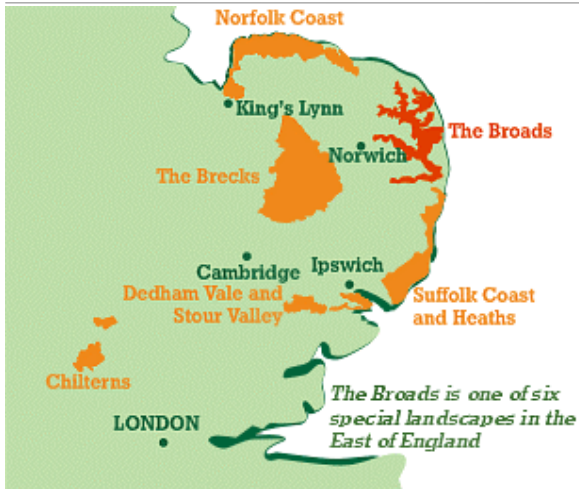


# CAR@FREE in The Broads

## Great ideas for discovering the best of the Broads by cycle



ONE OF A SET OF  
CAR FREE ITINERARIES  
IN THE EAST OF  
ENGLAND'S SPECIAL  
LANDSCAPES

- On-road cycling routes using quiet lanes, and traffic-free cycle ways
- Tips on where to cycle, taking your bike on a train and bus, and where to stop off

Use a cycle to explore the tranquil beauty and natural treasures of the wetland landscapes that make up the Broads – a unique area characterised by windmills, grazing marshes, boating scenes, vast skies, reedy waters and historic settlements. There are idyllically quiet lanes and virtually no hills. If you're touring the Broads by boat, you can stop off for a while and hire bikes from several places by the water, and see some of the area's many other attractions. Cycling in the Broads gets you to places public transport cannot reach, and you see much that you might otherwise miss from a car or even a boat. It's also a healthy and environmentally friendly way of getting around.



Centre: How Hill (photo: Tim Locke); left and right: cycling round the Broads (photos: Broads Authority)

### Contents

An introduction to discovering the Broads by bike, offering several itineraries in one. It starts with details of using the Bittern Line to get you to Hoveton & Wroxham, where you can hire a bike and follow **Broads Bike Trails**, or cycle alongside the **Bure Valley Railway**; how to join up with the **BroadsHopper bus** from rail stations; ideas for cycling in the **Ludham and Hickling area**; and some highlights of **Sustrans NCN Route 1** from Norwich. The **Broads Bike Hire Network** of seven cycle hirers is listed in the last section.

# THE ITINERARY:

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## Cycle rides from the Bittern Line

The Bittern Line runs from Norwich to Sheringham, passing through Hoveton & Wroxham station in the northern Broads. The Bittern Line website ([www.bitternline.com](http://www.bitternline.com)) has information for cyclists. A Cycling Guide *Around The Bittern Track* has details and a route map of nine cycle rides from Bittern Line stations. It is available from Norwich Railway station, The Bure Valley Railway and the North Norfolk Railway. This Guide costs £1 or is free when you book your bike on a One Anglia train.

From **Hoveton & Wroxham station**, hire a bike from Broadland Cycle Hire in Hoveton (10 minutes' walk from the station). They will give you copies of the **Broads Bike Trails** that start from there: a trail of 8½ miles which takes in Coltishall, Wroxham Barns and Hoveton Hall Gardens, another of 8½ miles follows The Bure Valley Railway through the attractive villages of Ashmanhaugh, Coltishall, Horstead and Buxton, through to the historic town of Aylsham. There is also a longer trail which passes Neatishead, Barton Broad, Horning, and Hoveton Hall Gardens.



The Ra on Barton Broad. Photo: Broads Authority.

