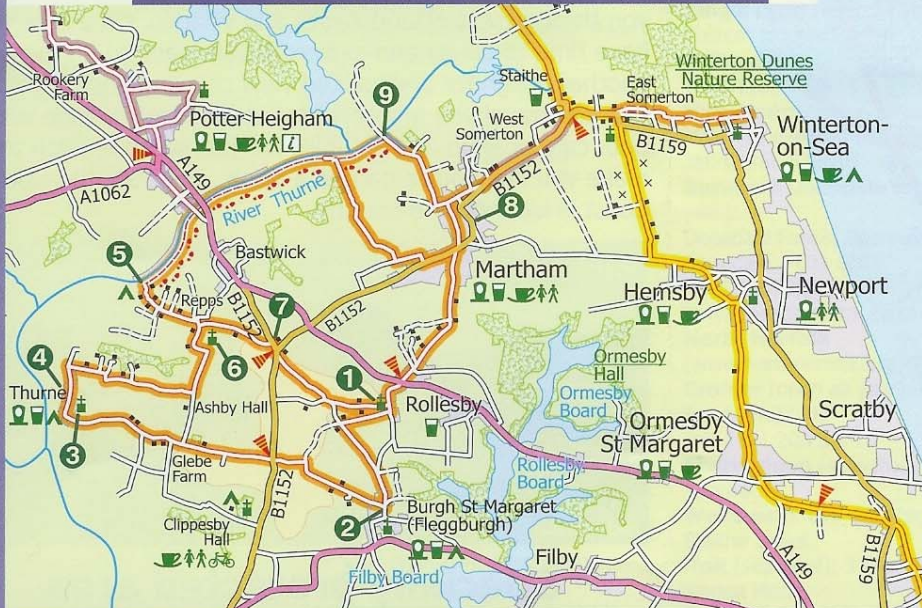
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## Broads Explorer Loop

This easy riding loop has the option of a delightful walking link, offering intriguing Broadland views beside the River Thurne between Repps, Potter Heigham, and Martham.

23 miles

- 1 St George Church.
- 2 Whole area known as 'Flegg Island' was an island in Roman times. St Margaret's Church. **Care crossing B1152.**
- 3 Church of St Edmund the King Martyr. The unusual squint hole in the base of the tower allowed lepers to attend worship. From the churchyard are extensive views of a Broadland landscape.
- 4 River access and two drainage mills.
- 5 **Riverside walk option** beside the River Thurne to Potter Heigham and on to Martham.
- 6 St Peter's Church.
- 7 **Extreme care** at this staggered junction.
- 8 From the Saxon 'home of the martens (polecats) which once abounded in the area. Find Black Street, the haunt of funerals - and White Street, the scene of weddings. St Mary's Church.
- 9 **Riverside walk option** besides the River Thurne to Potter Heigham and on to Repps.





Copys Green junction

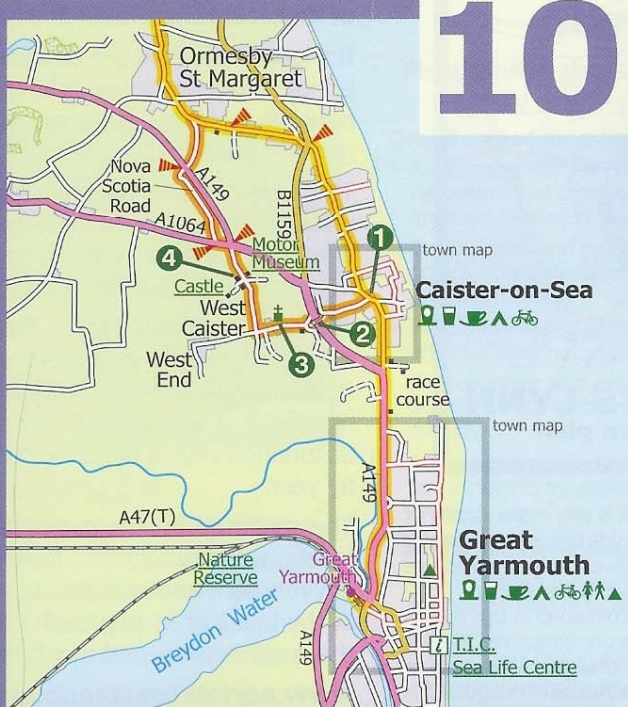
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### Caister Castle Explorer Loop

Combine this ride from the once Roman town of Caister with a visit to Caister Castle, and the other attractions along the Cycleway (see main map). It involves a short walk across the footbridge avoiding the A149.

6 miles

- 1 Turn off the main street in Caister into West Road (by the King's Arms PH).
- 2 Cross the bypass on the footbridge (walking only).
- 3 St Edmund the Martyr Chapel. Note the extensive view.
- 4 Caister Castle (ruin). Caister Castle Car Collection, tower and grounds. Includes early bicycles (01572 787649) (May - Sept).



A key to symbols is on the main map and a copy can also be found on the [www.norfolkcoastaonb.org.uk](http://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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