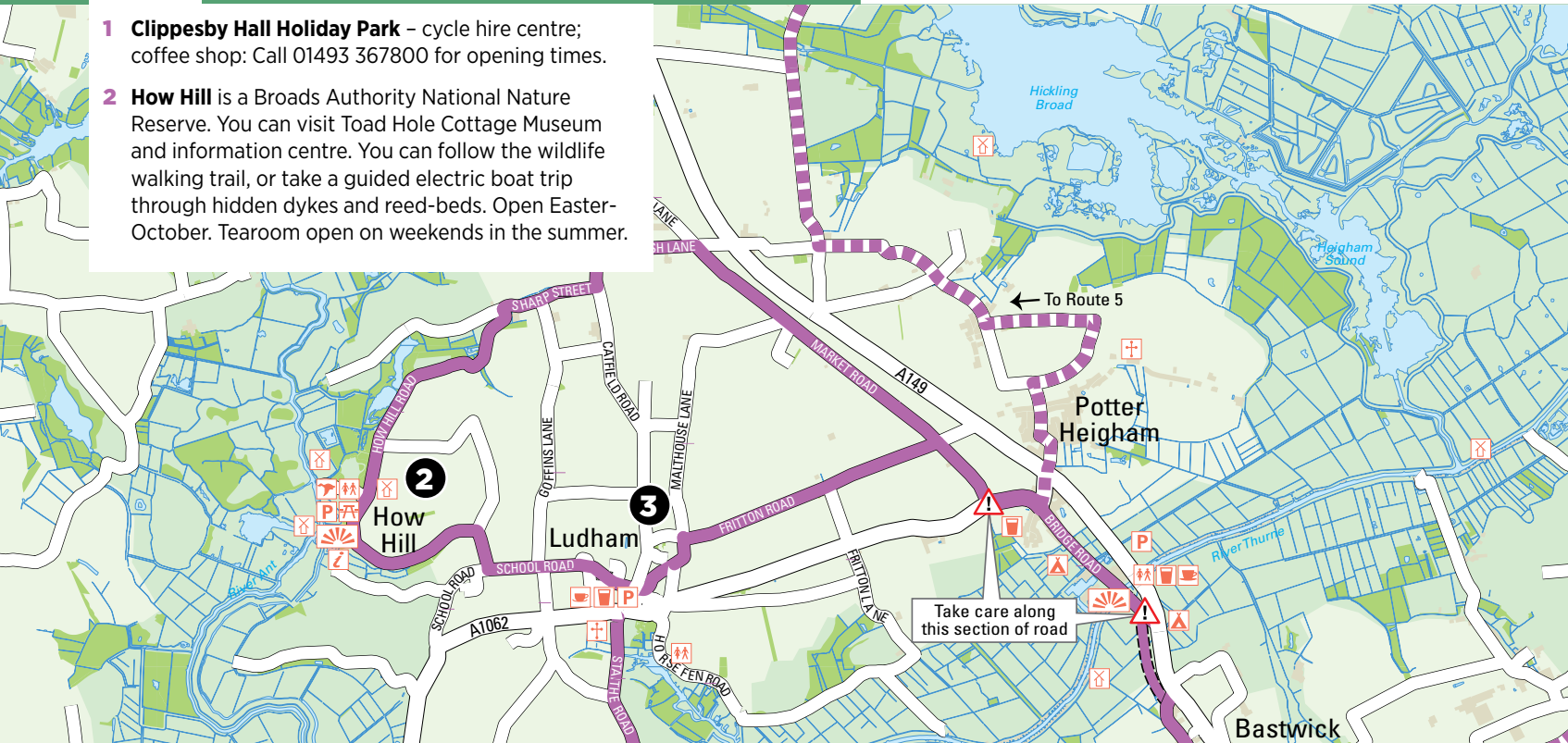
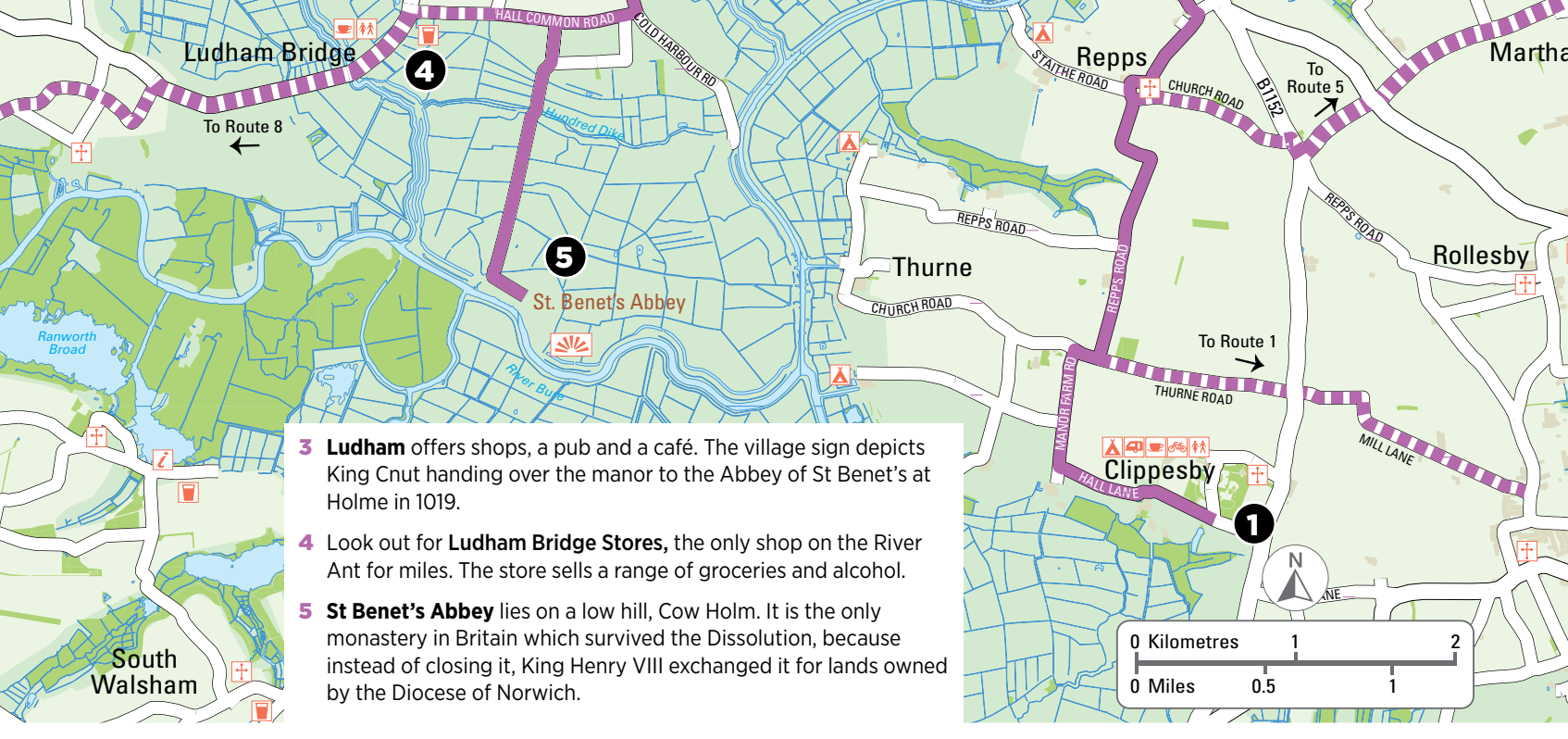
4 CLIPPESBY ■ Potter Heigham ■ How Hill ■ Ludham

Distance: 14.5 miles (23.3 km) ■ **Time:** 2 hours

1 **Clippesby Hall Holiday Park** – cycle hire centre; coffee shop: Call 01493 367800 for opening times.

2 **How Hill** is a Broads Authority National Nature Reserve. You can visit Toad Hole Cottage Museum and information centre. You can follow the wildlife walking trail, or take a guided electric boat trip through hidden dykes and reed-beds. Open Easter-October. Tearoom open on weekends in the summer.





3 **Ludham** offers shops, a pub and a café. The village sign depicts King Cnut handing over the manor to the Abbey of St Benet's at Holme in 1019.

4 Look out for **Ludham Bridge Stores,** the only shop on the River Ant for miles. The store sells a range of groceries and alcohol.

5 **St Benet's Abbey** lies on a low hill, Cow Holm. It is the only monastery in Britain which survived the Dissolution, because instead of closing it, King Henry VIII exchanged it for lands owned by the Diocese of Norwich.