

Things you need to take on the trail -

- A robust fully charged outdoor powerchair with puncture repair aerosol, an able bodied accomplice, suitable clothes and a safe exit strategy.
- A fully charged mobile device.
- Maps and guide books etc.
- An adventurous spirit.

The notes are to be used in conjunction with following the trail north to south. The field crossings and barriers will become self evident as you progress. Extra care needs to be taken on busy roads to Arminghall Lane, crossing the A140 and on the Dickleburgh Road.

We'd like to know how you get on.
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Stay Safe!

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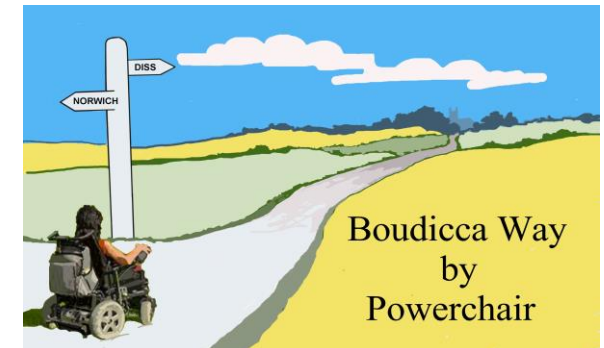
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Boudicca Way By Powerchair

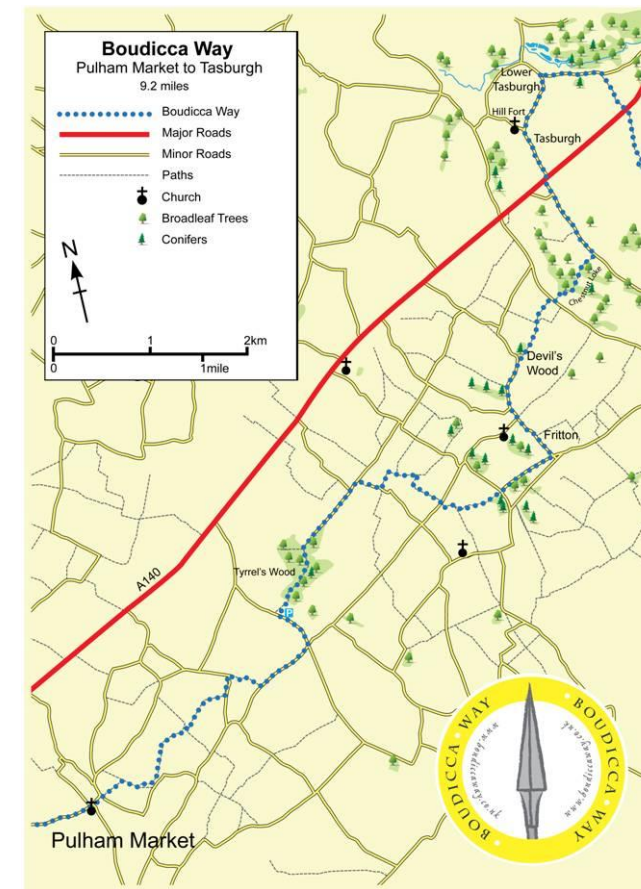
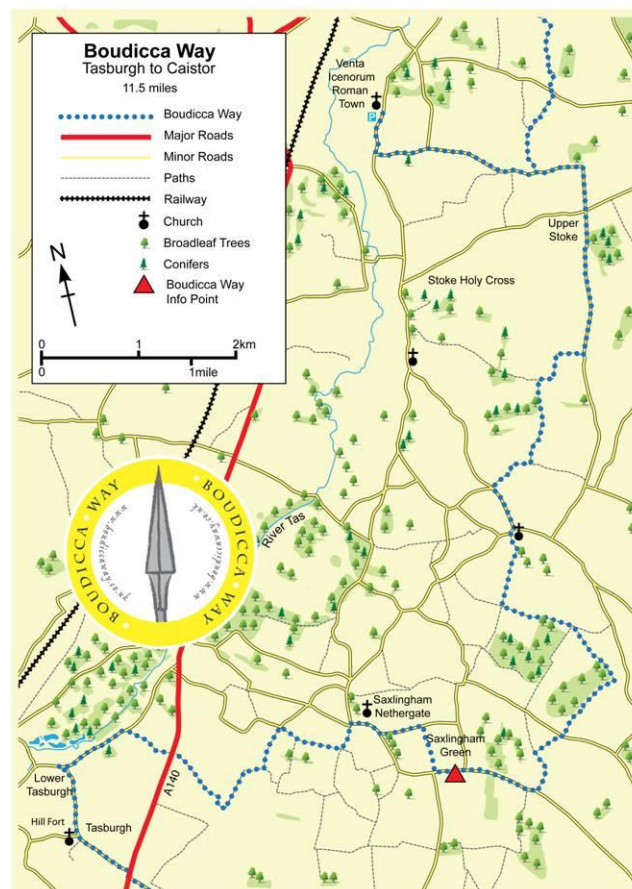
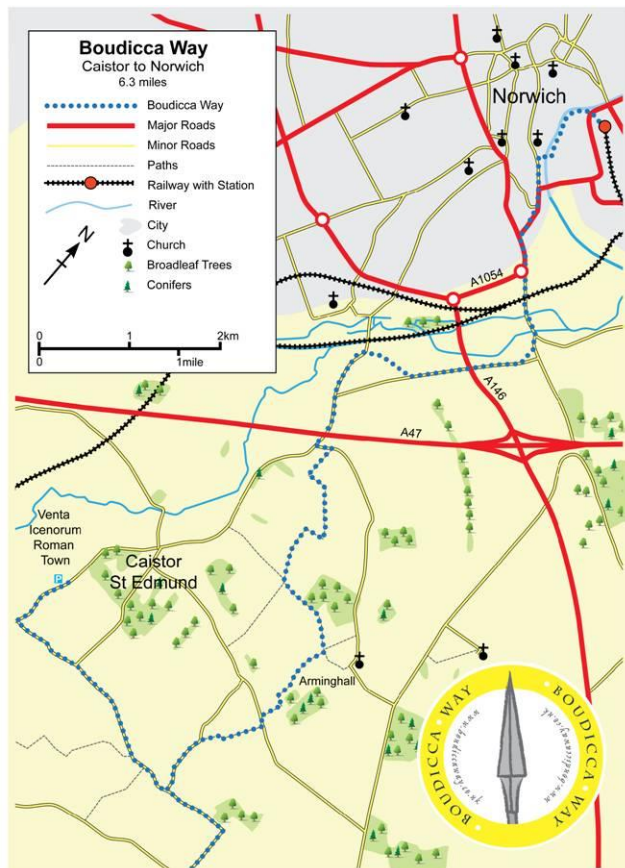


