

CAR@FREE in The Brecks

Enjoy living on a working farm



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

- Stay on a working farm
- Taste local produce at its best
- Leave the car behind
- Enjoy self guided walking and cycling trails:
 - The Great Eastern Pingo Trail
 - The Peddars Way National Trail

Staying in a farmhouse on a working farm is a great way for all the family to learn about farming and the countryside. You can chat with warm hosts over breakfast and perhaps dinner, keen to share their family's farming history and who are knowledgeable about and look after the Brecks' unique landscape.

This itinerary will introduce you to four farms that offer bed and breakfast (and sometimes dinner, by arrangement). All have received a quality diamond/star grading. Some are also members of Farm Stay and have been recognised for their excellence in green tourism by being awarded the Green Tourism Business Scheme.

Take a break from the car. There are lots of ideas for walks and cycling from the farms but your hosts may also have their own suggestions. Don't forget The Brecks Bus and the Peddars Wayfarer (with cycle carrier) which offer alternative transport opportunities. No bicycle – no problem – you can hire one here and have it delivered to your farmhouse in time for your arrival.



Walkers on the Peddars Way



Manor Farm kitchen



Autumn colour at Knettishall Heath

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THE ITINERARY:

Colveston Manor, Mundford Farm Stay member

Wendy Allingham runs an award winning bed and breakfast from the busy farm at Colveston Manor, two miles from Mundford to the north west of Thetford. Guests are welcome to enjoy a delicious local produce dinner with Wendy and her family and find out how they manage their farm to help preserve the Brecks special landscape; or you can chat to her over a breakfast of local Norfolk produce.



Wendy Allingham and Colveston Manor

Colveston is a thriving livestock and arable farm that stretches across the Breckland Heath, with the Georgian manor house at its heart, extensive grounds to explore and many different birds to watch.

To the south stand twisted scots pines which mark the edge of Thetford Chase (the northern part of Thetford Forest). From Colveston Manor it's a little less than two miles to walk into Mundford, on the edge of forest where you can walk, cycle or go pony trekking.

Walk to the local brewery and Desert Rats Memorial tank (Approximately 1 to 3 miles)

From the farm there's a lane that takes you straight to **Iceni Brewery**, about a mile away. You can arrange a brewery tour or visit the shop and sample one or more of their 38 different brews. A mile and a half to the north of the brewery, in Shakers Wood is the **Desert Rats Memorial tank**. This Cromwell tank, mounted on a brick-faced concrete plinth, marks the original gates to the training camp occupied by the Desert Rats in 1944 before the D-Day landings. Within the site, the concrete roads and the foundations of huts and various camp buildings offer a reminder of army life. The site includes information boards and a walking trail. There is also a circular walking route that has excellent access for those less able. On the same site you will find The Covert Caravan Club site.

Walk to Lynford Arboretum for a picnic (Approx 3 miles along lanes and a short stretch of the A1065)

Lynford Arboretum was formerly part of the parkland that formed the Lynford Hall estate, now the Lynford Hall Hotel. In the late 1940's, trainee foresters started planting the older trees that are now found in the Arboretum. Since then the Arboretum has grown and has over 200 tree species, with future plans to increase the collection.

Lynford Arboretum is one of the best places in Norfolk to see the Hawfinch, although it's a difficult bird to see and can take some finding. The Arboretum is a lovely area to explore during the winter and the Lesser Spotted Woodpecker, Crossbill, Marsh & Willow Tit and occasional Firecrest have been spotted there. There's a picnic site at the Arboretum and en route from Colveston Manor you can pick up some local beers at **Iceni Brewery** or stop on the way home for tea, or a more formal lunch, at the **Lynford Hall Hotel**.