### **Barton Broad on the Ra**

Cycle from Hoveton and Wroxham station, along lanes north past Wroxham Barns (see below), then east through Neatishead. At Barton Broad you can have a nature-friendly high-tech boating experience on the solar-powered *Ra* – and a chance to hear about Clear Water 2000, Europe's leading lake restoration project. Trips take 1 ¼ hours and run daily June-September, weekends, bank holidays, Easter week and local half terms April, May and October. Bookings 01603 782281 or at any Broads Information Centre. Neatishead has a shop, a pub and a restaurant.

### *Hoveton Hall Gardens*

Just 1½ miles north of Hoveton, and near Wroxham Barns (see above), this is a fine 15-acre woodland garden with rhododendrons and azaleas, herbaceous borders and lakeside walks. Light lunches and teas available. Mid-April to mid-Sept, Wednesday, Friday, Sunday and Bank Holiday Mondays. Also Thursday during May and June. Closed Saturdays.

For **accommodation** in the Hoveton/Wroxham area, see the list at the end of the guide.

### *Bure Valley Railway*

Cycle alongside the narrow-gauge railway, or take your bike on the train, or combine both! Alongside this steam railway you can cycle the 9-mile **Bure Valley Path** from Hoveton to Aylsham: join the train (which carries cycles; £3 per bike per trip; no reservations possible for bikes) where you wish. As you cycle, you'll see trains operated by this private heritage railway that perfectly evoke the old days of rail travel. Hoveton station on the Bure Valley line is just across the street from Hoveton & Wroxham station on the Bittern Line. Aylsham itself has an attractive market place with many interesting shops and plenty of places to eat and drink to choose from.

Bike hire is available at Hoveton (see below).

## Wroxham Barns

A short 1½ mile detour off the railway at the Wroxham end of the line, a collection of restored 18th-century barns housing traditional and contemporary craft workshops, including apple and cider pressing, stained glass, model ships, wood turning, patchwork and quilting. Also a junior farm with hens, cows, goats, donkeys and ponies for children to stroke and feed, a children's fun fair, tea room and gift shop.

## Blickling Hall

You could cycle here from Aylsham, at the north end of the Bure Valley Railway, or take the BroadsHopper Bus (which runs from Acle (railway station) to Blickling Hall, via South Walsham, Ranworth, Woodbastwick, Salhouse, Wroxham, Hoveton, Coltishall, Horstead, Buxton and Aylsham) and hire a bike here and explore the grounds. Built in rosy brick with turrets, curved Dutch-style gables and a central cupola, this superb Jacobean hall dates from the early 17th century and is surrounded by great yew hedges. It has a superb 120-foot Long Gallery with decorated plaster ceiling. The landscaped grounds include several miles of footpaths and cycle paths punctuated by 18th-century follies. You will find a range of wildlife habitats within the woodlands and river meadows, including locally rare insects and birds such as great crested grebe, tufted duck and kingfisher on the river, and lesser spotted woodpecker. Cycle hire at Blickling Hall late March–late October; tel: 01263 738015. House and garden open Wednesday–Sunday late March–late October, and Monday in August.

## The BroadsHopper Bus

Pop your bike on the the BroadsHopper Bus (bus 711), and get off to cycle where you like. This enables you to see even more of the Broads.

The route is between Acle, South Walsham, Ranworth, Woodbastwick, Salhouse, Wroxham, Hoveton (Bure Valley Railway), Coltishall, Horstead, Buxton, Aylsham (Bure Valley Railway) and Blickling Hall (where there is discounted admission for ticket holders). You don't have to be a cyclist to use the bus, of course. At the time of writing, the buses were due to be adapted to carry cycles; when this is done, the route will begin at Acle Rail Station and call via Wroxham Barns.



A peaceful lane in the Broads Photo: Broads Authority.

The bus operates daily in summer; Mon–Sat in winter. A day ticket is £3 (£1.50 concs). £4 for two adults travelling together, family ticket £6 and ten trip ticket £10. Your ticket also offers a variety of discounts – including reduced adult admissions (these are also offered for travellers on the Bittern Line) at **Blickling Hall, Hoveton Hall Gardens and Thrigby Hall Wildlife Gardens** and offers at **Woodforde's Brewery Shop and Visitor Centre**.

