

## WEAVERS' WAY ULTRAMARATHON ROUTE DESCRIPTION

Starting from the grass at the back of Acle memorial hall the route goes up a lane and then on public footpaths across fields behind the church at Fishley. The path ends at the village of Upton and turns right onto a quiet country lane at Upton Green.

At the last house on the left the route turns back onto a path which can be slippery when wet, this leads down towards a gate where the path turns right into the woods. Keep on this path through the woods then across a clearing to the edge of another woods. The path bends round to the left and exits on the bank of the river Bure.

The route then turns right to run back towards Acle bridge. This path can be quite muddy after heavy rain and slippery as a result. Just before the main road (A1064) the route crosses in front of Pedros restaurant (closed) and then turns sharp left staying on the pavement on the left hand side of the road, across the bridge and down the slipway on the left to reach the opposite bank of the river Bure next to Dunes cafe.

From here the route runs all the way to South Oby Dyke hugging the river bank. Just after Oby drainage mill the route heads slightly away from the river along South Oby Dyke to follow the Weavers' way signs across fields into the village of Thurne. The Weavers' way then heads back towards the river from behind the Lion pub and rejoins the riverbank on the north side of Thurne dyke.

The route then passes the spectacular white Thurne windmill and carries on along the riverbank path all the way to Potter Heigham passing behind the riverside houses and exits at the day boat hire centre next to the bridge. Feedstation 1 will be here. This is approximately 14km into the route.

At the road the route turns left, crosses the iconic Potter Heigham bridge, famous for its low arch, and then turns immediately right along the path behind an obvious riverside green. This is the first spectator spot where you can meet your supporters if needs be.

The path continues on the north bank of the river Thurne and continues up to Heigham sound where the path rises up slightly and the landscape changes to more woods and deep high reedbeds. This is a beautiful section of the course with lovely woodland and diverse bird life. The route runs alongside Hickling broad which you can occasionally glimpse to your right through the deep reedbeds.

The route then continues onto quiet village roads, first heading left then right at the junction then right again, there are a variety of different weavers' way signs through Hickling so keep your eyes peeled. At Hickling heath, opposite Poplar farm, the route heads right towards the staithe and the Pleasure boat pub at the top of Hickling broad, this is a good spectator spot also. The route follows staithe road into the main village of Hickling past the Greyhound pub and then taking the next left towards Sutton and Stalham.

At the next junction the route turns left and then right until it reaches Sutton mill, then turns right onto a footpath to exit onto Stalham road near Sutton Hall. Turf left here along Hall road

and bear right at the end of the road then left onto Field road which you follow straight all the way into Stalham. At Stalham cross the road at the zebra crossing near the mini roundabouts and carry straight on. About 400 metres past the roundabout you will be diverted right off the Weavers' way to the second feedstation at the Poppy hall, Stalham. There will be signs directing you and a marshal.

Once you have left the feedstation retrace your steps and carry on to the point where the marshal/ arrows directed you. Then turn right, carry on on the pavement which then turns into a gravel track. This is mostly good running surface and runs through some lovely countryside either side of the track. Keep on this surface for about 4 miles until you reach Bengate where the route turns right onto a road and then where the road bends it cuts across fields again to exit onto the road at the pretty village of Meeting Hill. The route turns right then left at the village sign and follows the road out of the village to an obvious left turn. Take this road and at the next junction turn right on Holgate road for about 800 metres. Then turn left and at the fork in the road take the left fork onto Field lane. About 700 metres the route takes a path across a field to the right and heads into North Walsham.

Carry on through the bungalows until you reach a main road. Turn right and run into the centre of North Walsham. At the top of a rise past the supermarket you will turn right past the fire station and across the bus station car park to feedstation 3 at N Walsham community centre.