Cycle to Oxburgh Hall, Gooderstone Water Gardens and the Twenty

There are quiet lanes (see OS Explorer 229) to cycle to the five miles or six miles to the 15th century moated manor house at **Oxburgh Hall**, run by the National Trust, where you can have lunch and if you turn up by bike you'll pay a reduced admission charge. Less than two miles

from Oxburgh Hall is **Gooderstone Water Gardens** (open all year) with its natural trout stream, nature trail and tea room serving home made cakes (open during the summer months). For a good pub lunch you can carry on for two miles north east to the **Twenty Church Wardens** at Cockley Cley.

Gooderstone Water Gardens

The Brecks Cycling Discovery Route (20 miles or a short cut allowing 10 miles of cycling) links the Georgian market town of Swaffham to these attractions. You can download a copy from www.brecks.org

THE ITINERARY:

East Farm, Barnham Farm Stay member

There's plenty of wildlife in the peaceful surroundings of East Farm, where Margaret Heading runs her bed and breakfast. The Heading family manage the working arable farm, which also rears sheep and pigs, and are happy to talk to their guests and explain how they manage the farm. If you arrive by train or bus, the Headings would be happy to collect you from Thetford station.

The farm, 3 miles south of Thetford, is on the edge of the pretty village of Barnham that has 11 thatched houses and a wonderful avenue of beech trees leading into the village from Euston Hall.

There are lots of walks from East Farm and a few are described below. A copy of the OS Explorer Map 229 and a chat with the Heading family will give you lots of ideas of where you can walk or cycle.



Euston Hall watermill

Walk to Euston Hall via the Icknield Way (Approximately 2 miles)

From the south of East Farm you can walk along tracks to join the Icknield Way path, a long distance trail that goes as far as the Chilterns and on to the Berkshire Ridgeway. However, a shorter alternative is to walk along the path for a mile eastwards to Euston Hall, the estate owned by the Eleventh Duke of Grafton and rents East Farm to the Heading family.

Walk or cycle to Knettishall Heath Country Park and join the Peddars Way (Approximately 7 miles)

If you continue along the Icknield Way past Euston Hall for approximately 5 miles you'll come to Knettishall Heath Country Park, part owned by the Riddleworth Estate and Suffolk County Council. The Country Park is the hub of four long distance trails; the Icknield Way; Peddars Way; Angles Way and Icení Way.



Knettishall Heath Country Park is a "Site of Special Scientific Interest", with its unspoilt heath, grassland and intricate mosaic of acid and chalky soils. On the heath and

Euston Hall

Euston Hall has been home to the Dukes of Grafton for over 300 years. Among its treasures are paintings of the court of Charles II, including works by Van Dyck, Lely, and Stubbs.

From June to September, the Hall is open to the public on Thursday afternoons only. You can visit the Hall, church, tea room, craft shop and restored watermill. There are tranquil gardens and a river walk to enjoy. The shop sells local products including Red Poll beef raised at Euston Park.

Rural Pastimes 11th June 2006 Euston Park hosts an annual traditional Country Fair, with an Old Time Rally, Heavy Horse Show, Farmers' Market and many other events.

meadows you may see the herd of semi wild Exmoor ponies, descended from Britain's natural wild pony of 130,000 years ago.

Family of Brecks Rabbits

There are toilets and an information point at the park and a map showing all the paths is in Knettishall Heath Country Park leaflet, which you can pick up telephoning 0845 606 6067.

THE ITINERARY:

Home Farm, Stow Bedon

Farm Stay member. Green Tourism Business Scheme



Home Farm

Valerie and John Dove run bed and breakfast accommodation in an environmentally friendly way at their 17th Century farmhouse, and have 5 caravan pitches. The Dove family has farmed at Home Farm since 1921 and, over a delicious locally produced breakfast, can explain many countryside traditions and ways of preserving the land and their organic farming practices. They keep livestock on the farm and have a small livery yard where guests can keep their horse. Walkers and cyclists are also welcome.

The farm fishing ponds are stocked with Roach, Rudd, Tench and Carp; and there are some lovely walks around the farm. About 2 miles away at Rockland St. Peter there's a trout fishery where you can buy day permits.

