



*Walking Holidays in Britain's most Beautiful Landscapes*

**t:** 017687 72335

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## *Peddars Way and North Norfolk Coast Path*

The Peddars Way and the Norfolk Coast Path combine to make a very accessible 93 mile walk, taking in the best parts of the Norfolk countryside and coastline.

The Peddars Way is an ancient road dating back to the Bronze Age, then developed into a military route in Roman times and later used by pilgrims during the 15th century. The route is straight and flat following mostly green lanes and tracks with some interesting archaeological sites along the way.

The Norfolk Coast Path follows the coast from Hunstanton to Cromer for 45 miles. With interesting Victorian seaside towns, fishing villages, beautiful beaches and nature reserves with a wealth of bird life, there is plenty to see along the coast.



100% Financial Protection





## Summary

### Why do this walk?

- An easy-to-follow gentle walk through the Norfolk countryside.
- Lovely coastal villages and interesting historical buildings.
- Lots of birdlife and internationally recognised wildlife reserves.
- Beautiful beaches.
- No hills!

### Essential Info

Length	4 - 10 nights
Full Route Length	93 miles/ 149 km
Shortest Break Length	46 miles/ 74 km

## Grade

### Easy to Moderate

This is a mainly flat walk, and can be completed by people with limited walking experience. Flat walking along coastal paths, country lanes, beaches and trails.

**What's it like underfoot?** On the whole the paths are well defined and maintained.



**How Much Up & Down?** Very little, the route is mostly flat, particularly the inland section. Along the coast it can be slightly undulating.

**Signposting:** As this is a National Trail walk the signposting is very good.

**Navigation:** Pretty straightforward.

## Route

### Knettishall Heath to Little Cressingham

After spending your first night in Thetford, a taxi will take you to Knettishall Heath, the start of your walk. The first few miles follow a wooded path before gently climbing to the raised Roman causeway to the river Thet. Make sure you bring your binoculars as you will be passing the Brettenham Heath, a large area of heathland with many bird species. You will soon arrive at the village of Stonebridge which has a pub for some welcome refreshments. After Stonebridge you will see a series of stone sculptures along the trail which are inspired by the rich history of the area.

### Little Cressingham to Hunstanton.

A straight road leads to Castle Acre through largely agricultural land. The village of South Pickenham is worth a visit for its historic church dating back to 1075, a 15<sup>th</sup> century wall painting of St

Christopher and a winged door organ. At Castle Acre you will arrive through the Bailey Gate, this is one of two stone gatehouses added to the town's defences in about 1200. The road into the village runs between its towers. The Castle Acre Priory and castle are a must see, the priory dates back to 1090 and the castle was established just after the Norman conquest. There is a shop, pub and a couple of tearooms with homemade cakes. The road leads on through gentle countryside to Holme-next-the-Sea, the end of the Peddars Way. The last overnight stop on the Peddars Way is in Hunstanton three miles to the south-west.

### Hunstanton to Burnham Overy Staithe

You can walk back to Holme-next-the-Sea underneath or over the top of the cliffs depending on the tide. When the tide is out it is well worth taking the beach route to admire the beautifully coloured cliffs. The village of Thornham offers a pleasant lunch stop with some historic pubs. The path continues along marshland and intertidal mudflats with plenty of birdlife, you will also pass some fishing shacks where you can buy freshly dressed crab, whelks and cockles. You will then continue towards Scolt Head through the dunes and marshes and finally on to Burnham Overy Staithe.



#### **Burnham to Wells-next-the-Sea**

A beautiful section of the coastline with plenty of beaches all the way to Wells-next-the-Sea, the white sandy beach of Holkham Beach being the most well known. The backdrop of pine woods and dunes make for a spectacular combination, on a nice day one of the best beaches in Britain! After passing through Holkham Gap the trail continues through the pine woods and past a boating lake. You can access the beach here to have a look at the colourful beach huts. If your legs have had enough at this point it is possible to take a miniature railway into town.

#### **Wells-next-the-Sea to Cromer.**

Another lovely day of coastal walking along salt marshes, there are a few nice little towns along the way where you can sample the local seafood. At Blakeney you will be able to see out to Blakeney Point, a 16 km long spit with a permanent seal colony and an abundance of birdlife. It is possible to take boat trips to Blakeney Point or walk in via Cley but you will need to factor in a rest day. Passing Cley next the Sea you will walk along a shingle ridge with wide views of the coast line towards Weybourne. The final stretch to Cromer follows the sea cliffs towards Sheringham, a pleasant town for a lunch stop with a large beach and a proud fishing heritage. A gentle climb takes you to Roman Camp



and then on to the highest point on the route (102 m) at Beacon Hill. The walk finishes on Cromer pier, a fitting end to the seaside walk!

#### **Additional days**

We can arrange extra nights at any of the overnight stope, allowing for rest days, or giving you more time to explore the locality. We recommend any of the following.

##### **Castle Acre**

The 13<sup>th</sup> century Castle Acre castle ruins, Bailey Gate and the Cluniac Priory are well worth a visit. There are a few small shops and pubs for a relaxing day off.

