

SALLE CYCLE LOOP



7 miles



View down The Street toward the church of St. Peter & St. Paul's. Image courtesy of Reepham Archive.

Salle (pronounced, more-or-less, 'Saul') has shrunk from the importance it once had. This parish has some fantastic archaeology, from Neolithic flint tools, to considerable Bronze Age activity, including the deposition of at least two metalwork hoards.

There are fewer finds from the Iron Age and Roman Periods, but from Anglo-Saxon times the village named for *'the Sallow Wood'* developed into another prosperous Norfolk wool estate with a fine large church. Treasures inside St. Peter & St. Paul's include a set of nine decorative roof bosses in the chancel representing events from the life of Christ, from the Annunciation to the Ascension.

The Black Death and end of the wool boom hit Norfolk hard. Salle has lost enclosures, trackways and ditches, now visible only as earthworks, which demonstrate that the medieval settlement layout was more extensive than it now is. A whole second village, Stinton, described at Domesday, has completely disappeared. Three medieval moated sites show how wealthy the parish once was.

Salle Park House, built in 1761 by Edward Hase, is the surviving 'big house'. A three storey Palladian brick house, it is set in a classic mid 18th century landscape park, and 'estate' fences and cottages are features of the parish.

While cycling you'll be able to enjoy the gentle gradient as you skirt the patchwork of surrounding fields and cottages with flint knapping or Dutch gables. Goldfinches and long-tailed tits gather in numbers around these lanes and you may spot rooks, hare or red-legged partridge in the surrounding fields.

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Square: St Peter & St Paul's church at Salle. Circle: a hovering kestrel.



The Salle Cycle Loop follows quiet roads for its entire length. The jewel in the crown is undoubtedly The Street, Salle, with St. Peter & St. Paul's Church opposite the large cricket ground. The route can be extended by joining with the Wood Dalling route at the end of Reepham Road.

Good to Know: Pick up this cycle loop at Kerri's Farmhouse Pine (NR10 4LJ). There is plenty of parking here and delicious refreshments are available too. The entire route follows quiet rural roads and there is also a cycle workshop at the old station.

Visit: www.kerrispinefurniture.co.uk and www.reephamcycleworkshop.co.uk