There are beautiful walks from the farm, however you'll need several maps as Stow Bedon is on the corner of OS Explorer Maps 229, 230 and 237. The Peddars Way (PW1) bus service has a cycle carrier and runs from Thetford to Swaffham twice a day stopping at Stow Bedon.

Walks to wetlands at Sandwade Mere and Thompson Common (around 2 miles)

Home Farm is situated on the edge of the hamlet of Stow Bedon and is well positioned to explore some of the Brecks special wetlands. Less than a mile away is a boardwalk at Sandwade Mere and a mile further on you'll reach Thompson Common, one of Britain's most important wetland nature reserves with pingo ponds, damp meadows, woodlands and wonderful butterflies. There is also excellent fishing at Thompson Water, a large, shallow lake that attracts winter wildfowl and is an important breeding area for great crested grebe, reed warbler, water rail and gadwall.



Pingo pond at Thompson Common

Walk or Cycle the Great Eastern Pingo Trail (12 miles)

You can pick up this trail at Thompson Common and tour the ancient pingo ponds at Thompson Common and Frost's Common. The Cycling in the Brecks pack has a leaflet on the Pingoland Explorer Trail, for a map for walkers of the Great Eastern Pingo Trail see www.countrysideaccess.norfolk.gov.uk.

Peddars Way and Watton

From Thompson Common you can join the Peddars Way and head north to Watton, which has a regular Wednesday market and a Farmer's Market on the first Saturday of the month. www.nationaltrail.co.uk/PeddarsWay

Pingo Ponds

Pingo ponds are Ice Age features of the Brecks. They formed in frozen conditions over 12,000 years ago. The word 'pingo' comes from an Eskimo word meaning 'hill'. They are ice mounds fed from below by groundwater that grow every winter and then melt in summer, forming a crater-like pond. As the mounds grow the overlying soil is shifted off them to form a surrounding rim or rampart.

Pingo ponds formed when ice mounds in the topsoil finally melted and collapsed to form irregular pools at the end of the last Ice Age. Most pingo ponds in the UK have been ploughed up and lost but three pingo systems remain in the Brecks - the

Pub walks

Within a couple of miles of Home Farm you'll find five pubs to try: **The Chequers** at Thompson, **The Eagle** at Great Hockham, the **Red Lion** at Caston, the **Waggon & Horses** at Griston and the **White Hart** at Rocklands All Saints.

THE ITINERARY:

Manor Farm, Great Hockham

Farm Stay member, Green Tourism Business Scheme



Manor Farm

Horses, cattle and a myriad of wildlife surround the 450-year-old Manor Farm house run by Miriam and Trevor Mason. The Mason's are arable farmers whose family has farmed here for three generations. They run their bed & breakfast in an environmentally friendly way, winning a Gold Award in the Green Tourism Business Scheme, and specialise in serving the best locally produced food. You can chat to them over their award winning Best Farmhouse Breakfast, and if you ask for a packed lunch you'll find it full of local produce.

Walkers and cyclists are welcome and the farm has stabling and paddocks for horses. The Peddars Way Bus stops twice a day at the Post Office in Great Hockham on its way between Thetford

and Swaffham. You can walk sections of the Peddars Way and take the bus back or use the service to visit the market towns of Thetford and Swaffham, both of which have monthly farmer's markets. If you arrive by train, The Mason's are happy to collect you from the station.

There's no shortage of wildlife to be seen, 230 species have been counted on the farm's own wildlife site and the surrounding landscape is dotted with ancient ice age pingo ponds.

Walk or cycle to the Forest at Great Hockham and the Peddars Way (2 miles each way)

The forest at Great Hockham is less than a mile from Manor Farm. If you want a longer walk or ride you can continue through the forest to the Peddars Way that will take you north up to Thompson Water and the Great Eastern Pingo Trail (see Home Farm for details of these routes). **The Chequers** at Thompson is a pretty thatched pub and a good place to stop for lunch, welcoming walkers and cyclists alike.