The service provides interchange opportunities with the Bittern and Wherry rail lines. For further information, see the operator's website Anglia Coaches for service 711: [www.angliancoaches.co.uk](http://www.angliancoaches.co.uk) or call 0870 608 2608.

## Cycling around Hickling

The far north-eastern corner of the Broads has a good network of quiet back lanes that make cycling an excellent way of discovering very distinct Broadland landscapes, with opportunities for waterside strolls, boat trips, visiting windmills and strolling on the beach. The Ordnance Survey map 134 is a useful planner: avoid wherever possible the A roads (particularly the A149); generally there are quiet road alternatives,

although Bastwick near the bridge over the River Thurne has an unavoidable ¼ -mile stretch along the A149.

If you're arriving without a cycle, there's cycle hire available at **Ludham Bridge** (A1062 between Horning and Ludham; bus 54 from Hoveton to Ludham Bridge): they also rent out electric cycles and run 3-hour boat trips to **Ranworth Broad** (stopping off to see the **church** with its magnificent painted medieval screen). From Ludham Bridge cycle hire, for example, you could get to both of these places. There is a pavement by the busy A1062 at Ludham Bridge, and it is only half a mile before you get on to the back lanes. The two **Broads Bike Trail** leaflets given out at the cycle hire centre here cover cycle rides taking in How Hill, Potter Heigham, Ranworth and Wroxham. You can also follow your own route, taking in How Hill, Stalham, Hickling, Waxham and Horsey.

**How Hill and the Electric Eel** (bookings: tel: 01692 678763). At How Hill Nature Reserve, take a 50-minute Wildlife Water Trail on the Electric Eel – a six-seater electric craft that takes you into the natural wonders of this National Nature Reserve. Also look into tiny **Toad Hole Cottage** (free), a former marshman's cottage which evokes country life in Victorian times and contains a Broads Information Centre.



Boat trips April, May and Oct at weekends and Bank Holidays; Easter and half term, hourly 11–3; June–Sept daily 10–5. Not suitable for under 2s.

A Wildlife Walking Trail, fascinating in all seasons of the year, helps you discover more about the creatures and plants of the Broads.

In summer and autumn, you might find insect repellent useful for the boat trip and wildlife walking trail.

The Electric Eel. Photo: Broads Authority.

From How Hill, you could head north through Catfield and Sutton to visit the Museum of the Broads at Stalham. The heritage of the waterways and the people who lived and worked along them are vividly brought to life. The museum is involved with the preservation of the Broads' heritage as well as conserving and restoring objects, including boats, which tell a local story. On Wednesdays from the beginning of April to the end of October, the museum runs steam boat tours.

In Hickling village, the **Greyhound** is a welcoming and usefully placed pub with bar food, specials and real ale. **Dairy Barns** outside the village has accommodation geared towards cyclists, with cycle storage and the facilities for minor repairs.



Swallowtail butterfly. Photo: Broads Authority.

From there, a 1½-mile ride along a dead-end lane takes you to the entrance to **Hickling Broad**, owned by the Norfolk Wildlife Trust. There's no larger expanse of water than this anywhere else in the Broads, and it is well worth making the effort and getting here by bike. Park your bike near the Visitor Centre (on the north side of the Broad), and explore the boardwalk paths that lead through magically unspoilt marshes and up to the broad. The centre has interpretive displays, a shop, toilets and refreshments; take binoculars and spend time in the birdwatching hides. Winter birds you might see include shoveller, goldeneye, teal and pochard, while in summer look out for bittern, Cetti's warbler, hobby and marsh harrier as well as swallowtail butterflies and Norfolk hawker dragonflies.