##### **Hunstanton**

The Victorian seaside resort of Hunstanton with its beautiful striped cliffs, beaches and colourful gardens is a great place for a rest day.

There is plenty to see and do with shops, cafés, nature and bird reserves. If you want to give your legs a rest you can take the land train to the lighthouse or a boat trip to view Europe's largest seal colony.

##### **Wells-Next-the-Sea**

Wells is a lovely town with a little harbour full of crabbing boats, a white sandy beach, Georgian architecture and surrounded by pine woodlands. A pleasant laid back place to spend a

relaxing day. There are plenty of small local shops and eateries.

##### **Blakeney**

A pleasant traditional fishing village, this is a good place to stop if you want to make a trip out to Blakeney Point. This 16 km long spit is home to a permanent seal colony and has many bird species nesting between April and July. You can take a boat trip out to the spit (times vary according to the tides) or you can walk in from Cley.

##### **Cromer**

The seaside resort of Cromer is well known for its magnificent pier, beaches, birdlife and many family owned shops and restaurants. There are several nearby National Trust properties with beautiful gardens to while away the day. Alternatively you can take a boat trip to Blakeney Point to watch the seals or go bird watching in what is considered the bird watching capital of Britain.

#### *Getting There and Away*

To view train times please visit [nationalrail.co.uk](http://nationalrail.co.uk) where you can also purchase tickets in advance. For information on bus timetables please visit [traveline.com](http://traveline.com)



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### Getting There:

**By Air:** The international airports with best connections to the trail are Stansted or Heathrow. From Stansted it is 1.5 hrs travel time (change at Cambridge) from Heathrow it is 3 hours travel time, metro to Kings Cross then train to Cambridge, change for Thetford. Norwich has domestic flights and flights from Amsterdam (KLM) Train to Thetford (0.5 hour travel time).

**By Public Transport:** There is a train station at Thetford, your first nights stay.

**By Road:** From the south M11 (Cambridge) then A11 to Thetford. From the north: take M6 Toll and M6 to Newmarket Bypass/A14 in Cambridgeshire to Thetford.

### Getting Away:

**By Public Transport:** There is a train station at Cromer, travel time to London 3 hours with a change at Norwich.

## How our holidays work

We specialise in self guided walks because we think it's the best way to really experience local landscapes, cultures & history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all

your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks, and all the details you need for a holiday. You just turn up and walk!

### Inbuilt flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please!

You can start on any day you like. We can arrange extra nights at any of the overnight stops, allowing for rest days or giving you more time to explore the locality. Or you can book part of a walk if you don't have the time to complete the entire distance.

## How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure and either post or email it to us. We will get in touch with you shortly afterwards to confirm your holiday details.

Alternatively you can book on our website [mickledore.co.uk](http://mickledore.co.uk), or telephone us in office hours.

## Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We understand this and go out of our way to find the best. We put a great deal of effort into hand picking our accommodation and matching it to individual customer requirements. As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight into the day-to-day operation and lets us spot any potential issues before they become a problem.

We use a variety of accommodation. Over the course of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, or on a working farm. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. Occasionally we may use a chain hotel.

### Single Rooms

We are happy to book single rooms on this walk at a supplement, but can't normally book more than two single rooms for any one group.



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## What We Provide

### All Holidays

**Accommodation** Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs.

Full English or Continental breakfast.

**Guidebook** A guidebook with route information, maps, photos and background information.

### Information of Services Along the Route

A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis.

**Maps** Two waterproof 1:40000 maps from Harvey Maps covering the whole route.

**Personal Itinerary** A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

**Emergency Telephone Support** If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

**12.5% discount at Cotswold Outdoors** We will issue you with a 12.5% Discount Card valid at all Cotswold Outdoor stores,

and online, for the whole year on confirmation of your booking.

## Options

**Luggage Transport** We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg .

**Packed Lunches** Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route.

**Off Road Parking** If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

**Arrangement of return transport** We can also arrange your transfer back to your car, (or advise you when public transport is a better option.)

## What's not Included

**Evening Meals** Your evening meal isn't included in the package, but we include full details and recommendations for each

evening meal in your itinerary. You will normally be within walking distance of a pub and/ or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £30.00 per night.

### Transport to the Start & Away from the Finish

Taxi or Bus transport if you need to miss a stage (but we'll help you organise it if you need help)

**Travel Insurance** Even if you are based in the UK travel insurance is worth having.

### Prices

Detailed prices for all our holidays are available on the website [mickledore.co.uk](http://mickledore.co.uk)

## About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to



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pick up the phone or drop us an email, or call in and see us if you're in Keswick.

- We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.
- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.

- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

## *Book With Confidence*

### **Financial Protection**

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and the Association of British Travel Agents (ABTA). We have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

### **AITO Quality Statement**

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at [aito.com](http://aito.com). Visit the website to find out more about the Association or call 020 8744 9280.



