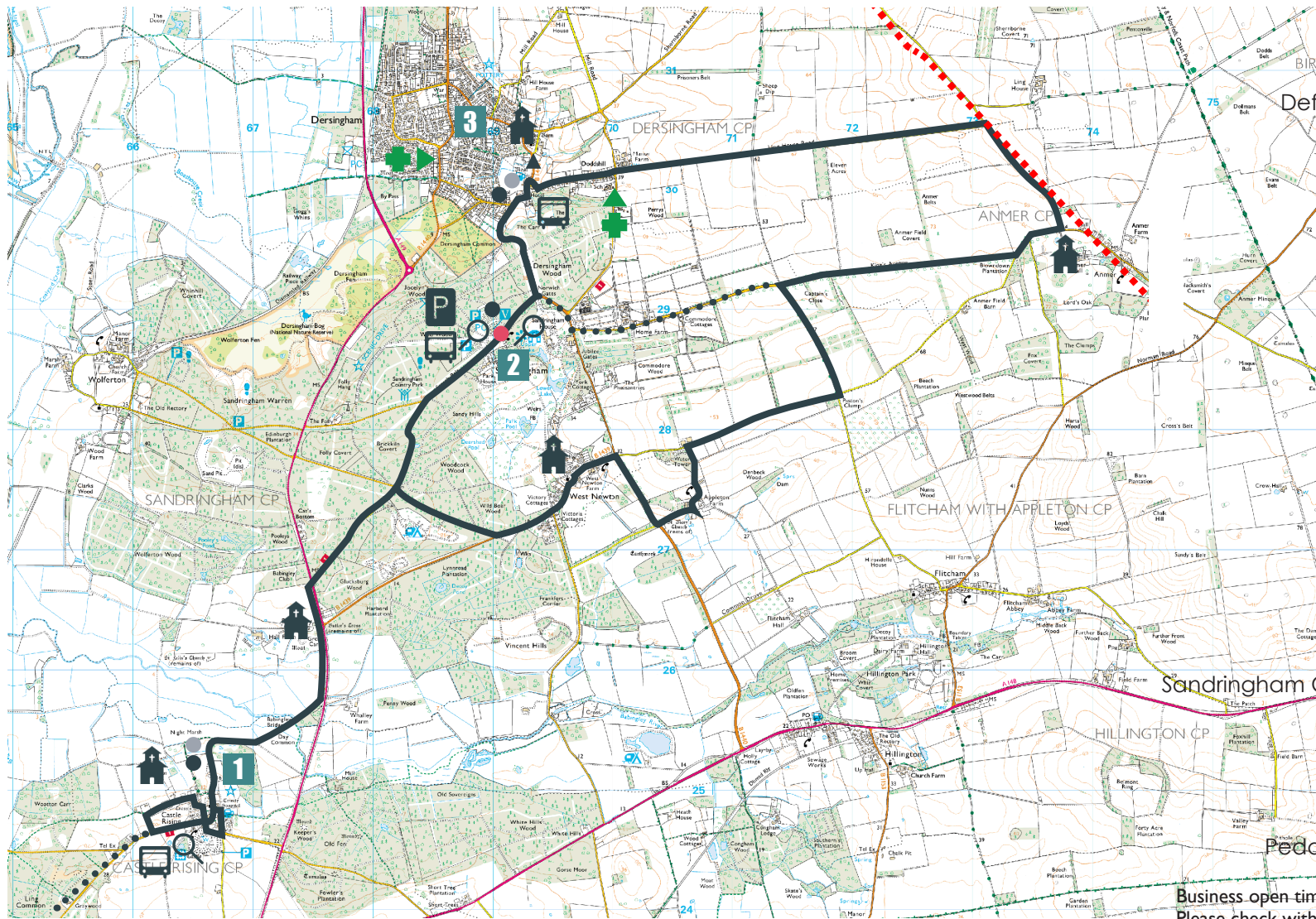



# SANDRINGHAM


14.75 miles / 23.75 km



Defibrillator (AED) map location. 