The reserve is open 10–5 all year; the visitor centre is open daily 10–5 April–Sept. admission £3 (children and Norfolk Wildlife Trust members free). And don't miss the boat trip (booking advised): the 2-hour Water Trail (mid-May to mid-September) takes you into the tranquil backwaters and gives access to the Tree Tower, which gives unrivalled views.

Hickling Broad. Photo: Mike Page ([www.norfolkskyview.flyer.co.uk](http://www.norfolkskyview.flyer.co.uk)).

From Hickling, cycle out to the coast at **Sea Palling**, and continue past Waxham, where beside the churchyard is a spectacularly huge 16th-century thatched barn with a café adjoining. Before heading back westwards, you might like to extend your ride and carry on along the coast to Horsey, where the National Trust maintain the **Horsey Windpump** (open Wednesday–Sunday, April–October, plus weekends in March); there's a tea room here too, and there is a beautiful walk skirting the north side of Horsey Mere, an internationally important site for wintering wild fowl. There's access nearby through the dunes to the gloriously long, sandy beach. The **Old Chapel** at Horsey is a comfortable B&B, and offers evening meals by arrangement.

## National Cycle Network Route 1

Sustrans, the sustainable transport charity, is setting up the National Cycle Network. In the Broads, the signposted National Cycle Network route 1 leads south-east of Norwich, just south of the Yare to Loddon – along or close to the Wherryman's Way, and passing through **Whitlingham Country Park**. Here you can see the newest of the broads, created in recent years from a disused gravel quarry; there is cycle hire and plenty of other outdoor activities, including canoeing, archery, orienteering, abseiling, boating and bird watching. You can visit the new Whitlingham Visitor Centre (Open 1 April – 31 Oct. Tel 01603 617332) converted from a beautiful traditional flint barn and learn all about the country park - its wildlife and history. The Norfolk County Council Outdoor Education Programme operate a new centre offering all manner of watersports (tel 01603 632307, [www.nccoutdooreducation.co.uk](http://www.nccoutdooreducation.co.uk)). At **Rockland St Mary**, you can park your bike and wander past **Rockland Broad** and out to the River Yare to sample a wonderful waterside stretch of the Wherryman's Way.

Route 1 then heads down southwards to Beccles, following easily managed, quiet country lanes that are sheer pleasure to cycle at whatever pace you choose. Loddon makes a good stopover; you can stay at the charming **Hall Green Farmhouse** just outside the village. At Beccles itself, there is a good choice of accommodation and places to eat.

Should you want to get closer to the water, you could hire a canoe at Rowancraft, Geldeston (itself on Route 1) and explore the natural charms of the River Waveney. For more on canoeing, see Canoe Safaris in this series of itineraries. Canoe hire costs £15 for a half day and £25 for a full day.

Between Beccles and Bungay you can take another signposted route to the delightful old town of Bungay (and its ruined castle) and visit the **Otter Trust** at Earsham (tel 01986 893470; [www.ottertrust.org.uk](http://www.ottertrust.org.uk); April or Good Friday–September 30), dedicated to raising otters and releasing them into the wild. Feeding time is 12 noon and 3pm. The lakes hold important collections of waterfowl, and deer and wallabies roam the grounds freely.

There are cafés and tearooms along the route at Loddon, Bungay and Beccles.

# ITINERARY LISTINGS

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## **The Broads Bike Hire Network:**

Maps of cycle routes researched by Broads Authority Countryside Rangers are available free to bike hire customers. Cycle hire costs £11 per day.

**Broadland Cycle Hire** The Rhond, Hoveton, Norwich. NR12 8UE. Tel: 01603 783096, [www.broadlandcyclehire.co.uk](http://www.broadlandcyclehire.co.uk) Near Hoveton & Wroxham rail station.