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## *Peddars Way and North Norfolk Coast Path*

Knettishall Heath to Cromer in 6 Days Walking Code: PN7				Knettishall Heath to Cromer in 7 Days Walking Code: PN8				Knettishall Heath to Cromer in 9 Days Walking Code: PN10			
		m	km		m	km			m	km	
Day 1	Travel to Thetford for your first night of accommodation			Travel to Thetford for your first night of accommodation				Travel to Thetford for your first night of accommodation			
Day 2	Transfer to Knettisgall Heath then walk to Little Cressingham	15	24	Transfer to Knettisgall Heath then walk to Little Cressingham	15	24		Transfer to Knettisgall Heath then walk to Little Cressingham	15	24	
Day 3	Little Cressingham to Great Massingham	17	27	Little Cressingham to Great Massingham	17	27		Little Cressingham to Castle Acre	12	20	
Day 4	Great Massingham to Hunstanton	16	25	Great Massingham to Hunstanton	16	25		Castle Acre to Sedgeford	14	22	
Day 5	Hunstanton to Burnham Market	16	26	Hunstanton to Brancaster	9	14		Sedgeford to Hunstanton	7	11	
Day 6	Burnham Market to Blakeney	13	21	Brancaster to Wells-Next-The-Sea	12	19		Hunstanton to Brancaster	9	14	
Day 7	Blakeney to Cromer	16	26	Wells-Next-The-Sea to Blakeney	8	13		Brancaster to Wells-Next-The-Sea	12	19	
Day 8	Depart from Cromer after breakfast			Blakeney to Cromer	16	26		Wells-Next-The-Sea to Blakeney	8	13	
Day 9				Depart from Cromer after breakfast				Blakeney to Weybourne then transfer to Cromer	8	13	
Day 10								Transfer back to Weybourne then walk to Cromer	8	13	
Day 11								Depart from Cromer after breakfast.			



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## *The Peddars Way*

Knettishall Heath to Hunstanton in 3 Days Walking Code: PNP4				Knettishall Heath to Hunstanton in 4 Days Walking Code: PNP5		
		miles	km		miles	km
Day 1	Travel to Thetford for your first night of accommodation			Travel to Thetford for your first night of accommodation		
Day 2	Transfer to Knettishall Heath then walk to Little Cressingham	15	24	Transfer to Knettishall Heath then walk to Little Cressingham	15	24
Day 3	Little Cressingham to Great Massingham	17	27	Little Cressingham to Castle Acre	12	20
Day 4	Great Massingham to Hunstanton	16	25	Castle Acre to Sedgeford	14	22
Day 5	Depart from Hunstanton after breakfast			Sedgeford to Hunstanton	7	11
Day 6				Depart Hunstanton after breakfast		



## *The Norfolk Coast*

Hunstanton to Cromer in 3 Days Walking Code: PNC4				Hunstanton to Cromer in 4 Days Walking Code: PNC5		
		miles	km		miles	km
Day 1	Travel to Hunstanton for your first nights accommodation			Travel to Hunstanton for your first nights accommodation		
Day 2	Hunstanton to Burnham Market	16	26	Hunstanton to Brancaster	9	14
Day 3	Burnham Market to Blakeney	13	21	Brancaster to Wells-Next-The-Sea	12	19
Day 4	Blakeney to Cromer	16	26	Wells-Next-The-Sea to Blakeney	8	13
Day 5	Depart from Cromer after breakfast			Blakeney to Cromer	16	26
				Depart from Cromer after breakfast		



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## Booking Form

### Contact Details

Address: .....

Telephone: ..... Mobile / Alternative Tel: .....

Email: ..... Emergency Contact No: .....

### Your Holiday

Holiday Name: ..... Holiday Code: ..... (Hadrian's Wall: Add an "R" if starting in the West)

Date of First Night: ..... Date of Last Night: .....

### Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required:	Rest Days (give date & location)
Luggage Transport <input type="text"/>	No. Double Rooms <input type="text"/>	
Packed Lunches <input type="text"/>	No. Twin rooms <input type="text"/>	
Off Street Parking (there is normally a charge for this) <input type="text"/>	No. Single Rooms <input type="text"/>	
Transfer required (additional charge) <input type="text"/>	No. Triple Rooms (Double & Single) <input type="text"/>	

Comments (special diets, other requirements, etc): .....

### Payment

Holiday cost per person <input type="text"/>	I enclose a cheque for the deposit value (made payable to Mickledore Travel Ltd)
Rest Days <input type="text"/>	OR please debit my Visa/Visa Debit/Mastercard/Mastercard Debit/Solo (delete as appropriate)
Total cost per person <input type="text"/>	Card number: .....
Number in group <input type="text"/>	Valid from: ..... Expires: ..... Security number*: .....
Total group cost <input type="text"/>	*The last 3 digits on the back of the card
Deposit (20% of Total Cost) <input type="text"/>	I authorise Mickledore Travel to charge a 20% deposit to my card now and the remaining balance 6 weeks before commencement of my holiday, (for card payments only).
Single and solo supplements will be added where applicable.	I confirm that the above details are correct and that I have read and accept the terms and conditions available on the website.
	Signed: ..... Date: .....
	Name: .....

2% charge for credit cards, no charge for debit cards

How did you hear about Mickledore Travel: .....