Business location. 

Route link. 

Route. 

Start point. 

Bus Stop 

Parking 

Heritage / Point Of Interest 

Church 

**CASTLE RISING**

Castle Rising Tea Rooms  
The Black Horse Inn

**SANDRINGHAM**

Sandringham Country Park, Café and Shops

**DERSINGHAM**

Petals Tea Room  
The Feathers Hotel  
Coach and Horses

Peddars Way & Norfolk Coast Path 

Business open times may vary.  
Please check with venue if you look to  
use their facilities & services.



Norfolk County Council

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**From the Norman Castle at Castle Rising to the vast royal estates of Sandringham and Anmer there is barely a moment of this journey that doesn't conjure some new and wonderful sight from the distant or recent past. The Sandringham visitor centre is the perfect hub for an exploration of the estate on two wheels, and with only one short section of gravel track, the route is approachable on any bicycle.**

The Sandringham route begins with a loop to the south, visiting Castle Rising and crossing the Babingley River on the way out and back. St. Felix sailed up this river before introducing Christianity to East Anglia in AD 615, a story immortalised on Babingley's village sign.

Castle Rising's castle itself and the Church of St. Lawrence were built in the 1150s. In the 1300s the castle was home to Queen Isabella after her possible involvement in the murder of her husband, King Edward II. Other buildings in the village of Castle Rising, such as the cottages at 20 and 21 Low Road and Trinity Hospital, an almshouse, are post medieval and date from the 1600s.

Returning to the Sandringham estate and the more recent past, the route passes the Norwich Gates at Sandringham, which were originally constructed for the Great Exhibition of 1862. Looping out via West Newton and Anmer churches, the route returns through the heart of the estate, past the War Memorial. The Sandringham estate was purchased by the Prince of Wales, later King Edward VII, in 1862. Sandringham House, built shortly afterward, re-introduced a royal retreat to north-west Norfolk. The house and estate have provided employment to locals for generations.

In 1906 Frank Beck, the land agent for King George V, formed the Sandringham Company of Volunteers. Despite being over fifty years old during World War One, Captain Beck insisted on accompanying his men on active service. As part of the 5th Battalion, Norfolk Regiment, Beck's men took part in the disastrous invasion of Gallipoli. Reports received at Sandringham stated that they had gone missing during battle on 12 August 1915. A rumour circulated later that they had disappeared into a cloud, earning them the nickname 'the Vanished Battalion'.

Beck and his men are honoured on the lych gate to St. Peter and St. Paul's Church in West Newton where a window depicts Beck as St. George. The Sandringham war memorial, which bears a striking resemblance to the medieval village cross in Castle Rising, lists the names of several members of the 5th Battalion.



## Getting Started

The route's starting point is at Sandringham Visitor Centre (TF691288).

## Parking

Free parking at Sandringham Visitor Centre subject to opening times.

Alternatively you can cycle from King's Lynn train station follow National Cycle Route 1 for 11 miles to Sandringham Visitor Centre.

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## FEEDBACK FORM

**How many people are in your party? (including yourself) Please write in number**

Male  Under 18  18-35  36-60  Over 60   
Female  Under 18  18-35  36-60  Over 60

**Are you:** Walking  Dog Walking  Cycling  Other .....

**Which ONE of the following BEST describes your visit to this Trail?**

SHORT visit (less than 1 hour)  PART-day visit (1-4 hours)   
FULL-day visit (5 or more hours)  LONG DISTANCE trip (more than 1 day)

**Where is your permanent residence?** (This is just to help us monitor where visitors come from) .....

**Did you use a website to find out information about the route before your visit to this Trail?** YES  NO  **if YES which website?** .....

**During your visit to this Trail, approximately how much have you spent on the following, per person, per day and where? Please write in £**

Accommodation [£ ] Food and drink [£ ]  
Where:..... Where:.....

**Is this your first visit to this Trail?** YES  NO

**Returned forms can be posted to Norfolk Trails, Floor 6, County Hall, NR1 2DH**