**Ludham Bridge Boat Services** Ludham Bridge. Tel: 01692 630486 (also has electric bikes which can be used by people with limited mobility); [www.ludhambridgeboats.co.uk](http://www.ludhambridgeboats.co.uk)

**Clippesby Hall Holiday Park** Nr Great Yarmouth Norfolk NR29 3BL. Tel: 01493 367800; [www.discoverthebroads.com](http://www.discoverthebroads.com) Also has a coffee shop and produces its own guide *Discover the Broads*, with 10 itineraries for great days out, covering cycling, canoeing, day boat hire, walks, etc.

**Outney Meadow Caravan Park** Outney Meadow, Bungay, Suffolk NR35 1 HG. Tel: 01986 892338; [www.outneymeadow.co.uk](http://www.outneymeadow.co.uk) Also has canoe hire.

**Norfolk Outdoor Education Centre** at Whitlingham Country Park. Tel: 01603 632307; [www.nccoutdooreducation.co.uk](http://www.nccoutdooreducation.co.uk)

**Stokesby Riverside Tea Rooms and Stores** The Green, Stokesby, Great Yarmouth NR29 3EX. Tel: 01493 750470, [bn.reynolds@rjt.co.uk](mailto:bn.reynolds@rjt.co.uk)

**Waveney River Centre** Staithe Rd, Burgh St Peter, Beccles, Suffolk, NR34 0BT Tel: 01502 677343; [www.waveneyrivercentre.co.uk](http://www.waveneyrivercentre.co.uk)

## **Things to do and see:**

**Blickling Hall** Blickling, Norwich, Norfolk NR11 6NF. Tel: 01263 738030; [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**Bure Valley Railway** Aylsham Station, Norwich Road, Aylsham, Norfolk NR11 6BW. Tel: 01263 733858; [www.bvrw.co.uk](http://www.bvrw.co.uk) (Daily April–late September; for other times of year phone for operating dates).

**Hickling Broad** tel: 01692 598276: [www.wildlifetrust.org.uk/norfolk](http://www.wildlifetrust.org.uk/norfolk)

**Horsey Windpump** Horsey, Great Yarmouth, Norfolk NR29 4EF. Tel: 01493 393904; [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**Hoveton Hall Gardens** Norfolk NR12 8RJ. Tel: 01603 782798; [www.hovetonhallgardens.co.uk](http://www.hovetonhallgardens.co.uk)

**The Museum of the Broads** The Staithe, Stalham, Norfolk NR12 9DA. Tel: 01692 581681; [www.museumofthebroads](http://www.museumofthebroads)

**The Otter Trust** Earsham, Bungay, Suffolk NR35 2AF. Tel: 01986 893470; [www.ottertrust.org.uk](http://www.ottertrust.org.uk)

**Thrigby Hall Wildlife Gardens** Filby, Great Yarmouth, Norfolk, NR29 3DR. Tel: 01493 369477; [www.thrigby.plus.com](http://www.thrigby.plus.com)

**Whitlingham Country Park**, Norfolk County Council Outdoor Education Centre, Trowse, Norwich, Norfolk NR14 8TR. Tel: 01603 632307; [ncc.oep@norfolk.gov.uk](mailto:ncc.oep@norfolk.gov.uk), [www.nccoutdooreducation.co.uk](http://www.nccoutdooreducation.co.uk)

**Woodforde's Brewery Shop and Visitor Centre** Woodbastwick, Norfolk, NR13 6SW. Tel 01603 720353; [www.wfmain.smartwebhost.net/html/shop\\_centre.html](http://www.wfmain.smartwebhost.net/html/shop_centre.html)

**Wroxham Barns** Tunstead Road, Hoveton, Norfolk NR12 8QU. Tel: 01603 783762;

[www.wroxham-barns.co.uk](http://www.wroxham-barns.co.uk) Crafts, Country Food Shop, children's funfair and zoo and tearooms.

### Where to stay:

The following offer **Welcome Cyclist** accommodation with secure storage for cycles:

**Dairy Barns** 4 diamonds. Lound Farm, Hickling Lane, Hickling, Norfolk NR12 0BE. Tel: 01692 598243; [www.dairybarns.co.uk](http://www.dairybarns.co.uk) Wonderful ground floor Bed and Breakfast accommodation in self-contained converted barns on a working farm. Cycle storage and the basics to fix simple repairs.

