A yellow sign with a black background

Description automatically generated

**To The Brecks 200km**

Place names in **bold** are on the route, if off route ahead towards them to rejoin.  
(Abbreviations are on the last page.)  
  
**STAGE 1** (29.25km / 18.28 miles)  
**Carlton Colville** to **Metfield** Info Control  
(All distances are in kilometres and approx.)

|  |  |
| --- | --- |
| 0 | L from HQ |
| 0.06 | Shortly L, SP **Mutford** |
| 5.53 | R @ T, SP B1127 Ellough, Beccles |
| 5.54 | 1st L, no SP (Hulver Road) |
| 9.63 | L @ T in **Weston**, SP A145 Southwold, Saxmundham |
| 9.65 | 1st R, no SP (Kings Lane) |
| 11.47 | L @ T, SP **Redisham** |
| 17.14 | L @ T, SP A144 Halesworth |
| 17.42 | 1st R, SP **Rumburgh** |
| 21.5 | R @ T, SP All Saints, St Michael |
| 22.95 | L, SP **St James, Metfield** |
| 28.56 | R @ T, SP **Fressingfield** |
| 28.78 | L @ T (B1123) SO **Fressingfield** |
| 29.25 | **INFO CONTROL**: R @ GT, SP **Fressingfield** (See brevet card) |

**STAGE 2** (28.78 / 17.99 miles)

Metfield to **Gislingham**

|  |  |
| --- | --- |
| 29.25 | Having turned R, SO from info control |
| 32.41 | R @ T, SP **Fressingfield** |
| 34.82 | @ GT in **Fressubgfield**, take to 2 L-forks, SP **Eye** |
| 35.12 | R, SP “Diss (B1118) Wingfield, Hoxne, Eye Medical Centre.” |
| INFO | Shop on L, opens 08:00 |
| 39.46 | R @ T (B1118) SP Hoxne, Diss |
| 40.86 | L, SP **Eye** (SP facing the wrong way) |
| 43.43 | In **Heckfield Green** L, SP **Eye** |
| 44.49 | L @ T, SP **Eye** |
| 46.95 | R @ T (B1117) SP **Eye** |
| 48.63 | R @ T in **Eye**, SP “Brome B1077, Ipswich, Norwich, Diss (A140)” |
| 52.09 | SO @ X with A140 (**CARE**) SO Thornham Parva |
| 53.04 | L @ GT then L again SP **Thornham Magna** |
| 53.98 | R @ GT, SP **Thornham Magna** |
| 54.75 | R SP **Gislingham** |
| 58.03 | **CONTROL:** In **Gislingham** cont SO following L-hand bend to **Londis** on R |

**STAGE 3** (18.06KM / 11.29 miles)

Gislingham to **Ixworth Thorpe** info control

|  |  |
| --- | --- |
| 58.03 | SO from control |
| 58.75 | 1st R (**Back Street)** SP, Walsham |
| 60.78 | L @ T, SP B1113, Finningham, Stowmarket |
| 61.09 | 1st R @ L-Hand bend. SP **Walsham** |
| 65.6 | In **Walsham Le Willows** SO SP Ixworth |
| 73.13 | SO (2nd Exit) @ RAB, SP A1088 Thetford (**CARE A143 busy**) |
| 73.13 | **Ignore** 1st R, SP Bardwell **cont on A1088** |
| 76.03 | In **Ixworth Thorpe** L, no SP (toward telephone and post boxes) to info control |
| 76.09 | **INFO CONTROL:** In location of post box |

**STAGE 4** (14.74km / 9.21 miles)  
Ixworth Thorpe info control to **Gardboldisham Info Control**

|  |  |
| --- | --- |
| 76.09 | SO from control |
| 76.18 | L @ T, no SP (A1088) |
| 76.51 | 1st R, SP **Bardwell** (**CARE Slight descent & SP could be easily missed, plus you are crossing a main road)** |
| 79.12 | In **Bardwell** L @ T, no SP |
| 79.47 | L @ T, no SP |
| 80.22 | Follow R-Hand bend, SP Coney Weston |
| 80.83 | R @ X, SP **Hopton, Barningham** (SP Missing) |
| 84.16 | In **Barningham,** SO @ X (School on L) No SP (**Mill Road**) |
| INFO | There is a Spar if you turn R instead and to get back on- route turn L at the other T. However there are other stores shortly in **Hopto**n and **Garboldisham.** |
|  | L @ T, no SP (**B1111**) |
|  | SO thru **Market Weston & Hopton** (Store on R) |
| 90.83 | **INFO CONTROL Garboldisham: @ X (see brevet card.)** |
| INFO | Store on L just before T. |

