



**Above:** There's also a 100-mile route for fitter riders...  
**Below & bottom:** ...and 5- and 25-mile routes for casual riders and family cyclists

*Weekender*

# Diss Cyclathon

There's something for all on this summer Challenge Ride in Norfolk, says **Neil Collins**



**NEIL COLLINS**

*Diss Cyclathon organiser*  
 Computer software engineer Neil is a keen cyclist and runner

**D**iss Cyclathon is an annual cycling event run in and around the small market town of Diss in south Norfolk. This year it will take place on Sunday 23 June. It is organised by volunteers and we donate any profits to local charities and cycling groups. There are several rides from five miles to 100 miles, all starting from the centre of Diss and exploring the country lanes in south Norfolk and north Suffolk.

Diss Cyclathon won the Cycling Event of The Year in Cycling UK's Volunteer Awards in 2018 because it has something for everyone, from youngsters out with their parents, to long-distance riders looking to enjoy the sights of this part of the country. It is also a very relaxed event with plenty to do when you've finished your ride, including sampling local beer, tasting delicious food from the range of stalls, or a just sitting in the park and listening to the live music.

More than anything, though, the event is about enjoying the cycling in this beautiful part of the country, which is a mix of quiet county lanes, small villages and market towns.



**More routes**

Cycling UK has compiled 140 great UK routes. Visit [cyclinguk.org/140-routes](http://cyclinguk.org/140-routes)



## Weekend ride

## DISS CYCLATHON, 50-MILE ROUTE

•Start/finish: Diss Park, Norfolk •OS grid reference: TM114797 •Maps: OS Landrangers 156 & 144, but the route is waymarked •Ride length: 53.5 miles (86.1 km) •Climbing: 525 metres •Bike type: Road bike or tourer ideally but some use hybrids or MTBs •Ride level: Regular to experienced •GPX: [plotaroute.com/route/332066](https://plotaroute.com/route/332066)

**1 Start/finish**

The route starts and finishes in the park in the south Norfolk market town of Diss. The park is on the banks of Diss Mere, the deepest lake in Norfolk, formed in the last ice age and home to many duck, geese and fish.

**2 WENSUM VALLEY**  
After winding through the pretty market town of Harleston, you turn along the Wensum Valley and skirt the Suffolk border. The valley is picturesque with meadows, trees and a few (small) hills.

**3 Hill climbing!**

Leaving the valley, the route heads up one of the steepest roads in Norfolk. It's a fairly modest 15% and only for a few hundred feet, but it should be enough to get your heart rate up and remind you that Norfolk isn't completely flat.



**4 LONG STRATTON**  
The feed stop is in Long Stratton at the halfway point of the ride. Long Stratton, recently designated as a town rather than a village, takes its name from the 'long street', or Roman road, that runs through the middle of it.

**5 Wymondham**

After leaving Long Stratton, you head through rolling countryside to the historic market town of Wymondham, passing by the famous Wymondham Abbey on the way out of the town.

**6 TOUR OF BRITAIN ROUTE**

After Wymondham and Attleborough, the route picks up part of the Tour of Britain route through Old Buckenham. It then makes its way over to Banham, with a few hills to stretch the legs before a final run along winding country lanes back to Diss and a well-earned drink at the Cyclathon HQ.

**Challenge yourself**

Tickets are £5 for family rides and £15, £20, and £25 respectively for the 25, 50 and 100 mile sportives.

[disscyclathon.org](https://disscyclathon.org)

[cyclinguk.org/challenge-rides-2019](https://cyclinguk.org/challenge-rides-2019)