



CYCLE ROUTES OF THE **WAVENEY VALLEY** & SUNRISE COAST



Welcome to a new cycle map for The Waveney Valley & Sunrise Coast...



Cycle Routes of the Waveney Valley & Sunrise Coast is a brief introduction into the delightful cycle routes of North, East Suffolk. This leaflet will help guide you through the extensive network of routes available and highlight many of the exciting attractions along the way. A series of more detailed maps showing circular cycle rides are available at www.visit-sunrisecoast.co.uk

On the map provided you will notice that many of the routes are marked as part of the National Cycle Network. These make up part of a comprehensive network of safe and attractive routes to cycle, running throughout the UK. Approximately 12,000 miles have been completed, one third of which is on traffic-free paths, the rest follows quiet lanes or traffic-calmed roads. It is delivered through the policies and programmes of over 450 local authorities and other partners and is co-ordinated by Sustrans, the UK's leading sustainable transport charity.



Cyclists Welcome Scheme

Visit England, the national tourist board for England operates an excellent scheme for accommodation called Cyclists Welcome. B&B's, self-catering properties and hotels that carry the logo offer extra facilities for guests on a cycling holiday.

For more information please see the Visit Britain website at www.visitbritain.co.uk



Public Transport

Train: National Express East Anglia operates a direct service between London and Lowestoft. Ask your local Rail Travel Centre for details.

National Express East Anglia 0845 600 7245
www.nationalexpresseastanglia.com

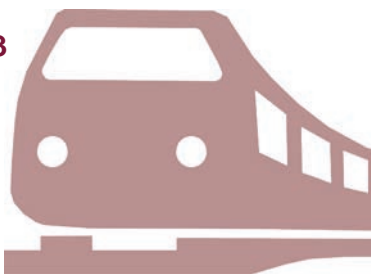
National Rail Enquiries 0845 748 49 50
www.nationalrail.co.uk

Bus: A daily coach service is operated by National Express from London Victoria which will take you through to Bungay, Beccles & Lowestoft. Regular local bus services provide easy travel throughout the area.

National Express 08717 81 81 78
www.nationalexpress.com

Traveline 0871 200 22 33
www.traveline.org.uk

Local bus and train connections throughout the Sunrise Coast and Waveney Valley



Common Signs & Symbols:

Common road signs and symbols that you may come across whilst on your journey.

Segregated route



Shared route for cyclists and pedestrians together



Route for use of pedal cyclists only



Route recommended for pedal cyclists



No cycling



National Cycle Network
National Route 1



National Cycle Network
Regional Route 30



National Cycle Network
Regional Route 31



Heart of Suffolk Cycle Route



Attractions & Accommodation:

Attractions to look out for along your journey...

Beccles Bell Tower and Beccles Lido	1
Beccles Quay	2
Bungay Castle	3
Bungay Fisher Theatre	4
The Cut	5
Raveningham Craft Centre	6
Reedham Ferry	7
St Gregory's Church, Heckingham	8
Waveney Valley Leisure Centre	9
Batemans Barn, South Elmham Hall	10
St Peters Brewery	11
Moo Play Farm	12
Wissett Wines	13
Sotterley Chapel	14
Reydon Woods	15

The area has a wealth of accommodation types to suit all budgets. For details of quality assessed accommodation please visit our website:

www.visit-sunrisecoast.co.uk



Cycle Hire:

