



# 20 MILE CYCLE TOUR

## Blickling to Cawston

### Directions

1. From Norwich take the A140 north towards Cromer. Take the road into Aylsham and follow the brown tourist signs, for about one mile, through the market place to Blickling Hall.
2. From the Hall turn left along the road back to Aylsham and take the first right turn signed Silvergate. Follow this road for ½ a mile into Silvergate.
3. Turn right at the far end of the village by the Abel Heath Farm. Turn right again and follow the road for about 1½ miles into the Parish of Oulton.
4. Continue straight ahead over two sets of crossroads for one mile, passing the Parish church of St Peter and St Paul on the right.
5. Turn right at the crossroads after the church, signed Itteringham. Follow the road through Oulton passing the attractive 18th Century Oulton Hall (not signed) on the left.
6. Take the next turn left signed Irmingland and follow the lane for one mile through fields and past Irmingland Hall on the right. Continue for another mile.
7. Turn left at the main road junction, signed Norwich B1149.
8. After almost 3 miles turn right at the crossroads signed Heydon. Follow this road for about 1¾ miles turning right at crossroads into Heydon. Here you will find Heydon Hall.
9. Turn around and take the same road out of Heydon and at the crossroads turn right signed Wood Dalling then right again signed Saxthorpe. Follow the road for ¾ mile to Crompton Hall on the right.

10. Turn left opposite the Hall and follow the road passing Grove Farm on the left.
11. Turn left on the next sharp right bend into Red Pit.
12. Turn left at the end of this road and follow for just under a mile to Crabgate.
13. At the end of this road, opposite Crabgate Farm, turn right and continue for about a half mile then turn left at the crossroads, signed Salle.
14. At the junction turn left onto the Reepham Road. Continue along this road for 1¾ miles towards Salle turning left on the right hand bend signed Salle Street towards the church.
15. At the end of this road turn right opposite the entrance to Salle Hall Park.
16. Take the next left turn signed Cawston and follow the road for about 1½ miles into Cawston.

[www.visitbroadland.co.uk](http://www.visitbroadland.co.uk)

### Useful websites

[www.sustrans.org.uk](http://www.sustrans.org.uk)  
[www.cyclinguk.org](http://www.cyclinguk.org)  
[www.tourdebroads.com](http://www.tourdebroads.com)  
[www.norfolkbroadscycling.co.uk](http://www.norfolkbroadscycling.co.uk)  
<http://maps.norfolk.gov.uk/trails/>  
[www.visitnorfolk.co.uk](http://www.visitnorfolk.co.uk)  
[www.norfolkchurches.co.uk](http://www.norfolkchurches.co.uk)  
[www.visitchurches.org.uk](http://www.visitchurches.org.uk)  
[www.nationaltrust.org.uk/blickling-estate](http://www.nationaltrust.org.uk/blickling-estate)

### Care and consideration when in the countryside:

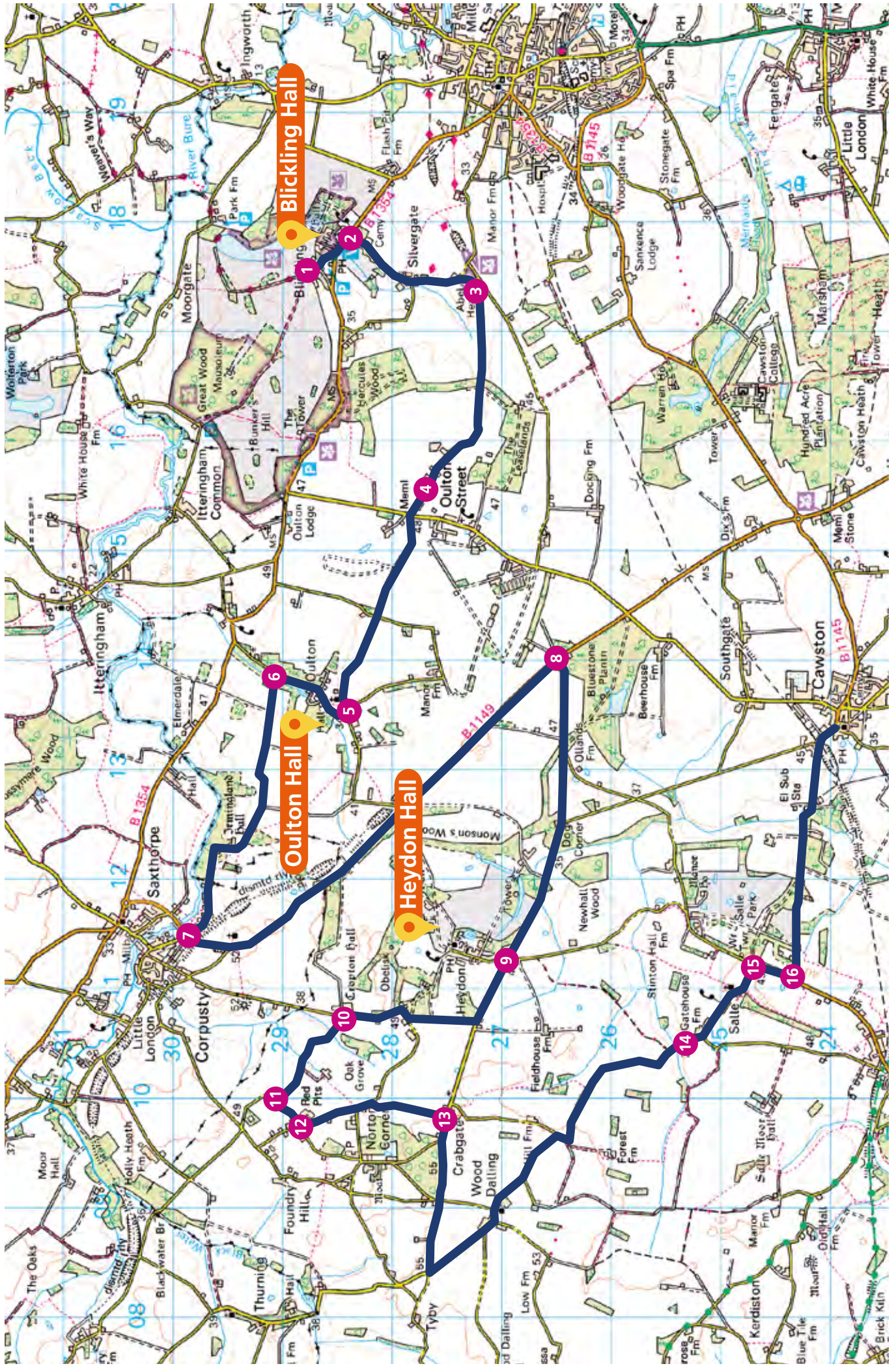
- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Fasten all gates
- Keep dogs under close control
- Keep to public paths across farmland
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take special care on country roads
- Take your litter home
- Help to keep all water clean
- Protect wildlife, plants and trees
- Make no unnecessary noise

### Useful telephone numbers

Broadland District Council  
(Tourism) –  
01603 430496

Norfolk County Council (path maintenance) – 0344 800 8020

If you would like this information in a different format, such as large print, audio, Braille or in a different language please call (01603) 431133 and we will do our best to help.



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