On exiting the feedstation retrace your steps past the fire station and at the bend in the road cross the zebra crossing and run to the left towards the church. Turn right keeping the church on your left and at the next road turn left down the hill. At the bottom of the hill turn left and follow the Weavers' way signs out of town. This takes you under the main road and the railway line and onto a path and then a minor road before becoming a track again which runs all the way to the A140 past a glamping site. Don't miss the sharp left turn after the glamping site. This takes you to the A140 which will be marshalled as this is a busy road. **TAKE CARE HERE AND OBEY THE MARSHALS PLEASE.**

Once across the A140 you will be on a grassy track for 200 metres before turning left onto a quiet road that heads down into Aylsham via Drabblegate turning right across the river, crossing Cromer road and then at the next road, which is the busy road that goes from Aylsham to Blickling Hall, cross with care and run into the woods opposite for about 20 metres before running up some steps to the left. Turn sharp left at the top of the stairs run down the path and behind a hedge that separates the path from the road. This exits into a muddy layby (that may be a checkpoint) at the end of which you will turn right through a gate onto a wide grassy track. Follow this straight, up the hill to a farm and then carry on straight (running on the left side of the hedge at the farm) to run along the obvious track that runs alongside the fields. Do not deviate from this. Run straight until you exit at the quiet country road at Silvergate (this junction may also be a checkpoint).

At Silvergate turn right onto the road and continue until you meet the busy road to Blickling hall, coming out opposite a church. Cross the road with care and run along the right side of the road for a few hundred metres past the front of Blickling hall and take the right turn up a track that runs past the front of the pub. Follow the gravel track around the edge of the car park, bearing left and then right into the grounds of Blickling hall via a gate. Take the obvious

path straight ahead keeping the lake on your right until you enter the woods where the path splits in 3 directions. Follow the right branch around the top of the lake and the bear left before an obvious gate and fence, this will take you to Fisherman's car park, eventually exiting onto a lane and then back onto a well signposted path across a footbridge following grassy tracks along the right hand edge of a plantation to exit onto Gulgate lane. Turn left here and then after 150 metres turn right onto Beech lane ( a track) and then at the second branch turn left until you meet a quiet road in front of the Rectory.

Turn right then immediately left past the school, following the road into Erpingham, bearing right then left onto the street. The route then passes to the right hand side of Weavers way house down a narrow track which might be quite overgrown and easy to miss. The path exits across a bridge into Thwaite common. The path traverses Thwaite common at a 45 degree angle to the right and then past a gate and out onto the road where you will turn right and follow this around the corner until you get to the right hand bend which is only about 20 metres on. The Weavers way then crosses a field to your left through a gap in the hedge. Follow this across a couple of fields aiming for the church at the top of the hill. The path follows just outside the churchyard on the left handside and exits onto a busy road. PLEASE TAKE CARE HERE.

Cross the road carefully onto the grassy bank opposite. Turn left and then after about 20 metres turn right through a gate into a field and continue on the obvious path to eventually exit via a small gap in the hedge onto a quiet road where you turn sharp left up a slight incline. Follow this road through a quiet hamlet and just after the last bungalow on the right you will find the Weavers way signpost buried in the hedge, this will have tape on it to ensure you don't miss it. Turn right here down a gravelly path to cross a small bridge over a stream to the left of a house and up a short path, crossing the car park at the front of the house and onto the Weavers way straight ahead. This lane exits past a local garage at Aldborough and a clothes bank onto the quiet road that runs into the lovely village of Aldborough. Turn right at this junction and run into the village, at the end of the village green will be the feedstation outside the Cricketers on the Green pub. THIS IS THE LAST FEEDSTATION. 14km to go.

Turn right opposite the pub, running alongside the top of the village green keeping your eyes peeled for the Weavers way sign at the end of the green. This will direct you left between some houses and across a small footbridge that can be slippery when wet. The path here can be slippery so take care. Continue until you meet the lane and then turn right, run past Manor farm and then left following the lane until it reaches a T junction at Ringbank lane. Turn right here and run into the village of Hanworth along a quiet road, after some rather nice houses on the left you will cross a cattle grid next to a pond on your right. Shortly after the cattle grid take the left hand lane up a hill past the memorial hall to a junction with a telephone box on your right. Turn left here and keep running slightly uphill until there is an obvious split in the road at the top of the hill with a triangular shaped patch of grass. Follow the right branch through some white gates onto Emery's lane.

