

Bikepacking isn't just fo 20- or 30-something gravel bikers. See: cyclinguk.org/ article/bikepackingyour-50s

Roman road (and modern day National Trail) that runs arrow straight from Thetford to the north Norfolk coast. We didn't stay on it exclusively but continued to encounter it for the rest of the day, crisscrossing and riding parallel to it. Wonderful and wide forest tracks with overhanging canopies framed our way for a while. Then we came to a halt, literally in some cases, at a section of loose, red sand.

Eventually we reached King's Lynn, where Cobbles Tea Room provided a wide selection of artisan cakes. From there we cruised alongside the River Great Ouse, past patios and bustle. Castle Rising, Sandringham and Holkham presented us with tremendous castles and fairytale-scale estates.

Before long we were approaching the coast, riding along a delightful boardwalk on NCN Route 1. At Wells-next-the-Sea we camped properly for the first and only time of the trip, using our own gear.

Rain overnight faded away and we woke to sunshine, which quickly dried damp kit. Then we set off for the Walsingham, known as 'the Nazareth of England' thanks to the shrine that was built there after medieval noblewoman Lady Richeldis said she had visions of the Virgin Mary.

The day's riding was again a good mix of paved and unpaved fun. We continued through the seaside town of Sheringham, where the drizzle returned, and on leaving it encountered the route's only real climb: mostly rideable gravel, there's a short hike-a-bike section to reach the 87-metre high viewpoint. The view over the coast is worth the climb.

After Sheringham we rode first on forest tracks with log piles alongside, then on gravel tracks past the National Trust property of Blickling Estate. We picked up some goodies in Aylsham to take to our final night's stop – glamping again, this your-50s



Fact file The Rebellion Way

• Distance: 370km.

• Route: A clockwise loop from Norwich, first heading south into Suffolk before turning north and passing through Thetford Forest. Up to the coast at Wells-next-the-Sea, then to Sheringham, Aylsham, and back to Norwich.

 Conditions: Mostly warm and sunny weather with (in June) very dry and dusty trails. Aside from some short sections with loose sand and gravel, the off-road sections were all easy to ride.

• Bike to use: Any bike capable of moderate off-road terrain. A touring bike or hybrid could tackle this, not just a gravel bike or mountain bike.

• Getting there: You could begin and end anywhere on the route but Norwich railway station is ideal.

• Accommodation: We stayed at a mix of campsites, hotels, and glamping sites.

• I'm glad I had: Sunscreen and a rain jacket for the changeable UK weather. Coffee and a stove so that I could brew up.

• Next time I would: Bring a tent instead of a bivvy bag for comfort.

• Maps/guides: cyclinguk.org/ rebellion-way