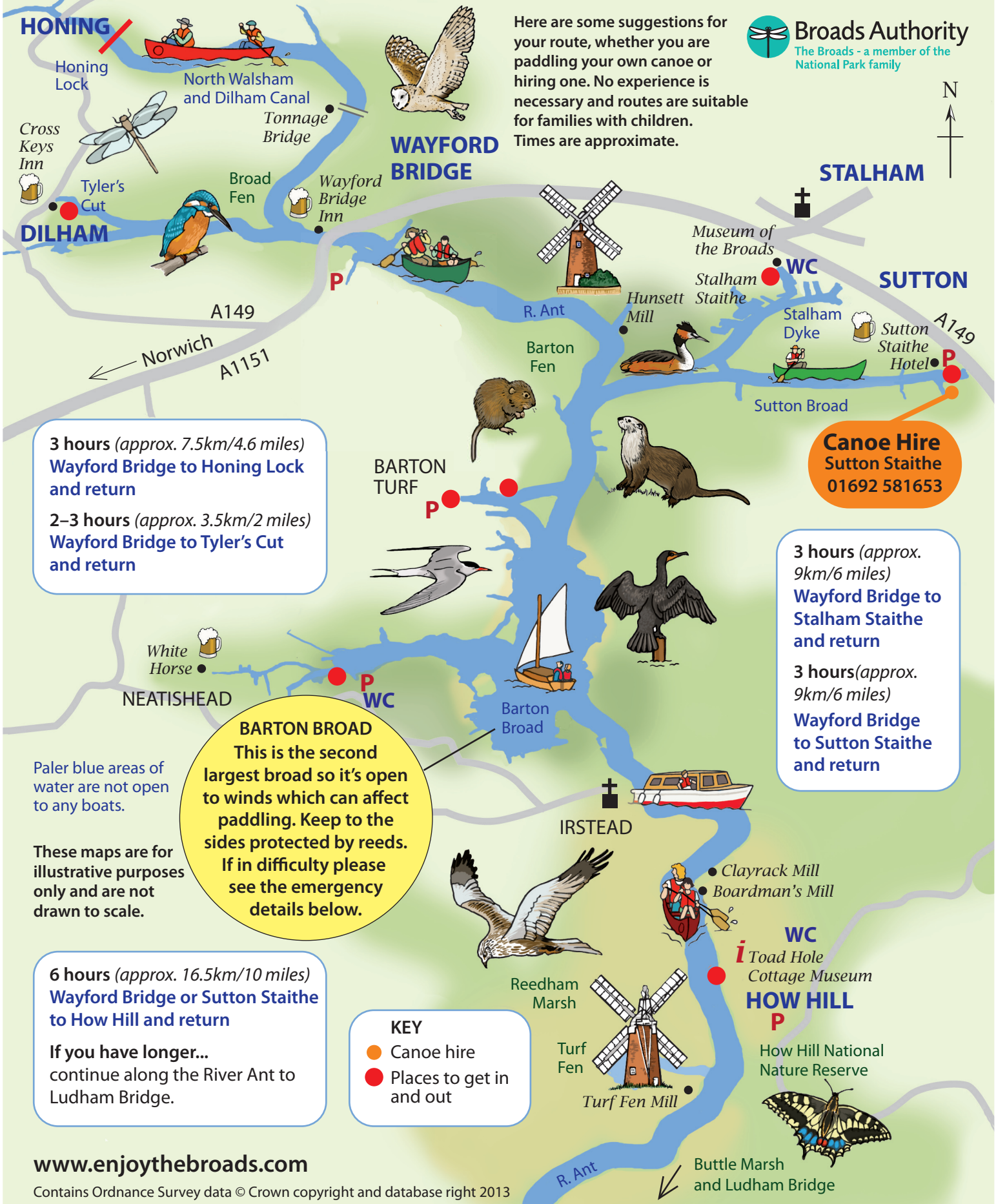


SUTTON STAITHE CANOE TRAILS



Here are some suggestions for your route, whether you are paddling your own canoe or hiring one. No experience is necessary and routes are suitable for families with children. Times are approximate.



3 hours (approx. 7.5km/4.6 miles)
Wayford Bridge to Honing Lock and return

2-3 hours (approx. 3.5km/2 miles)
Wayford Bridge to Tyler's Cut and return

3 hours (approx. 9km/6 miles)
Wayford Bridge to Stalham Staithe and return

3 hours (approx. 9km/6 miles)
Wayford Bridge to Sutton Staithe and return

BARTON BROAD
This is the second largest broad so it's open to winds which can affect paddling. Keep to the sides protected by reeds. If in difficulty please see the emergency details below.

Paler blue areas of water are not open to any boats.

These maps are for illustrative purposes only and are not drawn to scale.

6 hours (approx. 16.5km/10 miles)
Wayford Bridge or Sutton Staithe to How Hill and return

If you have longer... continue along the River Ant to Ludham Bridge.

KEY

- Orange circle: Canoe hire
- Red circle: Places to get in and out

Canoe Hire Sutton Staithe
01692 581653

www.enjoythebroads.com

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If you have any problems please contact your Canoe Hire Centre. You can also contact Broads Control on 01603 756056, staffed daily 9am-6pm from April to October and 9am-5pm during the winter. If the incident is more serious please call 999 or 112 and ask for the appropriate emergency service, which may be the coastguard.



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"Investing in your future"
Crossborder cooperation programme
2007-2013 Part-financed by the European Union
(European Regional Development Fund)

Sutton Staithe Boatyard, Sutton Staithe,
Sutton NR12 9QS 01692 581653
www.suttonstaitheboatyard.co.uk

The canoe hire network may make a small charge or ask for a donation for launching your own canoe. This includes use of car parks and toilets.

