



Route Notes - The Old Squit 200

squit: Norfolk-speak for nonsense, stupid or silly talk

Route Overview:

- Departs from Norwich Train Station, Norwich, NR1 1EF
- Returns to The Glasshouse, Wensum St, Norwich NR3 1LA
- Total Distance: 207.7 km
- Controls: Wells (62.2 km), Swaffham (159.9 km)
- Info Controls: Reepham, Kelling, Wells (Beach), Ringstead, Castle Acre and Boughton

Important Information:

- Plenty of fuels stops in Reepham, Holt, Wells and Swaffham
- Ensure any receipt contains date, time and location.
- Check current road conditions and weather before departure
- Carry appropriate safety equipment and emergency contacts
- Follow traffic laws and be courteous to other road users
- Stay hydrated and take regular breaks as needed

Please contact organiser case of accident, emergency or DNS/DNF

Matthew Norton - 07974 667202

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1. NORWICH to WELLS (62.2 km)

Exit Station via CL over bridge [Prince of Wales Rd]	0.1
bear L onto CP before TL [Rose Lane]	0.4
R before Jet service station [Greyfriars Road]	0.5
R onto CP [King Street]	0.6
SO using CP [Upper King Street]	0.7

⚠ Use caution crossing the two shared traffic islands

L onto CP just before flyover	1.4
SO @ X on CP	1.6
R @ RBT (2E) \$ Cromer [Pitt St/A1402]	1.7

Exit CP onto RBT @ TL

SO @ TL \$ Cromer [Cromer Rd/Reepham Rd/A140]	4.4
bear L \$ HELLESDON [Reepham Road]	4.5
SO @ RBT (2E) [Reepham Road]	5.7
SO @ mRBT (2E) [Reepham Road]	6.5
SO @ RBT (2E) \$ THORPE MARRIOTT	8.4
SO @ RBT (2E) \$ REEPHAM for 10km	10.8

⚠ Use cycle path crossing at roundabout

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Key to symbols and abbreviations

R, L, RHS, LHB	Right, Left, Right/left-hand side/bend
SO	Straight on
@	At
thru	Through
cont	Continue
opp	Opposite
eff	Effectively
IMM	Immediately
T	T-junction
GT	Green Triangle
X	Crossroads
STGX	Staggered X
RBT (3E)	Roundabout, third exit
mRBT	Mini RBT
TL	Traffic lights
JCN	Junction
\$ Castle Acre	Sign to Castle Acre
\$ HOLT	Sign to and go to/through Holt
[Carrow Rd]	Signed street name
NCN31	National Cycle Network route 31 (blue signs)
CP	Cycle Path
PH	Public house
⚠	Warning

R \$ B1145 [The Moor]	21.3
R eff SO @ T by PH	22.0
INFO - REEPHAM	22.0

In layby on RHS before junction

R @ T past Co-Op [Cawston Rd/B1145]	22.0
L \$ NCN1 [Wood Dalling Rd]	22.2

Continue through WOOD DALLING and THURNING

bear R @ GT [Briston Rd]	26.8
R @ T No \$ [Church Street] (Car Park on L)	33.6
Bear R @ village sign	33.8
SO @ X STOP! \$ Stody [Holt Road]	34.0
L @ T \$ HOLT [Norwich Rd/B1149]	39.2
SO @ RBT (2E) \$ Kings Lynn/Town Centre [A148]	39.8
R \$ Town Centre [High St]	40.1
L \$ Kelling/Weybourne [Kelling Rd]	40.9
bear L eff SO \$ Kelling	42.8
INFO – nr. KELLING	43.2

Bear L by GT for INFO, then continue straight down left fork

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bear L \$ Cley [Bridgefoot Lane]	45.9
bear R eff SO \$ Cley [Holt Road]	46.3
L \$ WIVETON [Bridgefoot Lane]	46.7
R @ T EFF SO \$ BLAKENEY [Blakeney Road]	48.3
L @ X \$ Kings Lynn [New Road]	49.7
Continue through Blakeney, Morston and Stiffkey	
R by GT \$ Town Centre [Polka Road]	62.0

CONTROL - WELLS

Free control.

The waypoint is at Co-Op, but you may continue into town for other options to obtain a valid receipt.

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L @ T \$ NCN1  [Sedgeford Road]	88.8
L @ T \$ Fakenham [Heacham Road]	92.7
bear R @ GT \$ FRING [Fring Road]	92.8
L @ GT \$ Docking [Docking Road]	95.9
R @ GT \$ BIRCHAM [Bircham Road]	96.0
L @ T \$ Bircham Tofts [Fring Road]	99.9
R @ GT \$ Hillington [Lynn Rd/B1153]	100.0
bear L \$ Houghton [Crow Ln]	100.4
bear R No \$ HOUGHTON [Bircham Road]	101.1
R on LHB eff SO No \$ [Bircham Road]	104.8
R @ T eff SO No \$ [Bircham Road]	104.9
L No \$ [Houghton Rd]	105.4
R @ T before A148 [Houghton Rd]	107.0
SO @ X on A148 [Back Street]	107.0
SO @ X [Back Street]	107.2
bear R @ GT No \$ [Rudham Road] to GREAT MASSINGHAM	108.8