It is possible to drive a robust powerchair the 36 miles from Norwich to Diss across country keeping mostly to the Trail.



An Adventure in South Norfolk

If the cattle grid is impossible use Semere Lane on to the A140 verge to The Ram which is accessible. Watch out for deep ditches. Bypass Shimpling using Moor Road, Dickleburgh Road, Shimpling Road and Back Lane. Stay on Broad Way and Church Road to Burston Road. Keep beside the hedge avoiding stiles. At the ford the down stream side is slightly shallower. The accessible toilet at the station is on the south bound platform ½ mile roll away.



There is an accessible toilet at the station. The White Horse in Trowse is fully accessible. Keep on the pavements and road to Arminghall Lane. If the field crossing is too difficult go round the field margin to the 810mm wide gate. Above the chalk pits get into the adjacent field margin at the earliest opportunity. Watch out for obscured ditches next to the trail. If path/bridge gradients are too steep use High Ash Lane. Follow signage as maps may vary.

On Naiden's Lane go east avoiding the section that goes to The Street. If the field crossing from Naiden's Lane to Shotesham is too difficult go via Chapel Lane. Avoid the stile near Little Wood by using Market Lane. Detour around the Red Wings Estate via Foxhole. Monty's on the A140 is accessible. Carefully cross the busy A140 into Tasburgh Road. The Countryman public house on the A140 is accessible but with no accessible toilet.

Go down Chestnut Loke from Fairstead Lane. If the field crossing is too difficult use Anson's Lane and Wood Lane to Wood Green. Mind the ruts north of Tyrrel's Wood. There will be mud in the wood if it's been damp. If the field crossing is too difficult stay on Hardwick Road and pick the trail up on Colegate End Road. Use Barnes' Road to get into Pulham Market. The public houses in Pulham Market are not accessible but the general store is.