**East View Farm** 4 stars. Stone Lane, Ashmanhaugh, Norwich, Norfolk NR12 8YW. Tel: 01603 782225 or (mobile) 07831 258258; [www.eastviewfarm.co.uk](http://www.eastviewfarm.co.uk) Four self-catering cottages, two miles from Wroxham village centre.

**Hall Green Farm** 4 diamonds. Norton Road, Loddon, Norfolk NR14 6DT. Tel: 01508 522039; [www.hallgreenfarm.co.uk](http://www.hallgreenfarm.co.uk) Beautiful listed Georgian farmhouse in secluded grounds and just outside Loddon, offering bed and breakfast.

**The Hedges** 4 diamonds. Tunstead Road, Coltishall, Norwich NR12 7AL Tel: 01603 738361; [www.hedgesbandb.co.uk](http://www.hedgesbandb.co.uk) Peaceful family-run guest house in open countryside, convenient for Bure Valley Railway and boat trips at Wroxham. Bed and breakfast. You can eat nearby at the Kings Head Inn, the Norfolk Mead Hotel or the Andaman Orchid (all Broads Quality Charter).

**Hotel Wroxham** 2 stars. The Bridge, Wroxham, Norwich NR12 8AJ. Tel 01603 782061; [www.arlingtonhotelgroup.co.uk](http://www.arlingtonhotelgroup.co.uk) Beside the River Bure; many rooms have riverside views and balconies. Bar and restaurant.

**The Old Chapel** 4 diamonds. Horsey Corner, Horsey, Norfolk NR29 4EH. Tel: 01493 393498; [www.norfolkbedbreakfast.com](http://www.norfolkbedbreakfast.com) Peaceful location near the coast and Horsey Mere; ideal for birdwatchers, walkers and cyclists. Bed and breakfast; three en suite rooms. Evening meal by arrangement.

**Pinetrees Bed and Breakfast** 4 diamonds. Park Drive, Beccles, Suffolk NR34 7DQ. Tel: 01502 470796; [www.pinetrees.net](http://www.pinetrees.net) Eco-friendly B&B, built of sustainable timber, less than a mile from Beccles town centre.

**Wroxham Park Lodge** 4 diamonds. 142 Norwich Road, Wroxham, Norfolk NR12 8SA. Tel: 01603 782991; [www.wroxhamparklodge.com](http://www.wroxhamparklodge.com) Friendly non-smoking guest house with large garden, car park, newly refurbished, all rooms en suite with TV, tea/coffee, serving a good hearty breakfast.

### Where to eat and drink:

**Alfresco Tea Rooms** Norwich Road, Ludham, Norfolk. Tel 01692 678384, [www.alfresco.tearoomsbt.com](http://www.alfresco.tearoomsbt.com) Broads Quality Charter.

**Andaman Orchid** 41 Church Street, Coltishall, Norfolk. Tel 01603 736655. Broads Quality Charter. High quality Thai Cuisine served in a relaxing comfortable environment

**Bramleys** 16 Market Place, Aylsham, Norfolk, NR11 6EH. Tel: 01263 732103.

**Greyhound Inn** The Green, Hickling, Norfolk NR12 0YA. Tel: 01692 598306; [www.greyhoundinn.com](http://www.greyhoundinn.com) Broads Quality Charter. Friendly pub with real ale, bar food and specials, in village centre.

**Kings Head Inn** Broads 26 Wroxham Road, Coltishall. Tel 01603 737426. Quality Charter. Freshly prepared dishes using local produce from full a la carte menu to lunchtime specials and bar snacks.

