


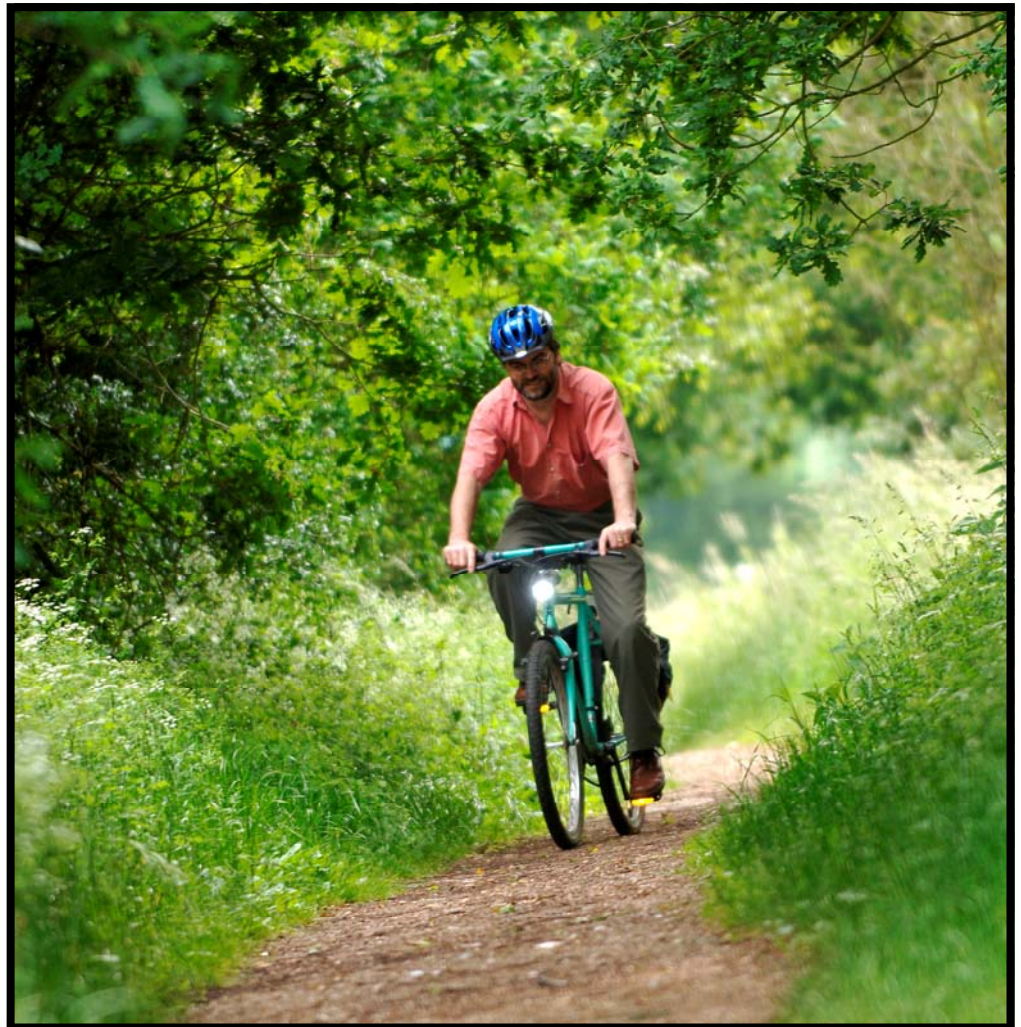
The National Trail Office  
The Old Courthouse  
Barons Close  
Fakenham  
Norfolk  
NR21 8BE  
Tel: 01328 850530

Peddars Way &  
Norfolk Coast Path  
National Trail 

## Cycling on the Peddars Way

### Inside this Information note:

<i>Where to Cycle</i>	2
<i>Map</i>	3
<i>Further Information</i>	4



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

## CYCLING THE PEDDARS WAY

Most of the Peddars Way can be cycled. This is due to much of the route being classified as either bridleway or unclassified county road. The exceptions to this are public footpaths where cyclists cannot ride and are as follows:-

From the start at Knettishall Heath to south of the A11 trunk road.

A short section by North Pickenham.

From Fring to south of Ringstead.

A very short section just south of Holme-next-the-Sea.

A couple of places where the path runs beside the tarmac road.

For all of these sections there are alternative road links that can easily be followed. See the map for an overview of these sections.



## CYCLING ON THE NORFOLK COAST PATH There is no right to cycle on the Norfolk Coast Path.

The Norfolk Coast Partnership has created the Norfolk Coast Cycleway slightly inland from the coast. A map of the route is available from North Norfolk District Council for £2 plus postage (Holt Road, Cromer, Norfolk. NR27 9EL. Tel: 01263 513811)

### Guide to the map

A - Alternative road route via bridleway through Riddlesworth Hall School, West Harling Heath, Bridgeham to join the Peddars Way just south of the A11.