Horse-ride or Cycle the Peddars Way south to The Devil's Punchbowl (around 7 miles each way)

Heading south on the Peddars Way you can join the Harling Drove trail at Roudham Heath and head west to the Devil's Punchbowl passing Langmere and East Wretham Heath Nature Reserves, home to rare spiders, moths, red squirrels and crossbills. Riding in the Brecks has leaflets on the Peddars Way and Harling Drove Bridle routes.



Autumn cycling

Cycle to Thetford Forest

Quiet roads link Manor Farm to Thetford Forest where you can visit **High Lodge Visitor Centre**, the high wire tree adventure trail at **Go Ape!** and the ancient Neolithic flint mines at **Grimes Graves**. **Bike Art** at High Lodge hires bikes and will deliver them to Manor Farm for your arrival.

Visit local pubs and artists

Manor Farm has lots of good pubs nearby: **The Eagle** at Great Hockham doesn't serve food, but for a meal try the **Angel** at Larling, the **Red Lion** at Caston, the **Waggon & Horses** at Griston or the **White Hart** at

Rocklands All Saints. If you're in Rocklands pop in and see **Roger and Chris Gamble**'s studio of paintings and lino-prints. Their studio is open by appointment.

Riding in The Brecks and *Cycling in The Brecks* packs offer a range of routes on the Peddars Way and Harling Drove for horse riding, cycling and walking. See Additional Information.

ITINERARY LISTINGS

Things to see and do:

- **Desert Rats Memorial and Trail**, Mundford, Norfolk Tel: 01842 820689
- **Euston Hall**. Euston, Thetford, Norfolk, IP24 2QP. Tel: Estate Office 01842 766366. Open Thursdays from 15th June – 14th September www.eustonhall.co.uk
- **Go Ape!** High Lodge Forest Centre. Tel: 0870 444 5562 www.goape.co.uk
- **Gooderstone Water Gardens**, Oxborough, Nr. Swaffham, Norfolk. Tel: 01603 712913. Gardens open all year. Tearooms open Easter-end September. www.gooderstonewatergardens.co.uk
- **Grimes Graves**. Tel: 01842 810656, www.english-heritage.co.uk Open March to October.
- **High Lodge Forest Centre**. Tel: 01842 815434 www.forestry.gov.uk/england
- **Knettishall Heath Country Park**, nr. Thetford, Norfolk. Open all Year 9am till dusk. Tel: Park Ranger 01953 688265. www.suffolk.gov.uk/environment/countrysideservice
- **Lynford Arboretum**. Santon Downham, Brandon, Suffolk, IP27 0TJ. Tel: 01842 810271.
- **Oxburgh Hall Garden and Estate**. Oxborough, King 's Lynn, Norfolk, PE33 9PS. Tel: 01366 328258. www.nationaltrust.org.uk Gardens/Restaurant open all year. House open March-end July.
- **Rocklands Mere Fishery** Rockland St. Peter, Attleborough, Norfolk. Tel: 01953 455193
- **Sandwade Mere**. Stow Bedon. Tel: 01953 488124.
- **Swaffham Farmer's Market**, War Memorial, Market Place, Swaffham. First Wednesday of the month
- **Thetford Farmer's Market**. Carnegie Rooms, Thetford. Last Friday of the month
- **Thompson Common**. Watton, Norfolk
- **Watton Farmer 's Market**. High Street, Watton, Norfolk. Open 1st Saturday in each month excl. January. Tel: 01953 883915.

Cycle Hire:

- **Bike Art**, High Lodge Forest Centre. Tel: 01842 810090 www.bike-art.com See website for events throughout the year. Bikes delivered to accommodation.

