



## The Rebellion Way

### Summary

The Rebellion Way links some amazing parts of Norfolk, including Thetford Forest, the Norfolk Coast and a brief visit to the Norfolk Broads. The route is steeped in history and you pass many stately homes, ancient castles and impressive churches. It is around 25% off road and makes for a great introduction to gravel biking, through some of the best landscapes in Norfolk. The off-road sections tend to be on well surfaced gravel tracks but there are some sandy bits, some grassy bits and parts that can be a little muddy, after it has rained. The ride can be completed on a gravel bike, hybrid or mountain bike. We would recommend tyres of at least 35mm.

### Example 5-Day Itinerary

**Day 1. Arrive in Norwich.** Stay overnight in a nice hotel, in readiness for the adventure ahead!

**Day 2. Bike from Norwich to Thetford – distance approximately 80km /50 miles with 525 metres of climbing.** Departing Norwich on traffic free cycle paths you are soon in open countryside. Stop in at the old Roman settlement of Venta Icenorum, enjoy the open space of Wacton common and the fenlands near Diss.

**Day 3. Bike from Thetford to King's Lynn – distance approximately 80km/50 miles with 560 metres of climbing.** Beautiful Thetford forest seems to go on and on! You will pass the Desert Rats memorial and the impressive Castle Acre Priory, perhaps stopping for lunch in a charming village along the way. A brilliant day of on and off-road riding.

**Day 4. Bike from King's Lynn to Wells-Next-The-Sea – distance approximately 80km/50 miles with 650 metres of climbing.** Wow, what a day! Traffic free cycling takes you out of King's Lynn, on to the amazing Sandringham Estate. The traditional seafront at Hunstanton follows, before the beautiful village of Burnham Market. Holkham Hall is an absolute dream and you end the day by the beautiful North Norfolk coast.

**Day 5. Bike from Well's-next-the-sea to Cromer – distance approximately 70km/43 miles with 620 metres of climbing.** North Norfolk keeps on giving! Today you can visit Walsingham Abbey, The intriguing steam museum at Thursford and Baconsthorpe Castle. Then you meet the coast again at the bustling, friendly seaside town of Sheringham. Stay here, or in adjoining Cromer.

**Day 6. Bike from Cromer to Norwich - distance approximately 75km/ 47 miles with around 560 metres of climbing.** A superb finale, passing Blickling Hall then riding along the traffic free Bure Valley cycle path to the edge of the Norfolk Broads. You finally return to Norwich with its impressive cathedral and castle and many fantastic places to eat, drink and celebrate your trip – well done, you made it!

**Day 7. Depart from Norwich**

### Includes:

- 3 to 6 days of fantastic biking
- 4 to 7 nights' comfortable accommodation including breakfast
- Baggage transfers
- Comprehensive maps and gpx.files & list of services along the route
- Phone support from us

### Available on request:

- Pick up and drop off at public transport links

**Average Daily Distance:**  
77km (48 miles)

### Grade:

Average Technical Level:  
**Green**

### Dates:

Self-guided biking trips are available between April and October for groups of 2 or more.

Please just contact us with the dates you have in mind.

### What bike?

The Rebellion Way is perfect for gravel bikes, hybrids or hardtail mountain bikes.

**To make a booking or for more information:**

E: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)  
P: +44 (0)7922 653327



## The Rebellion Way – Further Information

**Accommodation and food:** We pride ourselves in using the best quality accommodation on our trips at every price point. We have worked with many of the hotels for years, so we know that you will receive an excellent level of service.

**Hotels/guest houses:** We generally use 3 or 4 star accommodation that will provide everything you could need after a long day in the saddle from bike storage to hot showers, hearty breakfasts and comfortable beds. Almost all of the accommodation we use is en-suite and we will let you know if it is not possible to book en-suite rooms. Wifi is universal in every location.

**Cheaper options:** If you would prefer hostel or bunkhouse style accommodation it is possible in some locations (and we can mix and match between accommodation types). In a bunkhouse breakfast is usually not included, although many bunkhouses can provide meals at an additional charge. Bunkhouses will often have cooking facilities so that you can prepare your own meals if you'd prefer.

**Evening meals:** Wherever you stay you will be able to get an evening meal at a pub or restaurant within walking distance.

**Lunches:** can usually be bought during the course of the day or before you depart in the morning. We will give you advice about this in your trip information. It is advisable to carry plenty of snacks with you each day to keep the energy levels up!

**Single occupancy rooms:** are usually available in hotels or guest houses, so please ask us if you'd prefer to have your own room. We find that in most hotels and guest houses a single supplement of at least £30 per person, per night will apply, depending on your dates.

**Clothing and kit:** England receives a generally mild climate between April and October, with the Gulf Stream passing the western coastline. Norfolk is one of the driest and sunniest parts of the country but it can experience some rain at any time of year. A full kit list is available on our website (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>).

**Weather and Climate:** General climatic information for the UK is available on the Met Office Website - <https://weather.metoffice.gov.uk/climate/uk-climate>

Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website (we find this is only accurate a couple of days before) - <http://www.metoffice.gov.uk/public/weather/forecast/>

**The trails:** Our Rebellion Way biking route is based on the route devised by Cycling UK, a membership charity, which runs a range of projects, groups and programmes across the UK to encourage people to cycle. The terrain is fairly varied, from quiet country roads to forestry tracks, surfaced cycle paths and easy going singletrack. There are a few short, climbs but these are predominantly on paved roads. This trip, if completed in 5 days, has a **Fitness Grading** of 4 which means that you have a good level of fitness and are comfortable riding for up to 5 hours per day on gently undulating terrain. This trip has a **Technical Grading** of **Green**, meaning that the route is suitable for beginner and novice cyclists and mountain bikers. Biking is on flat and wide trails with no challenging features.

Continued on next page>>>>

**Self-guided trips:** Our self-guided trips are the most popular choice and are designed for cyclists who are comfortable carrying their own basic tools and spares along with them each day so that they can fix any minor technical issues encountered along the route (punctures etc.). For our self-guided trips we organise quality accommodation, bag transfers each day, detailed information about the route, official maps of the route, pick-up and drop-off at locations convenient for your travel plans and a comprehensive list of bike shops that are located along the route. We will always be only a phone call away should you require any additional advice/support so you'll never be truly on your own!

**Bike hire:** Is not available for this route at the moment.

**Transport:** We are always happy to help you to get to where you need to be as quickly and easily as possible. We can provide transfers from any local airport, train or bus station or ferry terminal to your accommodation at the beginning of your trip and back again at the end. Just let us know where and how you intend to arrive at your destination and we will arrange a pick-up for you. Please note that an extra charge will most likely apply for extra transport but we will always help you work out the best way to travel.

**Baggage transfers:** We transport your bags between each night's accommodation during your trip, leaving you free to carry a small day-pack containing some spare clothes, food and drink. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag unless prior arrangements are made. Generally luggage pick up times are around 9.30am, so you can have a relaxed breakfast before you set off each day.

### **Any questions?**

We've tried to cover everything on our website and this information pack but If you'd like some further information or want to ask us anything at all about our biking trips please don't hesitate to contact us on the details below:

Email: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)

Phone or Whatsapp: +44 (0)7922 653327

**We look forward to seeing you on one of our fantastic biking adventures!**