**The Kings Arms** High Street, Ludham, Norfolk. Tel 01692 678386, [www.thekingsarmsludham.co.uk](http://www.thekingsarmsludham.co.uk) Friendly family-oriented restaurant offering an extensive and varied menu.

**Norfolk Mead Hotel** Church Loke, Coltishall, Norfolk. Tel 01603 737531, [www.norfolkmead.co.uk](http://www.norfolkmead.co.uk) Broads Quality Charter. Featuring an award-winning chef using high quality local produce from local suppliers.

**Ranworth Church Visitor Centre** (closed Monday-Friday in November–March; weekends opens at 2pm). Tel: 01603 270263.

**The Recruiting Sergeant** Norwich Road, Horstead, Norfolk. Tel 01603 737077. Broads Quality Charter. Wide range of special fish and meat dishes using fresh local produce.

**Staithe and Willow Restaurant** 16 Lower Street, Horning, Norfolk. Tel 01692 630915. Broads Quality Charter. Everything served is freshly prepared from local ingredients.

**Taps Restaurant** 25 Lower Street, Horning, Norfolk. Tel 01692 630219. Broads Quality Charter. Specialising in vegetarian food made from local ingredients and catering for special dietary needs.

**Wroxham Barns tearooms** Tunstead Road, Hoveton, Norfolk NR12 8QU. Tel: 01603 783762; [www.wroxham-barns.co.uk](http://www.wroxham-barns.co.uk) also crafts, Country Food Shop, children's funfair and zoo.

## Free publications (from most Broads Information Centres)

**Broadcaster:** Places to visit and things to do in the Broads, including **Fun in the Broads:** organised nature and conservation events and accommodation – with a map showing what's where.

**Eating Out in the Broads:** pubs, restaurants and tearooms within the area that have earned the Broads Quality Charter mark – perhaps offering locally brewed beer, fresh fish or organically grown vegetables.

**Norfolk County Transport Guide:** has a map of all bus and train routes in the county, with details of when each route operates.

**Norwich, Norfolk Broads and Countryside:** includes a substantial accommodation guide, plus activities, sights and more in the area; see also [www.visitnorwich.co.uk](http://www.visitnorwich.co.uk)

## Useful websites

**Broads Authority** [www.broads-authority.gov.uk](http://www.broads-authority.gov.uk)

**CTC** The UK's national cyclists' organisation [www.ctc.org.uk](http://www.ctc.org.uk)

**Norfolk Countryside Access** [www.countrysideaccess.norfolk.gov.uk](http://www.countrysideaccess.norfolk.gov.uk) Information on footpaths, bridleways and byways for walkers, cyclists and horse riders.

**Norfolk Wildlife Trust (NWT)** Bewick House, 22 Thorpe Road, Norwich NR1 1RY, tel 01603 625540; [www.norfolkwildlifetrust.org.uk](http://www.norfolkwildlifetrust.org.uk)

**Public transport in Norfolk** [www.passengertransport.norfolk.gov.uk](http://www.passengertransport.norfolk.gov.uk)

**Sustrans** for National Cycle Network routes: [www.sustrans.org](http://www.sustrans.org)

**Visit Norfolk** [www.visitnorfolk.co.uk](http://www.visitnorfolk.co.uk)

**Visit Norwich** [www.visitnorwich.co.uk](http://www.visitnorwich.co.uk)

**Visit Suffolk** [www.choosesuffolk.com](http://www.choosesuffolk.com)

**Wherryman's Way** [www.wherrymansway.net](http://www.wherrymansway.net)

## How to get there

If you're travelling from outside the Broads, the **train** is a supremely civilized way to arrive: in just over two hours you can travel from London Liverpool Street to Norwich, from where connecting trains get you into the heart of the Broads within 20-30 minutes, or less. Leisure Advance return tickets (not available on all trains; must be booked in advance) from London to Norwich cost £20, or £22 to Lowestoft.

