

- 1 **Sutton Staithe.** Quiet open space with picnic area, moorings and boat hire. There is a hotel with a bar and restaurant. The village has a small shop.
- 2 **Ingham.** This small village has an impressive church. Built with a priory in the 1300s you can see the priory arches, old doors and windows as you walk around the church.
- 3 **Old Vicarage Gardens, East Ruston.** Beautiful gardens with many rare and unusual plants. The gardens have been designed and created by Alan Gray and Graham Robeson. Tea shop, plant sales, toilets. For opening times phone 01692 650432.
- 4 **Crosthwait Heath.** The sandy nature of the soils here and traditional grazing favoured the growth of heather. This kind of habitat, rich in wildlife, covered much of this part of Norfolk. When grazing dramatically declined here, scrub and gorse grew up - shading out the heather and many other plants. The Norfolk Wildlife Trust is helping restore this heathland, clearing scrub and sowing heather seeds.

- 5 **Worstead.** Once home of the Flemish weavers, this village gave its name to the cloth 'Worstead'. The prosperity from the wool helped build St Mary's church, started in 1379. There are some fine buildings in the square from varying periods in history.

Weavers Way

It is possible to cycle along this section of the Weavers Way although it is quite rough and can be muddy. The Weavers Way is so named to reflect the once great influence of the weaving industry in this part of Norfolk. From its start at Cromer it heads south to Aylsham passing the estates of Felbrigg and Blickling. It then heads east to Stalham along the route of the old King's Lynn to Great Yarmouth railway. From Stalham the route makes for The Broads and Potter Heigham from where it follows the River Thurne south to Acle. The final section heads east to the coast and Great Yarmouth.

