A yellow sign with a black background

Description automatically generated

**The Norfolk Special 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** (23.41km / 14.63 miles)  
Lound to **Runham** Info Control  
(All distances are in kilometres and approx.)

|  |  |
| --- | --- |
| 0 | R from control |
|  | R @ T SP **Gt Yarmouth** |
| 4.48 | L @ T no SP |
| 4.59 | R (3rd Exit) @ RAB (**CARE**,) SP A143 **Gt Yarmouth** |
|  | Through **Bradwell** SO @ 4 sets of TLS |
| 6.67 | SO (3rd exit) @ RAB SP Town Centre, **Gt Yarmouth** |
| 8.18 | SO @ TLS |
| INFO | **CARE** – Approaching next TLS you will need to be in the outside lane and then RH filter lane. |
| 8.37 | R @ TLS, SP **Southtown** |
| 9.97 | SO @ TLS by Matalan store SP Town centre. (**CARE** – Take centre lane.) |
| 10.11 | @ Next TLS follow ben over bridge |
| 10.38 | L @ TLS, SP just before for port, racecourse and railway station. |
| 10.85 | SO (2nd exit) @ RAB, SP just before A149 **Caister**. (**CARE – Big and Busy RAB**) |
| 14.03 | R @ RAB, SP just before **Caister.** (**CARE – Need to be in RH Lane**) |
| INFO | In **Caister** toilets on R, opps Chamberlin’s Solicitors / Green Gate Inn PH |
| 15.22 | SO @ TLS by Old Hall Hotel on L |
| 16.26 | SO (2nd Exit) @ RAB SP **Acle** (A1064) |
| 17.02 | SO (2nd Exit) @ RAB SP **Acle** A1064 |
| 18.38 | L, SP **Mautby** (Market Lane) |
| 20.11 | Follow RH Bend just after entrance to ‘Oxygeni & Industrial Sparest Ltd’ / ‘Mautby workshops. |
| 20.67 | Follow LH bend by GT, SP **Stokesby, Acle** |
| 23.41 | **INFO CONTROL:** Imm on R (see brevet card.) |
| INFO | Village is **Runham not signposted – NOT Stokesby.** |

**STAGE 2** (29.5km / 18.44 miles)

Runham to **Coltishall Control**

|  |  |
| --- | --- |
| 23.41 | SO from info control through **Runham** & **Stokesby** |
| 28.91 | L @ T, no SP (A1094) |
| 30.51 | Just after Hermitage restaurant/PH, take RH filter lane **(CARE),** SP on approach (off side) Recreation Centre, Upton & tourist sign for Fairhaven Water Garden **(SP at junction on nearside not visible on approach)** |
| 30.9 | R @ brown tourist sign ‘Fairhaven Water Garen’ |
| 35.89 | In **South Walsham**, R, SP **Ranworth** |
|  | SO through **Ranworth & Woodbastwick** to **Salhouse** |
| 42.54 | In **Salhouse** R, SP ‘Light traffic only,’ (Upper Street.) |
| 44.28 | R @ X, SP **Wroxham** |
| 45.91 | R @ T, SP **Wroxham** |
| 47.64 | In **Hoveton,** L @ mini-RAB, SP  **Coltishall** |
| 52.05 | **CONTROL:** Londis Store |

**STAGE 3** (44.55km / 27.85 miles)

Coltishall to **Stiffkey** Info control

|  |  |
| --- | --- |
| 52.05 | SO from control (GT with garage on L |
|  | Almost Imm R at T, no SP (B1150) |
|  | 1st L, SP ‘Byway to **Lt Hautbois**’ |
| 55.04 | **Ignore** 1st L (no SP) on 1st R-hand bend just before old railway bridge.  Take 2nd L on 2nd R-hand bend, no SP but 7.5 tons weight restriction sign (Little Hautbois Rd) |
| 56.26 | L @ T (GT,) SP **Buxton, Aylsham** |
| 58.49 | R @ T, SP **Village Centre** |
| 63.47 | L @ T, SP **Aylsham** A140 |
| 63.95 | R (3rd Exit) @ RAB (**CARE**) SP **Aylsham** |
|  | SO through **Aylsham** town centre following LH bend and SPs for **Blickling**/ Blickling Hall. |
|  | SO @ Old world shelter & pump, SP **Blickling** |
| 74.08 | SO (2nd Exit) @ RAB, SP **Saxthorpe** |
| 83.49 | In **Holt,** SO @ RAB, SP Kings Lynn A148 |
|  | Follow A148 through **Letheringsett** (**CARE A148 can be busy, consider single file.)** |
| 85.95 | R (**CARE**) SP By Road |
| 87.04 | R @ GT, SP **Langham** |
| 88.11 | R @ T, SP **Langham** |
| 92.05 | R, SP **Cockthorpe, Stiffkey** |
| 96.18 | **INFO CONTROL:** @ T in **Stiffkey** (See brevet card) |
| INFO | Small tea room in village, if needed. |

