

# Great Plumstead to Acle 18 mile cycle tour

**Great Plumstead** is thought to mean 'dwelling site near plums' and was mentioned in the Domesday Book. The **Church of St. Mary** the Virgin is mainly made of flint but contains medieval fragments including the gargoyles around the tower.

This was one of the many Broads created in the medieval times from peat diggings. When the water level rose in the 14th Century the area flooded and this left the large expanses of water which now form the Norfolk Broads.

**The Church of St Fabian and St Sebastian** is a medieval church and is always open for visitors. Opposite the church is the **Woodbastwick** village sign showing two sturdy woodcutters outside a thatched house

underneath a lime tree – a common sight in the area during the 18th Century.

**Cockshoot Broad** was once almost entirely silted up. It was mud pumped in 1981 and dammed to prevent the polluted river water entering the Broad. As a result the Broad now supports a variety of aquatic plants, insects and wildlife.

The **Church of St Helen** in Ranworth is a 15th Century church has one of England's finest rood screens and the Sarum Antiphoner; a beautifully illuminated 15th Century service book created by the monks of Langley Abbey. A climb to the top of the tower gives breathtaking views of the surrounding countryside. The church is always open for visitors.

**St Mary's church** of South Walsham dates from the 14th and 15th Centuries. It has a screen with printed panels and inscription commemorating the release from slavery of its donor, John Galt, in 1437. The church of St Lawrence has been converted into an arts centre.

**Fairhaven Garden** is open to the public at various times throughout the year. These beautiful 170 acre gardens were part of South Walsham Hall gardens. They are named after Henry, Lord Fairhaven, who lived at the Hall. In the gardens are trees, shrubs and plants, many of great age and distinction, linked by a series of bridges over dykes filled with aquatic plants.

The Norfolk Naturalists Trust maintains the Fen as a 120 acre nature reserve of fen, dykes and carr woodland. There is a nature trail open all year

round. A large variety of plants can be seen including snowdrops, honeysuckle, broad buckler fern, milk parsley, yellow iris, bog myrtle and many orchids. Birds that breed here include sparrow hawk, heron and great and lesser spotted woodpeckers. The site is also known for its population of swallowtail butterflies and the very rare Norfolk Aeshna dragonfly with its green eyes and yellow markings.

The **Acle church of St Edmund** dates from the 13th and 14th centuries and had some restoration in the 1860's by R M Phipson in the nave and by Ewan Christian in the chancel. There is a fine font dated 1410 that has panels showing wild men, lions and angels.

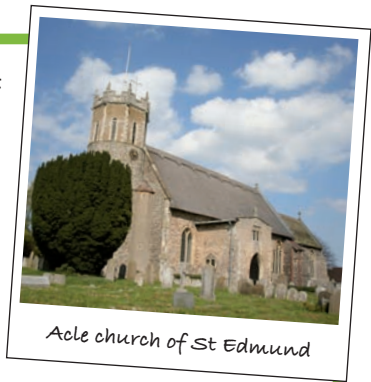
## Useful telephone numbers

**Aylsham Tourist Information Centre** 01263 733903  
Easter – 30 September open daily 10am-4.30pm.  
October – Easter 10am-2pm (closed Wednesday & Saturday).

**Broadland District Council** 01603 431133  
**Local Police** (non-emergency number) 0845 456 4567

## Useful websites

[www.sustrans.org.uk](http://www.sustrans.org.uk)  
[www.ctc.org.uk](http://www.ctc.org.uk)  
[www.nationalcyclingstrategy.org.uk](http://www.nationalcyclingstrategy.org.uk)  
[www.rospa.co.uk](http://www.rospa.co.uk)  
[www.heron.nhs.uk](http://www.heron.nhs.uk)



Acle church of St Edmund



St Mary's church of South Walsham



# DIRECTIONS

From Norwich take the B1140 north east for 1¾ miles from the city outer ring road.

- 1 Turn right signed Great Plumstead at the Thorpe End village sign into Green Lane North.
- 2 Follow the road under the railway bridge and take the first left into Low Road and continue for about a mile.
- 3 At the end of this road turn right into Church Road.
- 4 At the next crossroads turn left.
- 5 At the junction turn left signed Little Plumstead.
- 6 Then turn right into Salhouse Road. If you wish to visit the Little Plumstead church of St Gervase and St Protase, a dedication unique in England, continue straight ahead. Turn into the entrance and follow the road to the reception
- 7 Continue for about 2 miles through Little Plumstead and straight ahead at the first crossroads and then straight over the mini roundabout into Salhouse.

- 8 Turn second right along Lower Street
- 9 After about a mile there is a car park on the left. From here a public path leads through woodland and marsh to Salhouse Road.
- 10 Continue along this road into Woodbastwick. Continue along the same road for about 2 miles to the hamlet of Ranworth. However, if you wish to visit the River Bure and walk along Cockshott Broad go straight ahead at the first sharp right bend after the church. Follow this road for almost a mile to the car park at its end. On the right is a walkway along the river bank to the Broad.
- 11 Continue to the Staithe which adjoins Malthouse Broad. If you wish to visit the Broadland Conservation Centre a 450 metre walkway leads you to it through woodland and reed beds from the Staithe car park.
- 12 The road bends sharp right past the Malsters Public House. Follow this road for about a mile and turn left towards Acle at its end opposite the South Walsham village sign.

- 13 Continue along this road. Take the next turn left signed Pilson Green.
- 14 The next turn is second left signed Upton. If you wish to visit South Walsham Broad turn first left and follow the road to the Broads Authority car park.
- 15 Continue on this road which bends sharp right then sharp left for just over a mile towards Upton. If you wish to visit Upton Fen Nature Reserve turn left on the right hand bend in to Low Road and the entrance to the nature reserve is on the right.
- 16 At the end of the road opposite Upton Post Office turn right into Church Road, signed Acle. If you wish to visit Upton Dyke, turn right opposite the White Horse Pub then follow signs to the Dyke where there is a Broads Authority car park.
- 17 Turn left at the end of this road and follow it into Acle turning right at the junction.

The A47 to Norwich is signed from the village and will take you back to the start of the tour.

**OFF THE BEATEN TRACK**



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