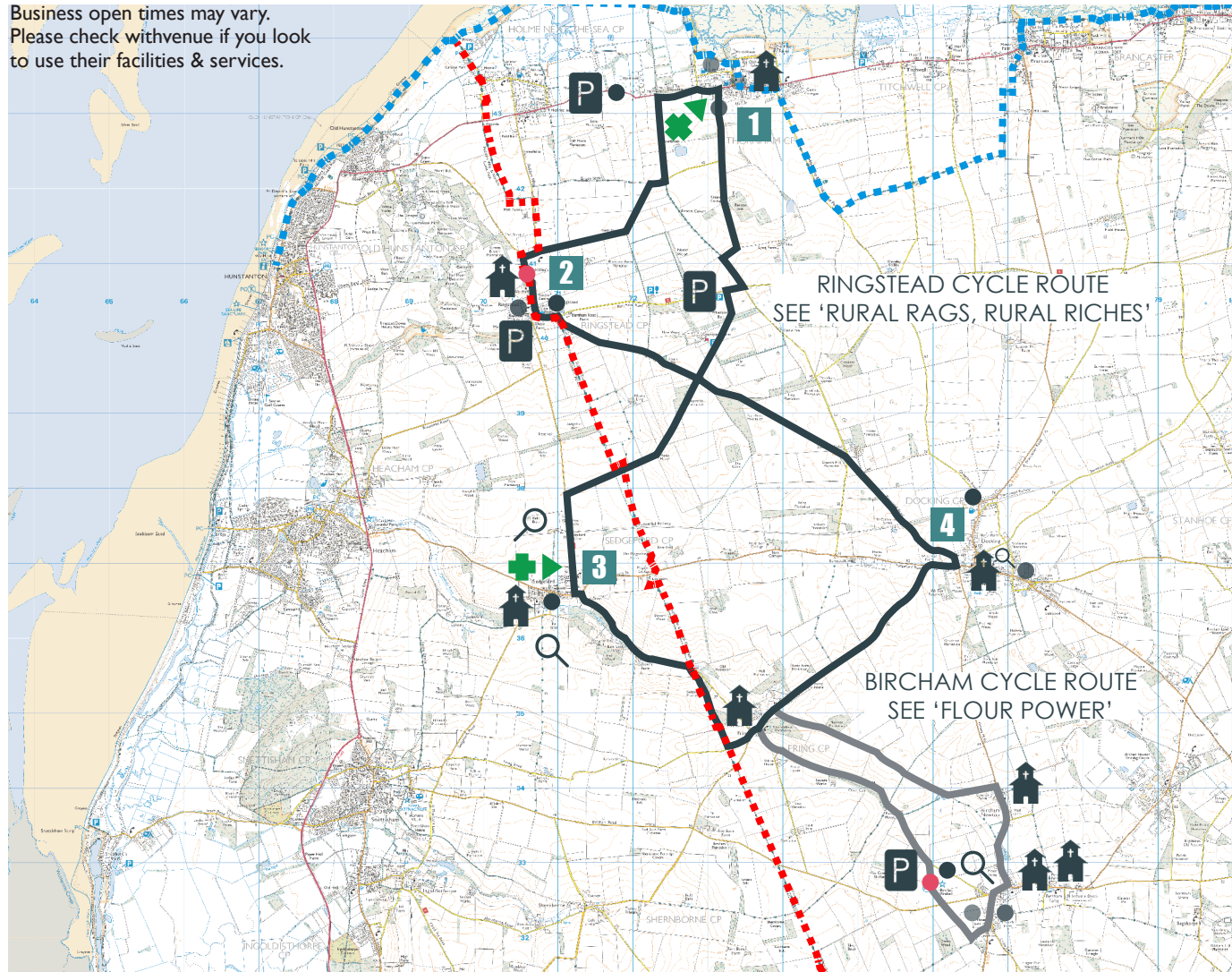


RINGSTEAD & BIRCHAM

Ringstead 17 miles / 27.25 km
 Bircham 6.5 miles / 10.5 km

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



Defibrillator (AED) map location.

Village reference (cycling routes).

Business location (cycling routes).

Route.

Start point.

Bus Stop

Heritage / Point Of Interest

Church

THORNHAM
 Drove Orchards ●
 Thornham Deli ●
 Lifeboat Inn ●
 The Orange Tree ●

RINGSTEAD
 Gin Trap Inn ●
 The General Store ●

SEDFORD
 The King William IV Country Inn & Restaurant ●

DOCKING
 Railway Inn ●
 Docking Fish ●

GREAT BIRCHAM
 Bircham Mill ●
 Bircham Stores and Cafe ●
 Kings Head Hotel ●

Peddars Way & Norfolk Coast Path



Norfolk County Council

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With a pub in each village the Ringstead route passes through, it's the perfect route for leisurely exploration. The shorter Bircham route is an ideal route for families; Combined with a visit to the mill, it makes for a great family day out in the Norfolk countryside. For those seeking challenge, or faster cyclists that want to visit everything the area has to offer, why not combine the two routes into one loop?

West Norfolk has been home to notable politicians, distinguished ladies and brave sea captains. Throughout history though, the reality of life in rural areas has often been harsh. The plight of agricultural workers who relied on seasonal employment could become especially desperate during the winter months. In 1834 the Poor Law mandated that paupers in Britain should be accommodated in workhouses, where they were expected to work in exchange for food, clothing and care.

In 1836 a new workhouse was built west of Docking for the Docking Poor Law Union. A children's home in the village was opened at around the same time with the support of Mrs Edith Ames Lyde, Lady of the Manor at Thornham.

While the workhouse had a maximum capacity of four hundred and fifty people, the records show just eighty-six inmates. Ages vary from a few months old to an individual in their eighty second year. Listed as 'paupers', the inmates would have had a structured day-to-day life and received training in various professions. Living conditions would have been very basic.

Near Fring, a hoard of gold Iron Age coins was discovered on the site of a later Roman villa. Another hoard of twenty gold Iron Age coins hidden inside a cow bone was found at Sedgeford. The village of Sedgeford itself is now associated with archaeology thanks to the Sedgeford Historical and Archaeological Research Project (SHARP), a wonderful project that brings in experts and enthusiasts alike from around the globe to dig and investigate the periods of human settlement in the village (open to visitors in July and August, see www.sharp.org.uk).

A more modern feature that has already disappeared is the railway. Sedgeford station is now a private residence, and the owners have retained one of the old level crossing gates. The Ringstead route crosses the route of the old railway and visits the villages of Docking, Fring and Sedgeford. The workhouse still stands on Heacham Road to the west of Docking, slightly off the main route. The orphanage at Docking is now a private house on Fakenham Road called Lyde Cottage.



Getting Started

This route has two starting points:
Ringstead village green/picnic area (TF705410).
Bircham Windmill (TF759327).

Parking

For Ringstead starting point there is limited car parking in the village.

For Bircham Windmill start point there is on-site car parking subject to opening times.

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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