Artists:

- Roger and Chris Gamble, Rectory Farm, Rectory Road, Rocklands-all-Saints, Attleborough. NR17 1XD Tel: 01953 483448

Where to eat and drink:

- **Angel Inn**, Larling, Norfolk, NR16 2QU Tel: 01953 717963 (also B&B 4 diamond)
- **The Chequers**, Griston Road, Thompson, Norfolk IP24 1PX Tel. 01953 483360 (B&B 4 diamond)
- **The Eagle**, Harling Road, Great Hockham, Thetford, Norfolk, IP24 1NP Tel: 01953 498216
- **Iceni Brewery and Hop Garden**. 3, Foulden Road, Ickburgh, Norfolk, IP26 5HB. Tel:01842 878922. www.icenibrewery.co.uk Open all Year – Closed Sundays.
- **Lynford Hall Hotel**, Lynford, Mundford, Thetford, Norfolk, IP26 5HW. Tel: 01842 878351. Email enquiries@lynfordhallhotel.co.uk www.lynfordhallhotel.co.uk
- **Red Lion**. Caston, Attleborough, Norfolk, NR17 1DB. Tel: 01953 488236.
- **Twenty Church Wardens**. Cockley Cley, Swaffham, PE37 8AN. Tel: 01760 721439.
- **The Waggon & Horses**. Caston Road, Griston, Thetford, Norfolk, IP25 6QD. Tel: 01953 883847.
- **The White Hart**. 47, The Street, Rocklands All Saints, Norfolk, NR17 1TR. Tel: 01953 483361.

Where to stay:

- **Colveston Manor** B&B 4 diamond. Wendy Allingham, Colveston Manor, Mundford, Thetford, IP26 5HU. Tel: 01842 878218, Email: mail@colveston-manor.co.uk. www.colveston-manor.co.uk
- **East Farm** B&B 4 diamond. Margaret Heading, East Farm, Euston Road, Barnham, Thetford, Norfolk. IP24 2PB. Tel: 01842 890231 Email: headings@tiscali.co.uk

- **Home Farm B&B.** 4 diamond. *Green Tourism Business Scheme Award (Bronze)* Walkers, Cyclists Welcome Scheme. Valerie and John Dove, Home Farm, Stow Bedon, Attleborough, Norfolk, NR17 1BZ. Tel: 01953 483592. Email: ejdoveandson@btconnect.com. www.homefarm-bandb.co.uk
- **Manor Farm B&B** 4 diamond. *Green Tourism Business Scheme Award (Gold)*. Trevor and Miriam Mason, Manor Farm, Vicarage Road, Great Hockham, Thetford, Norfolk. IP24 1PE Tel: 01953 498204 Email: manorfarm@ukf.net www.bedandbreakfastsinnorfolk.co.uk

ADDITIONAL INFORMATION

Green Tourism Business Scheme Award Winners have demonstrated their commitment to a more sustainable environment. The scheme is based on the implementation of a range of actions helping the environment and local area.

Useful Maps:

For **country walking or cycling**, the orange-covered Ordnance Survey 1:25,000 scale Explorer maps 229 Thetford Forest in the Brecks and 230, 236 and 237 show all the detail you are likely to need, including public rights of way and field boundaries – even individual buildings and back gardens. The Pathfinder 1:25,000 series: 942 Lakenheath and Brandon; 943 Thetford also cover the area.

For **general purposes**, the purple-covered Ordnance Survey 1:50,000 scale Landranger map 144 Thetford, Breckland has a very useful amount of detail, including public rights of way and tourist information.

