

Parking is on the B1146, the Dereham to Wendling road. Coming from the Swaffham direction via the A47, take the Longham/Wendling turn off and follow this towards Dereham. Soon after Scarning you go under the A47 bridge, then a little primary school on the left. The next turning on the left is New Inn Lane, where you can access the off-road parking in the lane at the entrance. Coming from the Dereham town direction New Inn Lane is the second turning on the right after the traffic lights.

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From this lane turn into New Inn Lane and go up to the junction, then turn left and follow this pretty lane, keeping to the left at both forks. At the next T junction turn right and follow the main track through two junctions, then turn right (signed Gressenhall) at the next.

Continue on the main track again to the T junction and turn left. Go up to the next junction at Dereham Road and turn left again and continue into Gressenhall. Just after the green on the right, turn right at the crossroads and continue through the houses and keeping to the main track until you join a larger road. Bear right here, go over the bridge and then take the lane on the left (Gorgate Road) and follow this, going straight across the next junction, over the level crossing and staying on the main track to a junction with the walls of Hoe Hall on your left.

Turn left towards Swanton Morly, passing St. Andrews Church and take the turning on the left for Bylaugh. Keeping to the main track, follow this lovely little lane to the junction at Rectory Road and turn right for a short distance to the next junction and turn right again into Town Street. In a short distance again, where the road forks you will see Darby's restaurant across the road. Turn left here and follow this lane, going round two sharp bends and eventually arriving at a junction on the edge of Elsing. Turn right here for Etling Green and again follow the main track, passing the lovely medieval Elsing Hall on the right and soon, at some bends you arrive at a junction.

Take the unsigned lane on the left and continue up to the crossroads with a "give way" sign. Go straight across into the little lane (Mill Road) and follow the lane over the bridge which carries you over the A47, and very soon up to a small group of buildings where the main road veers right. Take the lane straight ahead for Hockering and continue through Clippings Green (don't blink!) and up to an unsigned junction.

Turn right here and the lane curves around to the left to a junction, where you go straight on until you approach an area of woodland. Just before you reach the trees, turn sharp right into a lane which goes slightly uphill and follow this to a crossroads. Go straight across into Church Lane and continue to the little church at Welbourne and follow the lane round to the right. Continue through the bungalows to a junction where you bear slightly right and go up to the next junction.

Turn left here and in a short distance take the turning on the right and follow this round a left hand bend and up to a crossroads. Turn right and up to the next junction where you turn left for Garveston and then almost immediately right for Yaxham. Follow this lane all the way into Yaxham, where you bear left and enter the town.

Go across the next junction and where the road veers right, take the turning on the left for Shipdham. Follow this road, over the railway tracks and keep to the main track until you arrive at the main A1076 Dereham to Watton road. Go straight across into Green Lane, following this round a sharp left hand bend and continue to the "give way" sign where you turn right. At the next junction turn right into Shipdham Lane towards Scarning.

Follow this round bends to the next junction and turn right into Watery Lane towards Toftwood. Continue to the end where it comes to a junction and turn left for Scarning. Follow this to a farm at the next junction and turn right, taking you up to the A47, where you need to cross with care into the lane just across to the right. From here it is only a few turns of the pedals up to the Dereham road, where you can cross to the cycle path, turn right and return to the start point.