Here are some suggestions for your route, whether you are paddling your own canoe or hiring one. No experience is necessary and routes are suitable for families with children. Times are approximate and allow for breaks. Please check opening times and other details for places mentioned below. www.enjoythebroads.com

For all trails

Head straight ahead along what looks like a dyke. In fact you're on **Sutton Broad** – it looks more like a dyke as the land has dried out and marsh has developed. The marshes to the south of the broad are owned by the RSPB.

3 hours – Sutton Staithe to Stalham and return

- Where Sutton Broad joins a large dyke turn right for Stalham.
- You can moor up at **Stalham Staithe** to visit the **Museum of the Broads**. See how people's working lives shaped the landscape, and you might pass the museum's Victorian steam launch. The museum also has lots of special events.

3 hours – Sutton Staithe to Wayford Bridge and return

- For Wayford Bridge, continue along the large dyke until you reach the River Ant and then turn right. This corner is a good spot for seeing otters.
- You'll see **Hunsett Mill**, a restored drainage mill, on the right.
- As you approach Wayford Bridge look out water voles near the boatyard. **Bank Boats** is also a canoe hire centre.
- If you have more time you can continue under the bridge to explore the North Walsham and Dilham Canal – a good route for a quiet paddle with lots of wildlife.

For Neatishead and How Hill

- When you reach the River Ant turn left. The two small dykes on your right both go to **Barton Turf**. Horatio Nelson visited his sister while she was living at Barton Turf.

3 hours – Sutton Staithe to Neatishead and return

- Continue to **Barton Broad**. Take extra care if there are strong winds on the broad. Explore the edges for a quieter and safer paddle. You'll also see more wildlife this way. Barton is the second largest broad and is a Norfolk Wildlife Trust nature reserve. It was also the site of the Broads Authority's Clear Water 2000 project – look out for otters, and water birds such as grebes, ducks, swans, coots, moorhens, geese, herons and cormorants.
- Turn right for Neatishead – you can drop into the **White Horse** for refreshments, and the village also has a community shop.

6 hours – Sutton Staithe to How Hill and return

- Continue through the broad, past Pleasure Hill – in the past this was a more substantial island, popular for musical events and picnics.
- Carry on down the river and you'll see two drainage mills on the left – **Clayrack Mill** and **Boardman's Mill**.
- **Turf Fen Mill** is just downstream on the right. This is **How Hill National Nature Reserve** – you're almost at the moorings. Here you can enjoy one of the best views in the Broads. Visit tiny **Toad Hole Cottage**, once the home of an eel-catcher, and now a mini museum and information centre. Take the nature trail or walk along the river to **Buttle Marsh** (buttle was an old name for the rare bittern). If you have time and you want a change from paddling, there's also a guided water trail by electric boat. How Hill is a good place to see marsh harriers, and damselflies and dragonflies love the small dykes. In June and August it's one of the best places to see huge and rare swallowtail butterflies.
- You can also visit the How Hill Trust's Secret Gardens and sample the cakes in the tea room.
- If you have time to spare, you can carry on along the River Ant towards Ludham Bridge.



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Planning your trip...

- Wear bright clothing for high visibility and footwear which will protect your feet.
- Things to take in a waterproof bag (provided) to go in the canoe:

charged mobile phone

first aid kit and antiseptic wipes

torch and spare batteries

waterproof clothes and spare warm clothes

sun screen, sun hat and sunglasses

hot and cold drinks plus lunch or snacks

anything you need to protect such as a camera

At the launch site...

- Everyone must always wear a buoyancy aid when on or near the water. Don't remove it until you have left the water's edge.
- Beware of Weil's disease (leptospirosis) – it is very rare but serious. Cover all cuts and grazes with waterproof plasters.

On the water...

- Canoes are light and easy to tip over. Keep the canoe balanced at all times. Step into the middle when getting in and out. Sit or kneel in the canoe – don't stand up or change places unless you can hold on to the bank. Don't lean over and don't hit the bank.
- Stay on the right hand side of the river or channel. Don't cut corners on bends. Keep close to the banks unless advised otherwise.
- Keep track of time – allow enough time for the return journey. Make allowances for winds and currents which may slow you down.
- Paddle gently and at a distance from wildlife to minimise disturbance.
- Keep a lookout for other boats and anglers and give them plenty of room – they may not have seen you.
- Be considerate when entering other designated water sports zones.
- Keep clear of overhanging trees and branches.
- Don't grab hold of ropes from other boats, even if moored.
- For safety reasons don't drink alcohol on the water.
- Clean your hands with antiseptic wipes before eating or drinking.
- Never enter the water to rescue someone – reach, or throw a rope or anything that will float.
- If you capsize stay with the canoe – it will float. Swim with it to the bank, empty it out and use it to collect anything lost overboard.

And if you have your own canoe...

- Make sure your equipment, including a buoyancy aid for everyone, is suitable and in good order.
- Let someone know where you are going and when you are safely off the water.
- Take into account the weather forecast, tides, and water flows and levels in relation to your equipment and your ability, and that of others if you are in a group.
- Don't cause an obstruction when parking or obstruct footpaths with gear.
- Make sure you have permission to use the launch site and use the designated paths.
- Launch and land with care and where the bank has vegetation.



We need to minimise the spread of invasive alien species such as *Dikerogammarus villosus* or the 'killer shrimp'. So after canoeing please remember to:



Check equipment and clothing for live organisms – particularly in areas that are damp or hard to inspect. If you come across any killer shrimp, leave them at the water body where you found them.



Clean and wash all equipment, footwear and clothing thoroughly.



Dry all equipment and clothing – killer shrimp can live for up to two weeks in moist conditions. Make sure you don't transfer water to another place.

www.checkcleandry.com

EMERGENCY INFORMATION:

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