Tourist Information Centres:

- **Brandon.** Tourist Information Point, Brandon Country Park, Bury Road, IP27 OSU. Tel: 01842 814955 www.tiscover.co.uk/brandon Open: Mon, Tues, Thurs 10am-4pm.
- **Swoffham.** The Shambles, Market Place Tel:01760 722255 Email:swaffham@eetb.info Open: Mon-Sat 10am-4pm (closed for lunch 1pm to 1.30pm daily). Telephone enquiries: Mon-Fri 9am-9pm, Weekends 9am-5pm, Bank Holidays 10am-4pm www.aroundswaffham.co.uk
- **Thetford.** 4 White Hart Street. Tel:01842 820689 Email info@thetfordtourism.co.uk www.explorethetford.co.uk Open: Mon-Sat 10am-4pm [1 April to 30 Sept]
- **Watton and Wayland.** The Visitor Centre, Wayland House, Watton IP25 6AB Tel: 07818 670694 Email: waylandtourism@aol.com www.wayland-tourism.org.uk Open: Mon-Fri 9.30am-12pm, Wed & Sat 9.30am-2pm [open Easter, then 1 May to 3 Sept]

Local events:

Monthly listings of Brecks events www.brecks.org

Useful leaflets:

A wide range of publications are available free of charge from Tourism Information Centres or can be downloaded from the Brecks Partnership website www.brecks.org including *Come Alive in the Brecks – What to See and Where to Go*; *Where to Stay in the Brecks*; *Where to Buy Food, Drink, Arts and Craft*. There is also a range of leaflets on history, wildlife and the landscape.

Additional publications cost £2/£3 and are available from Tourist Information Centres or can be ordered from www.brecks.org or phoning 01842 760116. They include *Cycling in the Brecks*; *Riding in the Brecks*; *Walking in the Brecks*

Useful websites:

- **Breck Partnership** www.brecks.org
- **CTC** The UK's national cyclists' organisation www.ctc.org.uk

- **English Heritage** www.english-heritage.org.uk
- **Forestry Commission** www.forestry.gov.uk/england
- **Norfolk Countryside Access** www.countrysideaccess.norfolk.gov.uk Information on footpaths, bridleways and byways for walkers, cyclists and horse riders.
- **Norfolk Wildlife Trust** www.norfolkwildlifetrust.org.uk
- **Peddars Way** (including where to stay, what to see) www.nationaltrail.co.uk/PeddarsWay
- **Suffolk Wildlife Trust** www.suffolkwildlifetrust.org.uk
- **Sustrans** for National Cycle Network routes: www.sustrans.org
- **Tastes of East Anglia** www.tastesofanglia.com
- **Transport Direct** www.transportdirect.co.uk
- **Traveline** www.traveline.org.uk
- **Visit Norfolk** www.visitnorfolk.co.uk
- **Visit Suffolk** www.visit-suffolk.org.uk

