A highly recommended great day out for the family - the ride will take about two hours at a nice easy pace - then return for a refreshing drink at the tea shop and a stroll round the lovely peaceful gardens. There is free off road parking space at the Water Gardens and also, from Easter onwards, a lovely area with Tea Shop and picnic tables. The Gardens are open to the public all year. From Swaffham follow the signs for Cockley Cley and Stoke Ferry. Soon after Cockley Cley, follow the brown Tourist signs. From Stoke Ferry follow the Swaffham/Oxborough signs. Soon after Oxborough look for the brown Tourist signs.

Turn RIGHT out of the Water Gardens car park and continue down to the end of village to where the lane bears sharp right just before the bridge. On this bend there is a narrow lane going off to the LEFT. Turn in here and continue to the end. Turn RIGHT at the junction into a larger road which, after going over a stream (the River Gadder) and passing Oxborough Hall, takes you up to the crossroads at Oxborough.

Oxborough Hall is a 15th Century Moated Mansion and a National Trust property. Just on the corner of the crossroad stands the magnificent 14th century semi-ruined church of St. John the Evangelist. It is open to the public but at the time of writing repairs are in progress to the roof and fabric so access is limited.

At the crossroads go straight across into the lane opposite and continue out of the village, following this pretty lane to the next junction. Turn RIGHT and go through the hamlet of Eastmoor, then up a slight rise, at the top of which is a turning to the RIGHT. Turn in here and follow the lane down a gentle slope to the stream then up out of the valley to the next junction. Turn LEFT here and follow for a short distance to the farm buildings, where there is a road on the RIGHT into the village of Beachamwell.

Turn in here and follow the village street down to the lovely thatched church and the green, where there is a handy seat under a tree. Carry on towards the pub, where the road turns sharply left and continues up to a crossroads at the edge of the village. Go straight across and bear RIGHT on to the Swaffham road for about 1 mile to where there is a lane on the right. Turn RIGHT here with care as there is very often wind blown sand and fine gravel on the road surface from the adjacent field. Follow this pretty lane round a bend and through old Scots Pine trees to where the lane dips down to the crossroads at Cockly Cley.

Go straight ACROSS and down though the bungalows, at the bottom of which you join another lane. Turn RIGHT here, over a little stream (the River Gadder again) then up a longish slope out of the valley. At the top of the slope the main road bears round to the right, but you take the little lane for Hilborough, straight AHEAD. This pretty lane runs though more Scots Pines, then water meadows for just over 2 miles to the junction at the main A1065.

If you are nervous in traffic, there is a convenient footpath across on the opposite side of the road. Turn RIGHT here and continue for about 150 yards, round the bend in the road until you see a lane (Westgate Street) across the road. Turn RIGHT here and go through a few houses and back into open countryside. The lane continues round a couple of sharp bends then soon after you are on a nice easy section where the road is slightly downhill all the way to the next crossroads.

Turn LEFT here on a larger road for less than a mile to the next junction where you turn RIGHT, then in about 100 yards take the tiny lane on the RIGHT, which winds its way up to a junction on the edge of Foulden. Turn RIGHT and follow the road, passing the White Hart and going out of the village. At the end of the cottages the road goes up a slight slope, round a bend and through the Nature Reserve of Foulden Common.

At a left hand bend in the road take the lane across on the RIGHT for Gooderstone and follow this back to the village.At the junction in the village turn RIGHT and soon after passing the school turn into the Water Gardens.