

## HOW TO GET THERE

Peddars Way is easily accessed via the Sustrans cycle network. This is shown by the blue lines on the map overleaf.

The Sustrans routes can be used to link Thetford (Route 13) and King's Lynn (Route 1) train stations with Peddars Way.

Peddars Way can also be joined at Ringstead by taking the Norfolk Coast Cycleway from King's Lynn. The Norfolk Coast Cycleway is a 100 mile route from King's Lynn to Great Yarmouth which offers cycle friendly roads and tracks across the whole county.

## PLANNING YOUR TRIP

Visit the National Trail website to find out everything you need to know to plan your trip along the Peddars Way.

From Summer 2016, you will be able to purchase the Peddars Way and Norfolk Coast Path Passport which will be full of helpful information including businesses along the routes and even some vouchers!

## DONATE NOW

You can help keep this trail at its best by making a donation to Peddars Way and Norfolk Coast Path National Trail on the National Trail website.

80% of your donation will go towards the upkeep of the trail and 20% will go towards the website and on hand materials like this!



# Peddars Way and Norfolk Coast Path

Peddars Way and Norfolk Coast Path join together at Holme-next-the-Sea to form Norfolk's section of the National Trail. The two trails take you through a wide range of beautiful environments; from the unique landscape of the Brecks in the south through to the Norfolk Coast Area of Outstanding Natural Beauty in north Norfolk.

Peddars Way and Norfolk Coast Path is one of 15 National Trails in England and Wales. For more details on the National Trail, visit: [www.nationaltrail.co.uk](http://www.nationaltrail.co.uk)

Please note: you must not cycle on 'Footpath Only' sections of Peddars Way or Norfolk Coast Path.

### For more information:

@walkthetrail                      @norfolktrails  
/thenationaltrails                  /norfolktrails  
[nationaltrail@norfolk.gov.uk](mailto:nationaltrail@norfolk.gov.uk)    [norfolktrails@norfolk.gov.uk](mailto:norfolktrails@norfolk.gov.uk)  
[www.nationaltrail.co.uk/peddarsway](http://www.nationaltrail.co.uk/peddarsway)  
[www.norfolktrails.co.uk](http://www.norfolktrails.co.uk)



Natural England provide funding for the National Trail



Details correct at the time of going to print. Please be aware that routes are shared with other users (vehicles, pedestrians, horse riders etc.). Users of this route do so at their own risk. We do not accept any responsibility for loss, damage or injury, however caused, arising directly or indirectly from this leaflet. © Crown copyright and database rights 2016 Ordnance Survey 100019340.



# A 50 mile cycle trail between Thetford and Holme-next-the-Sea

A perfect trail for both beginner and experienced cyclists alike.

- Peddars Way
- Peddars Way footpath only
- Sustrans Cycle Network
- Visitor Information
- Railway Station
- Cycle Hire



## MILEAGE CHART

Distances between villages along the cycle route

Thetford	6.5	Bridgham											
10.5	4.0	Stonebridge											
16.0	10.0	5.5	Merton										
18.0	12.0	7.5	2.0	Little Crossingham									
21.0	15.0	10.5	5.0	3.0	South Pickenham								
26.5	20.5	16.0	10.5	8.5	5.5	Sporle							
30.0	24.0	19.5	14.0	12.0	9.0	3.5	Castle Acre						
35.0	29.0	24.5	19.0	17.0	14.0	8.5	5.0	Great Massingham					
39.5	33.5	29.0	23.5	21.5	18.5	13.0	9.5	4.5	Anmer				
43.0	37.0	32.5	27.0	25.0	22.0	16.5	13.0	8.0	3.5	Fring			
44.5	38.5	34.0	28.5	26.5	23.5	18.0	14.5	9.5	5.0	1.5	Sedgeford		
47.0	41.0	36.5	31.0	29.0	26.0	20.5	17.0	12.0	7.5	4.0	2.5	Ringstead	
50.0	44.0	39.5	34.0	32.0	29.0	23.5	20.0	15.0	10.5	7.0	5.5	3.0	Holme Beach

The average cycling speed is approximately 10mph. To work out approximately how long it will take you to cycle a distance, take the distance travelled and divide it by 10.

e.g. Sporle is 3.5 miles away from Castle Acre so  $3.5 \div 10 = 0.35$  hours. (approximately 20 minutes).