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1. WELLS to SWAFFHAM (97.7 km)	
Continue from Co-Op towards quayside	
R @ mRBT (2E) \$ Pinewoods [Beach Road]	63.0
bear L past buoy then up ramp to Lifeboat Station	64.7
INFO - WELLS (BEACH)	64.9
Outside lifeboat station	
Retrace route back to mRBT	64.9
R @ mRBT (2E) [The Quay/Freemans Street]	66.7
R @ T eff SO \$ BURNHAM MARKET [Mill Road]	67.7
L \$ BURNHAM MARKET [B1155]	71.2
R IMM L \$ NCN1 	76.3
Continue SO at next two X towards RINGSTEAD	
R @ GT EFF SO No \$	84.0
L \$ RINGSTEAD [Ringstead Road]	84.1
SO before GT [Docking Road]	88.5
INFO - RINGSTEAD	88.5
Info by post box	
R eff SO @ T on bend [Docking Road]	88.5

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L @ T [Station Rd] through GREAT MASSINGHAM	110.8
SO @ X over B1145 [Roman Rd] to CASTLE ACRE	113.1
on LHB eff SO [High Street]	119.7
INFO - CASTLE ACRE	119.8
Info control opposite PH	
L after church [S Acre Rd] thru closed road	120.0
 FORD! Use footbridge over River Nar	120.5
bear R No \$ [S Acre Rd] (narrow lane)	121.0
bear R No \$ [Big Wood Lane]	121.1
SO @ STGX on A47 [Narford Road]	127.2
 Extreme care crossing A47	
R @ T [Swaffham Road]	128.1
L IMM L [Chalk Ln]	128.2
R @ T \$ Downham Market [A1122]	132.8
L \$ BARTON BENDISH [Narborough Hill]	133.3
SO @ X \$ BARTON BENDISH [Beechamwell Rd]	134.6
INFO - BOUGHTON	142.3
Info control by village pond	

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L Eastmoor [Oxborough Road]	142.5	R @ T [Chapel Break Road]	200.9
R @ T \$ Eastmoor [Stoke Road]	144.5	L onto CP \$ Three Score	201.4
bear L @ GT No \$ [Oxborough Road]	145.1	L @ T on bend by Bowthorpe Church Centre	201.5
<i>Continue for 13.8 km through COCKLEY CLEY to SWAFFHAM</i>		R on LHB eff SO [Bowthorpe Hall Road]	201.6
L [Haspalls Road]	158.9	R on LHB eff SO [Bowthorpe Hall Road]	201.7
L @ T [London Street]	159.3	SO thru bollards - don't take CP/road to right!	201.9
SO @ mRBT (1E)	159.5	L @ T off CP [Saxoncote Avenue]	202.3
SO @ mRBT (1E)	159.8	bear R into CL \$ BUSES ONLY [Clover Hill Road]	202.5
CONTROL - SWAFFHAM	159.9	bear R following CL [Earlham Green Lane]	202.6
<i>Free control.</i>		SO (2E) mRBT [Earlham Green Lane]	203.6
<i>The waypoint is at Swaffham Café, but you may use any option in town to obtain a valid receipt.</i>		R after zebra crossing [Gipsy Lane]	204.4
		SO @ RBT (2E) [Earlham Road]	204.9
		L IMM R onto CP [West Pottergate]	206.2
		Follow CP (under house) bear L to underpass	206.4
		SO from CP [Pottergate]	206.7
		⚠ <i>Cobbled CP and shared pedestrian zone ahead</i>	

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3. SWAFFHAM to NORWICH (47.8 km)		L after church [Saint John Maddermarket]	207.2
R after Swaffham Cafe [Market Place]	159.9	R @ TL [Saint Andrews Street]	207.3
R at T [Market Place]	160.0	bear L after zebra crossing [Princes Street]	207.5
SO at X after TL [Lynn Street]	160.1	L on RHB eff SO (bollards) IMM L [Elm Hill]	207.6
R on LHB \$ N Pickenham [North Pickenham Rd]	160.5	⚠ <i>Extreme care! Cobbles on Elm Hill</i>	
L @ T \$ Dereham [High Street]	175.2	ARRIVÉE @ THE GLASSHOUSE	207.8
R @ X \$ Cranworth [Mill Road]	175.9	<i>Follow signs to Control and report to organiser for brevet card processing & acknowledgement of your safe return.</i>	
L \$ SOUTHBURGH [Church Lane]	176.0		
SO @ X \$ Kimberley [Middle Road]	184.1		
SO @ X [Middle Road]	186.6		
R @ T \$ WYMONDHAM [Norwich Road]	187.2		
L eff SO on RHB [Dark Lane]	188.8		
SO @ T/X [Barnham Broom Road]	189.6		
⚠ STOP <i>Care at compound junction – blind right</i>			
L @ STGX [Bawburgh Road]	196.9		
L @ GT \$ Costessey [Stocks Hill]	199.0		
R after bridge [New Road]	199.2		