For **national rail enquiries** tel: 08457 48 49 50; [www.nationalrail.co.uk](http://www.nationalrail.co.uk) The rail operator for the Broads area is **One Railway** ([www.onerailway.com](http://www.onerailway.com)). For the **Wherry Lines**, see [www.wherrylines.org.uk](http://www.wherrylines.org.uk). For the Bittern Line, see [www.bitternline.com](http://www.bitternline.com).

National Express **coaches** serve Norwich, Great Yarmouth, Lowestoft, Beccles and Bungay: see [www.nationalexpress.co.uk](http://www.nationalexpress.co.uk). For **information** about timetables and route-planning by public transport visit [www.travelineeastanglia.org.uk](http://www.travelineeastanglia.org.uk) (or [www.traveline.org.uk](http://www.traveline.org.uk) for the whole of Britain) or tel: 0870 608 2608.

### Take your bike on the train

You can carry your bike for a flat fee of £1 on local train services in Norfolk and Suffolk and no reservation is necessary. Dedicated space for carrying cycles is provided in newer carriages (look for the cycle logo next to the first-class accommodation or at the end of the train); otherwise leave your bike in the doorway area, making sure it isn't in the way of other passengers.

For One mainline services to and from London the single fare for a cycle is £3. It is usually best to make a reservation first (as there is only space for four bikes per train), and this is essential for Intercity trains between London and Norwich. For reservations and information tel: 0845 600 7245 or enquire at a station. There are restrictions on carrying bikes on services to London and Cambridge at peak times.



# THE CAR@FREE PROJECT:

The *CAReFREE* itineraries are designed to encourage visitors to explore and enjoy the special landscapes of the East of England with minimal impact on the environment, while generating positive benefits for local people. The itineraries give visitors exciting ideas about what to do in the area, by leaving their car at home or at their accommodation, and exploring the area by bike, boat, bus, horse or train.

ONE OF A SET OF  
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The itineraries for each area can be found at the following websites:

## The Brecks

[www.brecks.org](http://www.brecks.org)

- Enjoy living on a working farm
- Horse riding breaks in and around Thetford Forest
- Biking and Brewing in Thetford Forest

## The Broads

[www.broads-authority.gov.uk](http://www.broads-authority.gov.uk)

- Canoe Safaris
- Great ideas for discovering the best of the Broads by cycle
- Walks and sights of the Broads by train and bus

## The Chilterns AONB

[www.chilternsaonb.org](http://www.chilternsaonb.org)

- Grand Union Canal and Tring Reservoirs
- North Chilterns Villages by Bicycle
- Walking and Cycling in the Northern Chilterns and Hitchin

## Dedham Vale AONB and Stour Valley

[www.dedhamvalestourvalley.org](http://www.dedhamvalestourvalley.org)

- A day walking through Constable Country
- Days out cycling on the Painters' Trail
- Exploring the Stour Valley on foot

## Norfolk Coast AONB

[www.norfolkcoastaonb.org.uk](http://www.norfolkcoastaonb.org.uk)

- Exploring the Norfolk Coast Cycleway
- See the wildlife wonders of North Norfolk by bus
- Great ideas for making the most of the area by bus and train

## Suffolk Coast and Heaths AONB

[www.suffolkcoastandheaths.org](http://www.suffolkcoastandheaths.org)

- A car free break in Southwold
- Exploring the Stour Estuary
- Woodbridge, Sutton Hoo and the Deben Estuary

**BUSINESS OPPORTUNITY:** If you are a business in one of these areas and would like to write your own itinerary to show visitors how to enjoy the area near you without using their car to get around, you will find a blank itinerary template (a word document), together with a toolkit explaining how to complete the itinerary, on the websites listed above.



**Broads Authority**  
The Broads - a member of the  
National Park family

For further information contact:

**Broads Authority**  
18 Colegate  
Norwich  
Norfolk NR3 1BQ  
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[www.broads-authority.gov.uk](http://www.broads-authority.gov.uk)

The *CAReFREE*  
itineraries are funded by