**STAGE 5** (32.17km / 20.10 miles)  
Garboldisham Info control to **Shipdham** Info control

|  |  |
| --- | --- |
| 90.83 | SO from info control @ staggered X |
|  | Cont SO thru **East Harling** |
| Info | CO-OP Store on left in **East Harling** |
|  | & Passing under A11 to **Laring** |
| 101.41 | Shortly after 2nd **Laring** village boundary sign, 1st R, np SP (**Church Road**) |
| 104.48 | In **Shropham** SO @ X, no SP |
| 106.53 | L just after 7.5 restriction sign (opp direction) & Opps Stone Cottage, no SP |
| 108.61 | L @ T, SP **B1077** |
| 109.16 | L @ T, SP Caston, Watton |
| 111.46 | R, SP **Carbrook B1077** |
| 114.74 | SO @ Xm SO **Carbrooke B1077** |
| 116.9 | In **Carbrooke,** R @ T, SP **Shipdham** |
| 122 | R @ T no SP (**CARE joining busy A1075.**) |
| 123 | **INFO CONTROL:** In **Shipdham** Imm after church on L by SP from **Carnworth** (Check brevet card.) |

**STAGE 6** (25.76km / 16.1 miles)

Shipdham Info Control to **Old Buckenham Country Park** control.

|  |  |
| --- | --- |
| 123 | Right from control, SP **Cranworth** |
|  | Cont SO thru **Cranworth** & **Woodrising** to **Scoulton** |
| 131.34 | L @ T (**CARE**) SP Norwich, Hingham B1108 |
| 131.55 | R (**CARE)** tourist sign, Melsop Farm Park |
| 134.35 | In **Little Ellingham,** R @ GT, SP **Attleborough** |
| 136.35 | R @ X, SP **GT Ellingham** (B1077) |
| 138.15 | L (1st exit) @ RAB, SP **Attleborough** (Attleborough Road) |
|  | SO @ TLS under bypass |
|  | SO @ 2nd TLS after bypass |
| 140.15 | L @ T, no SP. (War memorial on R) (B1077) (Follow the one way system) |
|  | Keep to R hand lane |
| 141.55 | R @ TLS, SP Diss |
| 147.35 | SO Through **Old Buckenham** |
| 148.65 | Imm R after L-hand bend, R no SP (**Doe Lane)** |
| 148.76 | **CONTROL:** R in **County Park** entrance. (Look for Bike on post) L @ 1st Gate.) Obtain receipt |

**STAGE 7** (33km / 20.81 miles)

Old Buckenham Country Park Control to **All Saints** Info control.

|  |  |
| --- | --- |
| 148.76 | L from Control Exit, no SP retrace to T |
| 149.06 | R @ T, no SP (B1077) |
| 150.18 | SO @ X, SP Diss B1077, Winfarthing |
| 152.3 | L, SP on approach **B1134 The Pulhams** |
| 163.11 | SO (2nd exit) @ RAB SP B1134 **The Pulhams** (**CARE: Crossing busy A140**) |
| Info | Stores in Pulham Market and Pulham St Mary, both on R, look for post office signs |
| 169.03 | In **Starston** 2nd L (by church) @ R-hand bend (in effect SO) no SP (**Low Road**) |
| 170.39 | @ R-hand bend, L (in effect SO) no SP onto tarmac bridleway (**CARE: Look for wooden bollards with red reflectors.**) |
| 170.58 | Shortly after passing gate (**CARE**) SO @ X, no SP |
| 171.22 | L @ T, SP **Redenhall** |
| Info | Broken egg café on R |
| 171.51 | SO (2nd Exit) @ RAB (**CARE: Crossing busy A143**) SP **Redenhall** |
| 174.44 | R @ T, SP Homersfield B1062 |
| Info | Pura Vida café on L just before T |
| 175.22 | R @ tourist sign Sth Elmham Hall and Minster |
| 176.04 | L @ X, SP **St Margaret Sth Elmham, St Cross.** |
|  | SO Thru **St Cross** & **St Margaret Sth Elmham** |
| 182.06 | **INFO CONTROL: St Margaret Sth Elmham @ 2nd L (GT) (SP indicates All Saints)**  **(See brevet card.)** |

**STAGE 8** (1.54km / 0.96 miles)  
All Saints info control to **Rumburgh Info control**

|  |  |
| --- | --- |
| 182.06 | SO from control. (Shortly retracing outward route.) |
| 183.6 | **INFO CONTROL:** In **Rumburgh,** L SP **Rumburgh St, St Lawrence** |

**STAGE 9**  (21.3km / 13.31 miles)

Rumburgh info control to **Carlton Colville HQ**

|  |  |
| --- | --- |
| 187.76 | L @ T, SP Bungay A144 |
| 187.95 | Shortly 1st R (**CARE**) SP (somewhat hidden) **Redisham** |
| 193.58 | R @ L-hand bend (**Kings Lane**) SP (after turning and somewhat hidden) Shadingfield, Wangford |
| 195.24 | L @ T, no SP (A145) |
| 195.44 | 1st R (**CARE**) SP **Hulver, Ellough Village** |
| 195.64 | R @ T, no SP (B1127) |
| 199.36 | 1st L, no SP |
| 204.78 | R @ T Kessingland, Gisleham |
| 204.90 | R into **Community Centre HQ and Finish.** |
|  | Thank you for riding, I hope you had a good time. |

**Abbreviations:**HQ-headquarters,   
L-left,  
R-right,  
T-t junction,  
SP-signpost,  
@-at,  
info-information,  
GT-green triangle,  
SO-straight on,  
X-crossroads,  
RAB-roundabout,  
opp-opposite.

Road classifications in brackets usually (but not always) means that it is not on the signpost.