

# 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.

© Norfolk Trails (Norfolk County Council)

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 ÷ 10 = 0.35 hours. (approximately 20 minutes).

## 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 Cressingham	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
----------	-----	----------	------	-----	-------------	------	------	-----	--------	------	------	-----	-----	--------------------	------	------	------	-----	-----	-----------------	------	------	------	------	-----	-----	--------	------	------	------	------	------	-----	-----	-------------	------	------	------	------	------	------	-----	-----	------------------	------	------	------	------	------	------	------	-----	-----	-------	------	------	------	------	------	------	------	------	-----	-----	-------	------	------	------	------	------	------	------	------	-----	-----	-----	-----------	------	------	------	------	------	------	------	------	------	-----	-----	-----	-----------	------	------	------	------	------	------	------	------	------	------	-----	-----	-----	-------------

## HOW TO GET THERE

Peddars Way is easily accessed via the Sustrans cycle network which intersects the trail at various stages. This is shown by the yellow 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.



© Norfolk Trails (Norfolk County Council)

## CASTLE ACRE

The Castle Acre priory is one of the most well preserved monastic sites in England with parts of it that date back to 1090. It housed the first Cluniac order of monks in England and their love for decoration can be seen throughout the ruins.

The village of itself is not without its historical structures as it still has its Bailey Gate.



© Andy Hughs

## 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 handy materials like this!

## HISTORY OF THE TRAIL

Peddars Way is based on an ancient Roman road which was built during Rome's battle against the Iceni tribe, led by Queen Boudicca. Travel the same route as Roman legionnaires. Become a part of history.

The route ends at Holme-next-the-Sea, the original home of the 4000 year old monument, Seahenge.

## 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!



NATIONAL TRAIL  NORFOLK TRAILS 

# Peddars Way Cycle Guide



© Chris Brough

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.

# Peddars Way

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

**A perfect trail for both beginner and experienced  
cyclists alike.**

## Top Tips

- Always wear a cycle helmet when riding
- Take enough food and drink for your journey
- Carry a map of the area
- Consider carrying a small first aid kit
- Consider carrying a mobile phone
- If you are riding alone, always tell someone your route and when you'll be back

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

