2 MARTHAM ■ Thurne ■ Rollesby ■ West Somerton

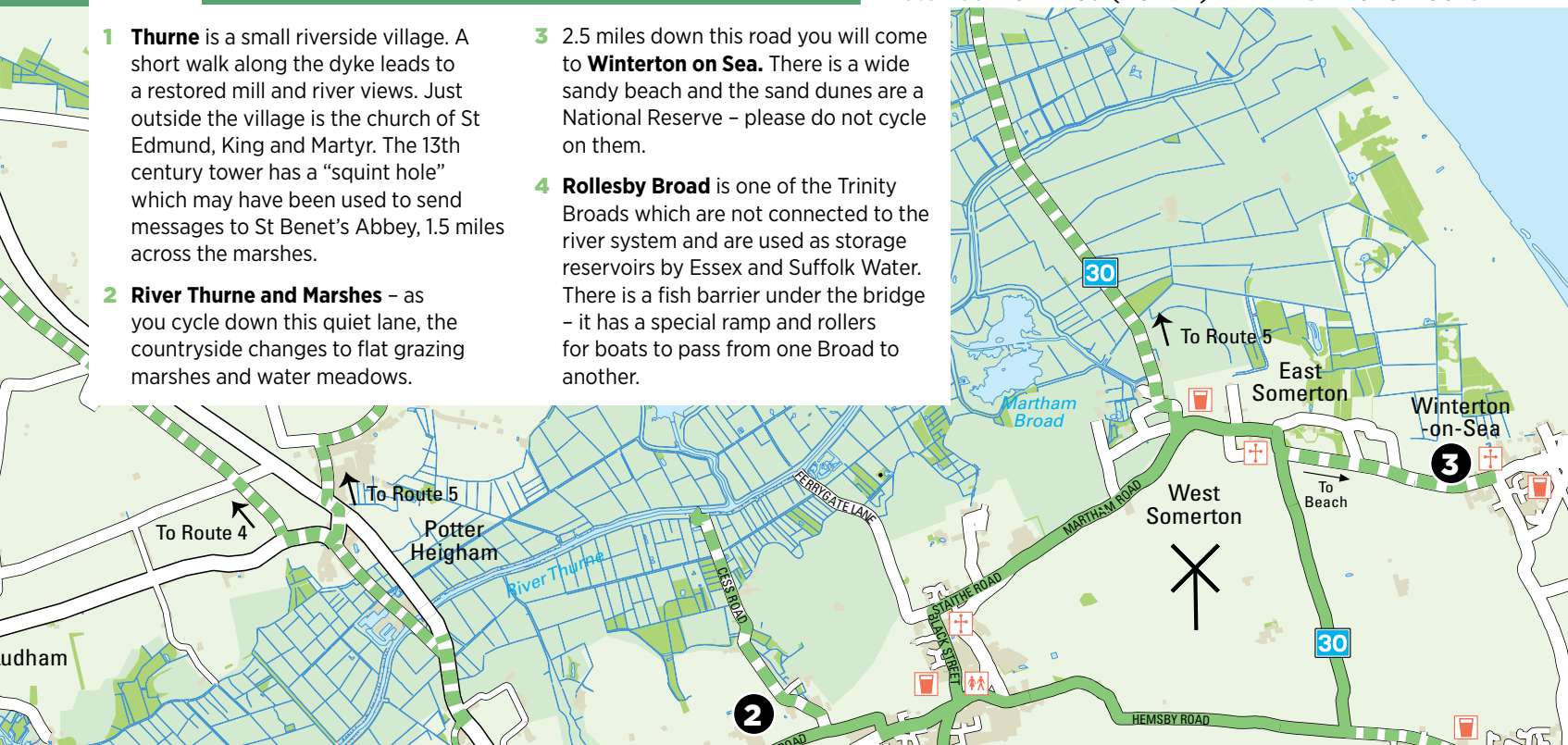
Distance: 15 miles (25 km) ■ **Time:** 2.5–3 hours

