

see *England*

National Cycle Route 51, Newmarket to Felixstowe £2 (2009) 77 mls
Sustrans.) 0845 113 0065 (7/09)

The Icknield Way Trail see *Cambridgeshire* (7/09)

Cycling guide and map, Thetford Forest Park £1 or download map from www.forestry.gov.uk/forestry/infd-79ekqe
Forestry Commission, Santon Downham.) 01842 810271 press 6 (11/09)

Rendlesham Forest map with cycle trails download from
[www.forestry.gov.uk/website/pdf.nsf/pdf/fce-rendlesham-map.pdf/\\$FILE/fce-rendlesham-map.pdf](http://www.forestry.gov.uk/website/pdf.nsf/pdf/fce-rendlesham-map.pdf/$FILE/fce-rendlesham-map.pdf) FREE (11/09)

Explore the Valley Trail download from
www.suffolk.gov.uk/Environment/CountrysideServices/WhereElseCanIVisit/ValleyWalk.htm
3½ mile trail using the disused railway line from Sudbury to Rodbridge Picnic Site
OS 155, GR 876 410/856 436 (11/09)

Debenham Walk download from
www.suffolk.gov.uk/Environment/CountrysideServices/CountryWalks/debenhamwalkroute.htm
4 mls, suitable for horseriders (11/09)

Alton Water Cycle Hire Route Map 20p + p&p
(OS 169, GR 15 35) 8 mls
Alton Water Cycle Hire.) 01473 328873. Email: altoncyclehire@hotmail.com. www.altoncyclehire.co.uk (1/1)

Get Cycling in Suffolk FREE BROCHURE (3rd Edition 2007) or download from
www.suffolk.gov.uk/TransportAndStreets/Cycling/CycleMaps.htm
Environment & Transport, Suffolk County Council.) 01473 260423. Email: lucy.williams@et.suffolkcc.gov.uk (1/10)

Ipswich Cycle Route Map FREE (Second Edition July 2009) or download from
www.suffolk.gov.uk/TransportAndStreets/Cycling/CycleMaps.htm
Tourist Information Centre, Ipswich.) 01473 258070. Email: tourist@ipswich.gov.uk (9/09)

Bury St Edmunds Cycle Map FREE (2005) or download from
www.suffolk.gov.uk/TransportAndStreets/Cycling/CycleMaps.htm
Tourist Information Centre, Bury St Edmunds.) 01284 764667. Email: tic@stedsbcc.gov.uk (2/10)

Lowestoft Cycle Route Map FREE (August 2009) or download from
www.suffolk.gov.uk/TransportAndStreets/Cycling/CycleMaps.htm

Cycling Discovery Map 18: Churches, Copses and Country Lanes FREE

Cycling in the "Old World" of Suffolk 3 FREE LEAFLETS

Cycle routes through Suffolk with American Connections; Ipswich & Beyond; In and around Bury St Edmunds;
Riding the Suffolk and Essex Borders; Touring in the Heart of Suffolk
Tourist Information Centre, Southwold.) 01502 724729 (9/09)

Beccles Cycle Map (2005) download from www.suffolk.gov.uk/TransportAndStreets/Cycling/CycleMaps.htm (1/10)

Cycling in the Heart of Suffolk, the Heart of Suffolk Cycle Route FREE

75 mls (signposted, links to NCN 1)
Discover Suffolk, Suffolk County Council.) 01473 264759. Email: discoversuffolk@suffolk.gov.uk.
www.discoversuffolk.org.uk/cycling.aspx (7/09)

Two Rivers Cycle Guide, 2 maps (RR 30) *out of print*

King's Lynn (Norfolk) to Diss & Diss to Lowestoft
See *Norfolk* (2/10)

Cycle South Suffolk 50p + p&p

6 Leisure Cycle Routes (signposted) and information to guide you around South Suffolk
Tourist Information Centre, Sudbury.) 01787 881320 (11/09)

Diss Cycleways FREE LEAFLET (2004)

A series of three cycling routes on country roads around Diss and the Waveney Valley. 10/18 ml circuits

Cycling around Eye FREE BOOKLET (1998)

Tourist Information Centre, Diss.) 01379 650523 (8/09)

The Godric Way, circle from Bungay 24 mls

Download leaflet from www.godriccyclingclub.co.uk/godricway.htm or www.bungay-suffolk.co.uk/tourism/godric.htm (1/10)

Cycling Discovery Maps:

G (19): The Jockey's Trail 28 mls from Newmarket

download from

www.visiteastofengland.com/visitor-information/thedms.aspx?dms=11&groupid=5&catid=71&itemtype=55&mstat=1&lstat=1&msg=Cycling%20Routes

E (18): Churches, Copses and Country Lanes 24 mls from Carlton Colville

V (20): The Miller's Trail 23 mls from Ixworth

download from

www.visiteastofengland.com/visitor-information/thedms.aspx?dms=11&nv=26&msg=Cycling+Routes&ItemType=55&easi=true&mStat=1&lStat=1 (1/10)

The Painter's Trail *PACK* £3.50 or download details from

<http://mediafiles.thedms.co.uk/Publication/EE-Ess/cms/pdf/Days%20out%20cycling%20on%20the%20Painters'%20Trail.pdf>

from Sudbury or Manningtree (Essex) 69 mls (includes the Dedham to Bures Cycle Route)

Tourist Information Centre, Flatford.) 01206 299460 (6/09)

Suffolk Coastal Cycle Route £4.95 + p&p **NEW**

Map 1 Felixstowe to Sudbourne & Bredfield to Felixstowe &

Map 2 Sudbourne to Bredfield 88 mls (signposted, parts NCN 1)

plus Tunstall & Dunwich Forest Map & Rendlesham Forest Map

Suffolk Coast & Heaths Project, Melton.) 01394 384948. www.suffolkcoastandheaths.org/ (12/09)

Goldeneye Cycling Country Lanes & Byways Map: Suffolk £6.99

Goldeneye Maps. www.goldeneyemaps.com to order on-line (12/09)