**STAGE 4** (15.9km / 9.94 miles)

Stiffkey to **Briston** Info Control

|  |  |
| --- | --- |
| 96.18 | From info control retrace to SP Binham |
| 97.27 | 2nd R, no SP |
| 99.95 | R (effectively SO) @ T, SP Hindringham |
| 100.2 | 1st L opp ‘Chequers Inn,’ SP ‘Field Dalling.’ |
| 102.98 | R @ T (GT) SO (May be obscured) Balem Fakenham |
| 104 | 1st L, no SP |
| 105.35 | L @ T (effectively SO) SP **Sharrington** |
| 105.56 | SO @ X with A148 (**CARE**) SP **Sharrington** |
| 106.63 | R @ T, SP **Brinton** |
| 107.72 | In **Brinton** L on R-hand bend by church, SP **Stody** |
| 108.74 | R @ T, SP Dereham, Guist, Brinnington |
| 108.82 | Shortly 1st L, SP **Stody** |
| 111.6 | R @ T, SP **Briston** |
| 112.08 | **INFO CONTROL:** @ X in **Briston** (See brevet card.) |

**STAGE 5** (42.47km / 26.54 miles)

Briston Control to **Wymondham**

|  |  |
| --- | --- |
| 112.08 | SO @ X, SP Thurning |
| 122.74 | L @ T, SP Thurning |
| 122.91 | R @ T, no SP & follow RH & LH bends just after village & SO following SP's to **Reepham** |
| 123.01 | In **Reepham** R @ T, SP Bawdeswell B1145. |
|  | Shortly 1st L, no SP (by post box & seat, opp ‘The Cutting Station.’ |
| INFO | If wanting to use former station cafe, entrance is opp, i.e. turn R, not L, sign reads “Kerris Farmhouse Pine”) |
|  | Shortly L again (New Rd) follow R-hand bend |
| 123.84 | L @ T, SP Norwich |
| 127.81 | In **Alderford,** TurnR SP **Lenwade** |
| 130.41 | SO @ X with A1067 (**CARE**) SP **Hockering** |
| 134.13 | R, SP **Hockering** |
| 135.03 | L, no SP on RH bend (traffic island @ junction) (Road to be taken has 40 mph limit and 7.5t weight limit signs |
| 137.11 | In **Hockering,** R @ T, SP Swaffham, Dereham A47 |
| 137.41 | R @ T with A47 to cross westbound carriage (**CARE**) |
|  | Imm L, SP Marrishall |
| 138.31 | 1st L, no SP |
| 139.71 | SO @ X, no SP (Church Lane) through **Welbourne** |
| 140.91 | L @ GT by church. SP slightly back on R  **“Brandon Parva, Barnham Broom”** |
| 141.31 | R @ GT, SP Runham, Hardingham |
| 141.91 | L @ X, SP **Brandon Parva, Barnham Broom** |
| 144.81 | In **Barnham Broom**, R SP **Wymondham** |
| 145.34 | L, no SP (**Wymondham** Rd) |
| 146.84 | SO @ X with B1108, SP **Carleton Forhoe** |
| 150.94 | In **Wymondham** L @ T, SP Norwich |
|  | Imm R, no SP (Barnham Broom Road |
| 151.54 | L @ T, no SP |
|  | Follow one way system through **Wymondham** |
|  | Including: SO @ mini-RAB |
|  | R in **Damgate St** |
|  | SO @ min-RAB in **Whitehorse St** |
| 153.64 | R @ T, SP Attleborough B1172 |
|  | Imm L no SP (Cemetery Lane) |
| 154.18 | R @ T no SP opp ‘The Railway’ Pub |
| 154.28 | SO (RH Bend) (2nd Exit) @ mini-RAB SP **Silfield Road, Ashwellthrope** |
| 154.55 | **CONTROL: CO-OP Store** shortly on R. |

**STAGE 6** (18.5km / 11.56 miles)

Wymondham to **Hempnall** Info Control

|  |  |
| --- | --- |
| 154.55 | R from control |
| 156.02 | R on L-hand bend, no SP. |
| 160.70 | R @ T, SP New Buckenham, Tacolneston B1113 |
| 161.70 | L on RH Bend, no SP (Hapton Rd) |
| 167.54 | SO (2nd Exit) @ RAB, SP **Hempball** B1527 (**CARE: Cross the busy A140)** |
| 171.44 | **INFO CONTROL:** In **Hempnall** @ SP by grage (See brevet card.) |

**STAGE 7** (34.5km / 21.56 miles)

Hempnall control to **Lound HQ**

|  |  |
| --- | --- |
| 171.44 | SO from control |
| 175.74 | R on L-hand bend, SP **Woodton** |
| 176.64 | SO @ X no SP with B1527 (CARE: somewhat blind junction to the L) |
| 178.14 | L @ T, SO **Seething** |
| 182.94 | R @ T SO **Loddon** |
| 186.84 | SO (2nd Exit) @ RAB SP **Loddon.** (**CARE cross busy A146**) |
| 187.84 | R @ T in **Loddon** no SP |
| 188.34 | L, SP **Heckingham** |
| 193.14 | In **Norton Subcourse** SO @ T SP All Routes (B1136) |
| 193.34 | In **Thurlton** L (effectively SO) on RH Bend by Queens Head pub |
| 197.04 | In **Haddiscoe** L @ T no SP (A143). (**CARE: Busy Road. Consider single file.)** |
| 200.14 | In **St Olaves** R (**CARE**) SP Lowestoft, Somerleyton B1074 |
| 200.84 | L, SP **Ashby, Lound** |
| 203.54 | Just after **Ashby** Village R, no SP |
| 204.84 | R @ T, SP Lowestoft, Oulton Borad |
| 205.84 | In **Lound** L SP Corton, Hopton |
| 205.94 | L into **Lound Village Hall** HQ and finish. |
|  | Well done! Thank you for riding and 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.