Martha's Cottage Cycle Hire

The Green, Barnby
Beccles, 01502 476789

Outney Meadow

Bungay, NR35 1HG
01986 892338

Southwold Cycle Hire

Blyth Road, Southwold
IP18 6AZ, 01502 724466



Useful Contacts

Lowestoft Tourist Information Centre

Tel: 01502 533600

E-mail: touristinfo@waveney.gov.uk

Southwold Tourist Information Centre

Tel: 01502 724729

Email: southwold.tic@waveney.gov.uk

Beccles Broads Information Centre

Tel: 01502 713196

E-mail: becclesinfo@broads-authority.gov.uk

www.visit-sunrisecoast.co.uk

www.bikeforall.net

www.ctc.org.uk

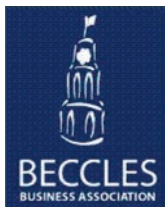
www.suffolk.gov.uk/transportandstreets

www.sustrans.org.uk

www.discoversuffolk.org.uk

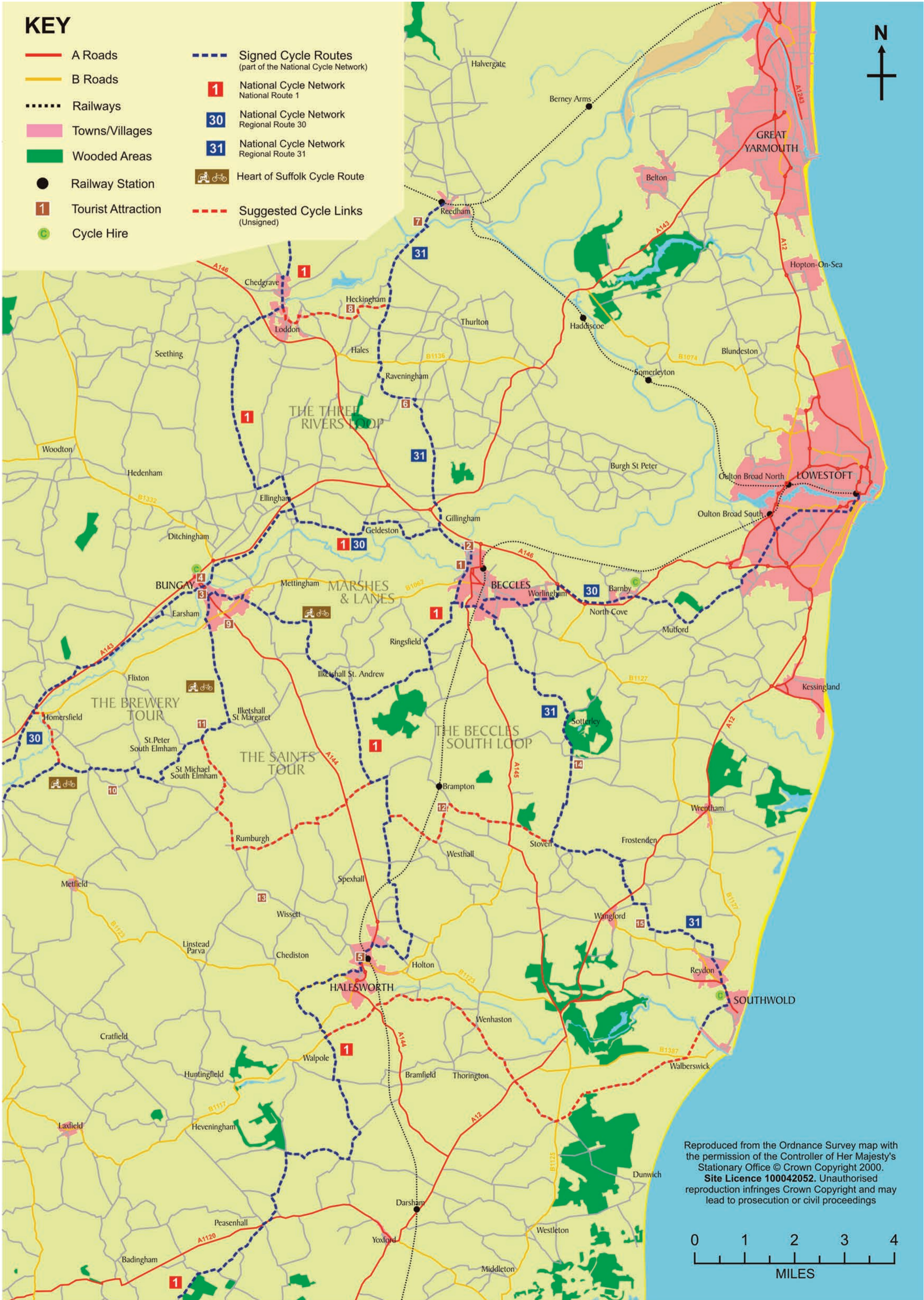
A Special thanks to...

BECCLES TOWNLANDS CHARITY



KEY

- A Roads
- B Roads
- - - - Railways
- Towns/Villages
- Wooded Areas
- Railway Station
- 1 Tourist Attraction
- C Cycle Hire
- Signed Cycle Routes
(part of the National Cycle Network)
- 1 National Cycle Network
National Route 1
- 30 National Cycle Network
Regional Route 30
- 31 National Cycle Network
Regional Route 31
- Heart of Suffolk Cycle Route
- Suggested Cycle Links
(Unsigned)



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