

- 1 Thurne. 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 ½ 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 ½ 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 unconnected to the river system and 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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