HOW TO GET THERE

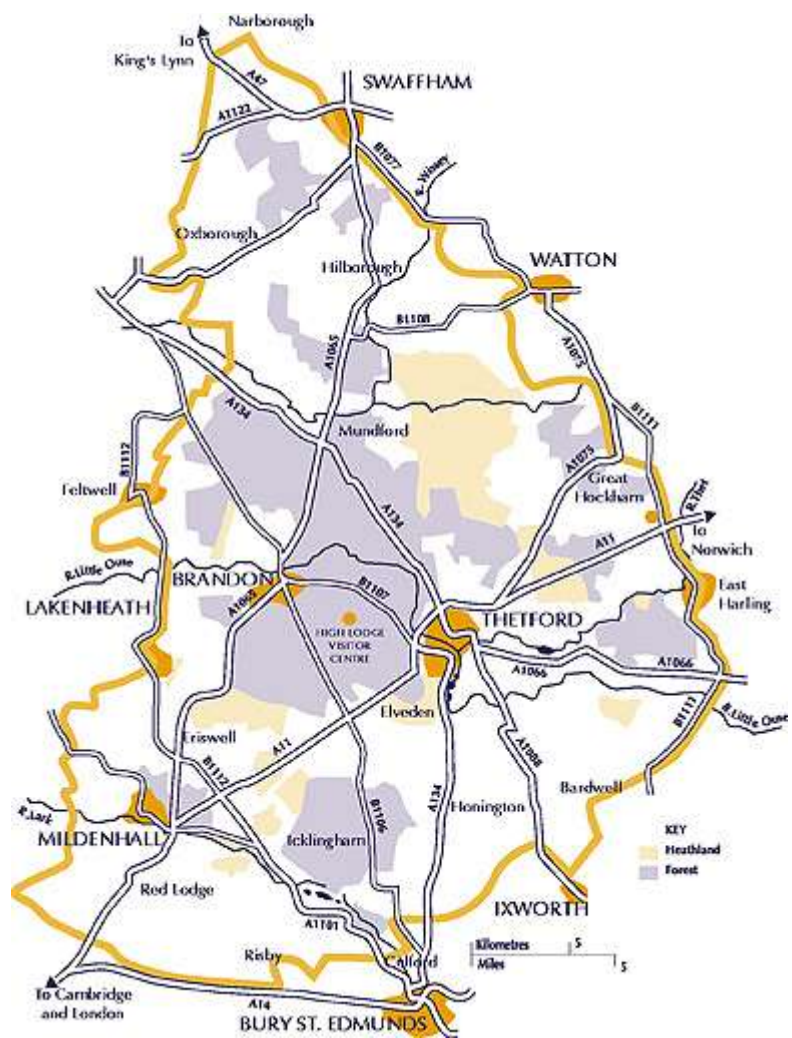
Train: Thetford station is on the Norwich to Cambridge line linking to the major railway network to all parts of UK. The journey time on Anglia Railways, operated by One, London to Thetford service (via Cambridge/Ely) takes just 1 hour 50 minutes. Cyclists with bicycles are welcomed on these trains and a range of excellent fares is available for cyclists and their bikes. www.one.anglia.com
Central Trains (Peterborough to Norwich line) stops at Lakenheath, Brandon, Thetford and Harling Road and on to Liverpool via Manchester www.centraltrains.co.uk Tel 0870 6096060. Rail stations are also at Bury St Edmunds and Kennet. For timetable information call National Rail Enquiries 0845 7484950

Bus: National Express operate a service from London Victoria to Norwich via Thetford and Attleborough with journey times to Thetford of only 1 hour 30 minutes. There is also a service from London Victoria via Stanstead with a journey time of 3 ½ hours. National Express Tel: 08705 808080
www.nationalexpress.com. For local bus routes from most major towns and up to date times please visit Traveline www.travelineeastanglia.org. or Tel 0870 6082608

How to get around:

You can find information on local train and bus services on www.transportdirect.co.uk. There are also two local bus services for visitors:

Brecks Bus is a demand-responsive service that operates from Monday to Friday 9am to 4pm. The Bus will help you get out into the countryside around Brandon and Thetford to access leisure attractions or walking routes. It can carry 5 people and a wheelchair. Contact them on 01842 816170.



Peddars Wayfarer Bus (PW1) runs twice daily between Thetford bus and rail stations and Swaffham market place, calling at villages and major access points along the Peddars Way National Trail. The bus tows a specially built trailer that can carry up to 8 bicycles. Runs from Easter to October. Contact Traveline Tel: 0870 6082608 www.traveline.org.uk

Photographic acknowledgements: 'Autumn colour at Knettishall Heath' & 'Gooderstone Water Gardens' Graham Portlock; 'Euston Hall Watermill' Euston Hall; 'Family of Brecks Rabbits' David Mason; 'Pingo Pond at Thompson Common' Nick Gibbons; 'Autumn Cycling' Bike Art.

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, foot, horse or train.

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The itineraries for each area can be found at the following websites:

The Brecks

www.brecks.org

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

The Broads

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

- 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

- 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

- 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

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

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

For further information contact:

Lynne Finnigan, Brecks Partnership, King's House, King Street, Thetford, Norfolk IP24 2AP

Tel: 01842 760116 Fax: 01842 765400 Email: brecks.tourism@et.suffolkcc.gov.uk

www.brecks.org



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