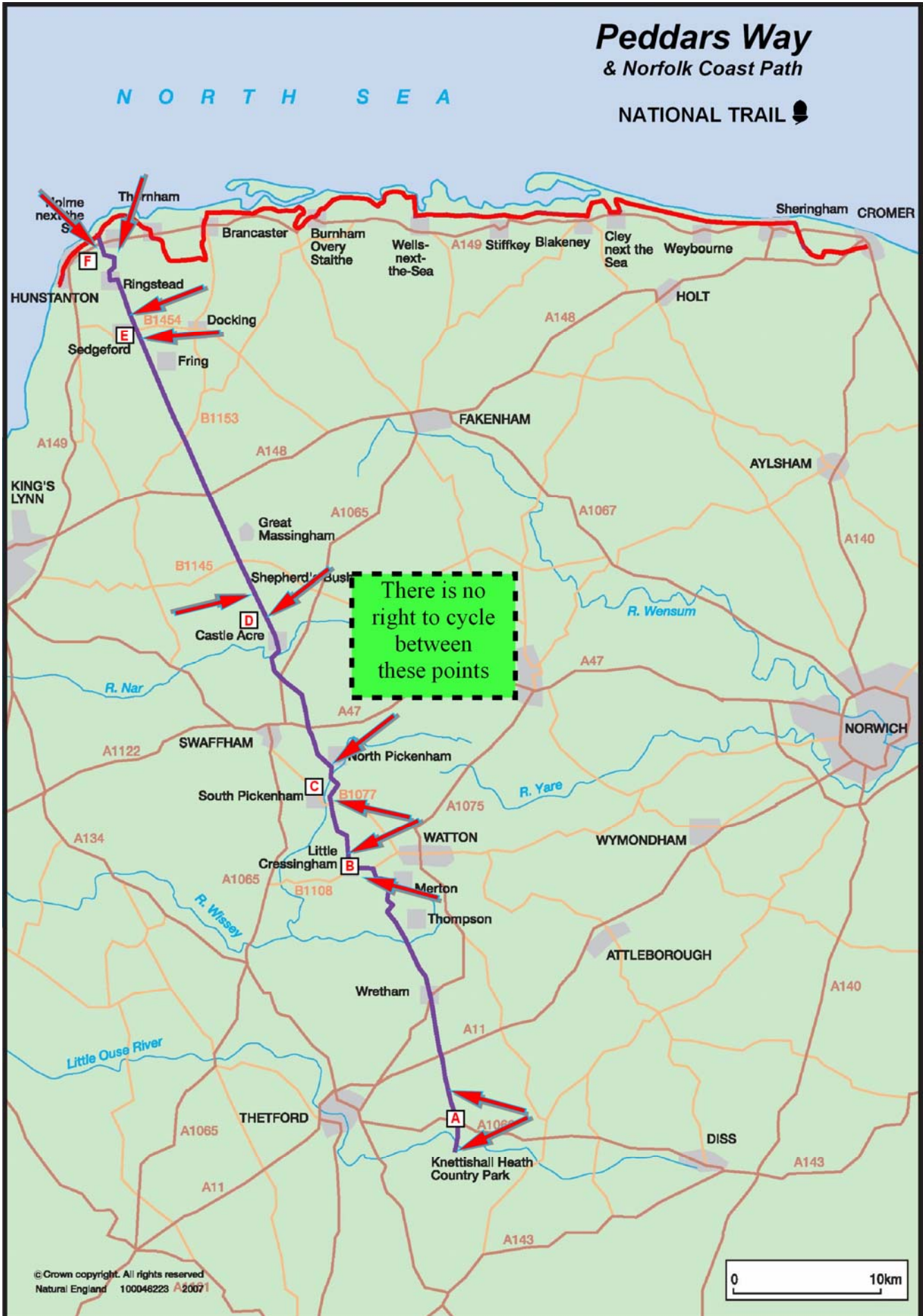
B - The footpath runs alongside the road on the field edge. Cyclists must use the road.

C - Where the footpath leaves the road cyclists must keep to the tarmac surface and take the next left into North Pickenham village to rejoin the Peddars Way.

D - Just north of Castle Acre the route runs alongside the road on a field edge path. Cyclists must keep to the tarmac road.

E - At Fring Cross (ford) the Way becomes a public footpath, cyclists must turn left and follow tarmac roads into Sedgeford left then right towards Ringstead. It is possible to turn right just past the old railway line and follow roads past Neat's Ling to rejoin the Peddars Way just south of Ringstead.

F - North of Ringstead the path turns left along a field edge. Cyclists must keep to the tarmac road, ride down the hill into Holme next the Sea. Note: the Norfolk Coast Cycleway joins at Ringstead.



# General Information

## Information available on the Peddars Way and Norfolk Coast Path National Trail

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

*This is the primary source of information*

General information leaflet

*Available from tourist information centres or the National Trail Office.*

The Pocket Companion

(Accommodation Guide and public transport routes)

*Available from the National Trail Office. This Accommodation Guide is also available online through an interactive map.*

Riding information

*Available from website and downloadable.*

Vehicle use of the Peddars Way

*Available from website and downloadable.*

Completion certificates

*Available from National Trail Office on completion of a feedback questionnaire - available on-line.*

Completion cloth badges

*Available from National Trail Office on completion of a feedback questionnaire - available on-line.*



Thetford is the nearest rail link to the southern end of the Peddars Way.

The Peddars Way and Norfolk Coast Path is a partnership between Natural England, Norfolk and Suffolk County Councils



[www.naturalengland.org.uk](http://www.naturalengland.org.uk)



[www.countrysideaccess.norfolk.gov.uk](http://www.countrysideaccess.norfolk.gov.uk)



[www.suffolkcc.gov.uk](http://www.suffolkcc.gov.uk)