Continue down Emery's lane for 400 metres ignoring the lane to your left, then at the obvious Weavers way signpost go left through a small gap in the hedge that may be easy to miss in the dark. **Beware there is a drop of about 3 feet here so take care.**

Cross the field to exit into a meadow via a gate. After about 50 metres bear left at the fingerpost to run around the top edge of the field keeping the hedge on your right hand side. At the end of the field exit through a small gate and out onto a path that exits onto a concrete path past some trees that are festooned with birdhouses. There is also a signpost made from a bicycle at the base of a tree. Continue down this path all the way until it exits onto the road at Sustead, there are signs here saying Glen Farm HGV entrance. Turn left here onto the road, there is sometimes a fair bit of traffic on this road so take care. Continue on this road ignoring the left turn back to Hanworth and past the next right turn until you exit the village up a slight rise to meet the church at another road junction. The sign for Weavers way is not immediately obvious here but you will turn right just before you get to the church wall, keep the wall on your left until you reach a small fingerpost at the corner of the wall. Then follow the path that travels at an angle of 45 degrees to the left (not the path that is straight ahead).

Cross 3 fields, beware of the ditch between fields 2 and 3 and exit onto the lane. Turn immediately right down a hill and then back up a slight incline following the road around a left hand bend after about 600 metres. The Weavers way goes sharp right at the bend across the front of Common Farm. This turning is easily missed as the sign for the Weavers way is positioned just past the junction so beware here. Follow the lane that looks like a private road but it is not, it is the Weavers way and then exit onto the lane past the farm and out onto fields again. This path eventually exits onto the road at the edge of a woods on your right. Turn immediately right onto the road into the woods and after about 20 metres turn left into the woods. This beautiful woodland path runs into the grounds of Felbrigg. Stay on the obvious path until you meet the front edge of the lake at Felbrigg. This edge of the lake is not signposted so do not keep running past the lake. You need to turn left here keeping the lake on your right hand side.

Keep following the pink Weavers arrows that take you through the woods, through some gates and eventually bear right to cross another two gates before turning left to run down a path that exits onto the road via a metal gate. This road then passes in front of the hall. Run past the hall, keeping the hall on your left to exit again via a metal gate into the car park. Run through the car park and continue down the road. As the road sweeps down the hill it will end at another cattle grid and gate next to a tree. Go through this gate and you will be on a grassy track across a field. This track is sometimes not obvious in poor visibility so beware. It follows a 30 degree angle from the road to pass through a gap in the trees about 200 metres away. Keep going on the same bearing to reach a gate. Go through the gate, continue up the lane, ignore any turns to the left until you meet the main road at Felbrigg.

Turn right here, run on the pavement until you get to a bend in the road. There is a green sign just past the houses on the other side of the road that advertises some holiday cottages. The Weavers way crosses the road here. Take care, this road can be busy. Cross the road and run down this track past the holiday cottages onto a grassy track. This exits onto a lane where you turn right and then immediately left up a small bank onto the path on the edge of the field, keeping the woods on your right. At the end of the woods run across the field on the obvious path and then across a bridge over the railway line. At the end of the bridge go through the first gate you see (about 10 metres past the bridge) into a field. Do not continue past this gate down the lane as this is the wrong way.

Continue on the same bearing until you hit the corner of the woods then bear left at an angle of about 30 degrees to run down the hill to exit onto the road next to Amazonia zoo via a gate. Cross the road and turn left, you are now on the final stretch into Cromer. Follow the pavement and after about 600 metres the path turns slightly right then after 10 metres left to run just away from the road a bit, past a campsite and through a small stretch of woods to exit onto a green/ playground on the right. Follow the path through the playground/ park into the car park.

At the end of the car park you will meet the main road, please cross at the lights. If you are neck and neck with another runner at this stage and you can see that the runner in front has had to wait for the lights to change please be sporting about this and don't use this as an opportunity to overtake as this is not in keeping with the spirit of ultra running.

Once across the road you can take either Chapel street which is slightly to your right or West street which is slightly to your left. It doesn't matter as they both meet at the same point. Then cross Church street (the main road) and run down Garden street, please keep to the pavement as much as possible. Run past the community centre and keep going past The Wellington pub to the Weavers way sign that is in a gap at the end of the road between 2 buildings. Then run down the zig zags to the pier, taking care not to knock any pedestrians over in your excitement at seeing the flags and the finish line below you

**If it looks like it is going to be especially busy we may position some marshals in town, if so please obey their instructions to safely guide you through Cromer as it can be busy at peak times and safety is our top priority.**