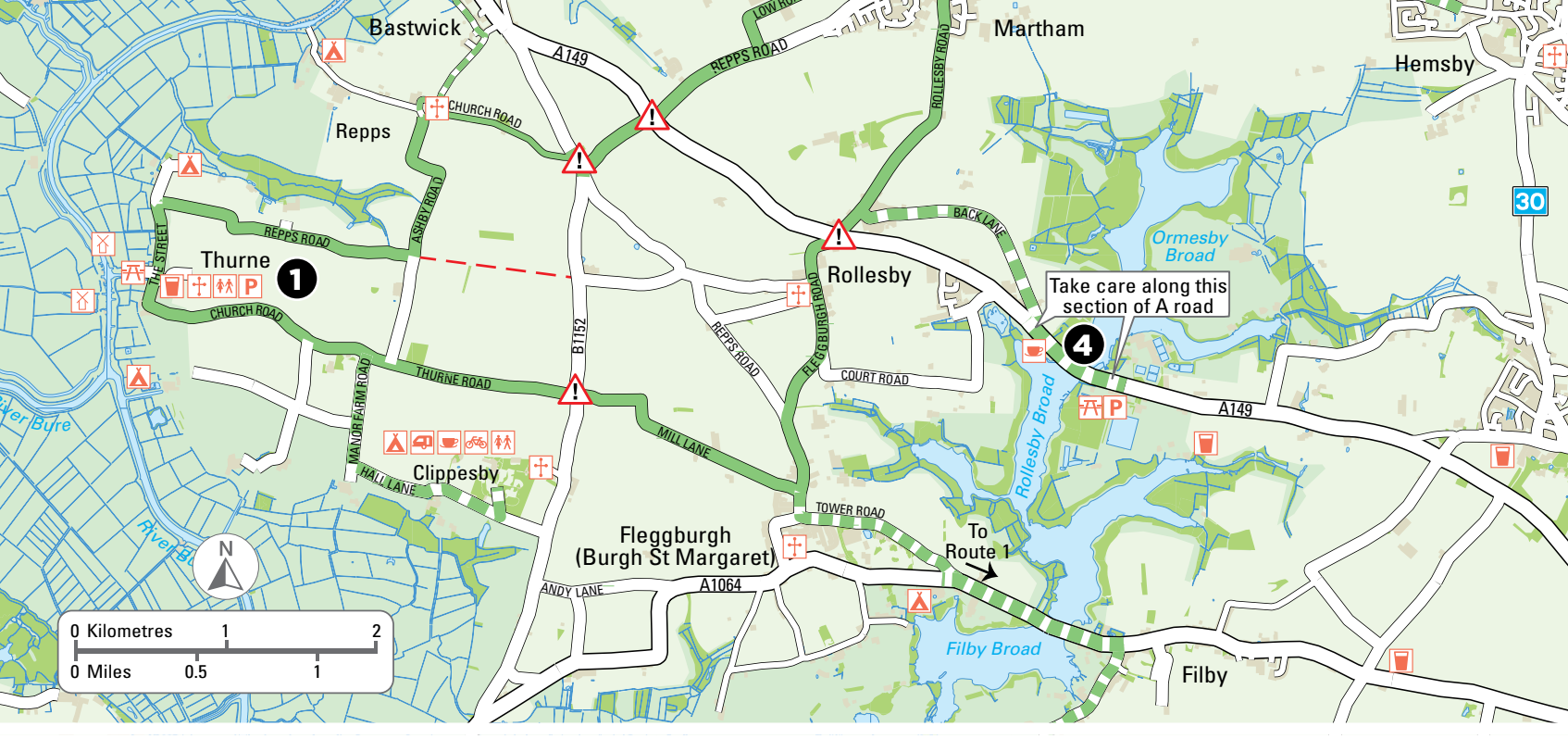
1 **Thurne** is a small riverside village. A short walk along the dyke leads to a restored mill and river views. Just outside the village is the church of St Edmund, King and Martyr. The 13th century tower has a "squint hole" which may have been used to send messages to St Benet's Abbey, 1.5 miles across the marshes.

2 **River Thurne and Marshes** – as you cycle down this quiet lane, the countryside changes to flat grazing marshes and water meadows.

3 2.5 miles down this road you will come to **Winterton on Sea.** There is a wide sandy beach and the sand dunes are a National Reserve – please do not cycle on them.

4 **Rollesby Broad** is one of the Trinity Broads which are not connected to the river system and are used as storage reservoirs by Essex and Suffolk Water. There is a fish barrier under the bridge – it has a special ramp and rollers for boats to pass from one Broad to another.





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