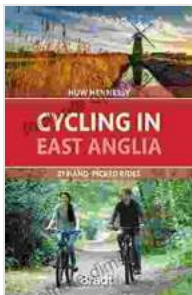


Cycling in East Anglia: A Cyclist's Guide to the Region's Best Routes and Attractions

East Anglia is a beautiful and diverse region of England, perfect for exploring by bike. From the flat landscapes of the Fens to the rolling hills of the Brecks, there's a cycling route to suit every ability. And with a rich history and culture, there are plenty of attractions to discover along the way.



Cycling in East Anglia: 21 hand-picked rides (Bradt Travel Guides (Regional Guides)) by Sarah Carlson

★★★★☆ 4.3 out of 5

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This guide will provide you with everything you need to know to plan your cycling trip to East Anglia, including:

- * The best cycling routes in the region
- * Where to find bike hire and repairs
- * Accommodation options for cyclists
- * What to pack for your trip
- * Safety tips for cycling in East Anglia

The Best Cycling Routes in East Anglia

There are many great cycling routes in East Anglia, but here are a few of our favorites:

*

The North Norfolk Coast Cycle Route

This 47-mile route follows the stunning North Norfolk coast, taking in some of the region's most beautiful beaches, cliffs, and villages. The route is relatively flat, making it suitable for cyclists of all abilities.

*

The Suffolk Coast Cycle Route

This 50-mile route follows the Suffolk coast, passing through charming towns and villages, and offering stunning views of the North Sea. The route is mostly flat, with a few gentle hills.

*

The Cambridgeshire Fens Cycle Route

This 60-mile route explores the flat landscapes of the Cambridgeshire Fens, passing through historic villages and nature reserves. The route is mostly traffic-free, making it ideal for families and groups.

*

The Essex Way Cycle Route

This 100-mile route follows the Essex Way long-distance footpath, taking in some of the county's most beautiful countryside and historic sites. The route is mostly off-road, making it suitable for mountain bikes and hybrids.

Where to Find Bike Hire and Repairs

There are a number of bike hire shops and repair centers in East Anglia. Here are a few of our recommendations:

*

Blazing Saddles

Blazing Saddles is a bike hire shop located in Norwich. They offer a wide range of bikes for hire, including road bikes, mountain bikes, and hybrids. They also offer bike repairs and servicing.

*

Cycle King

Cycle King is a bike hire shop located in Cambridge. They offer a wide range of bikes for hire, including road bikes, mountain bikes, and hybrids. They also offer bike repairs and servicing.

*

Chelmsford Cycle Centre

Chelmsford Cycle Centre is a bike hire shop located in Chelmsford. They offer a wide range of bikes for hire, including road bikes, mountain bikes, and hybrids. They also offer bike repairs and servicing.

Accommodation Options for Cyclists

There are a number of accommodation options available for cyclists in East Anglia. Here are a few of our recommendations:

*

YHA Cambridge

YHA Cambridge is a youth hostel located in Cambridge. They offer a range of accommodation options, including private rooms and shared dormitories. They also have a bike storage facility and a bike repair workshop.

*

The Swan Hotel

The Swan Hotel is a hotel located in Southwold. They offer a range of accommodation options, including rooms and suites. They also have a bike storage facility and a bike repair workshop.

*

The Red Lion Hotel

The Red Lion Hotel is a hotel located in Bury St Edmunds. They offer a range of accommodation options, including rooms and suites. They also have a bike storage facility and a bike repair workshop.

What to Pack for Your Trip

When packing for your cycling trip to East Anglia, be sure to include the following items:

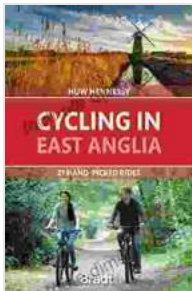
* A good quality bike * A helmet * Cycling clothing * A bike repair kit * A water bottle * A map of the area * A first aid kit * A camera

Safety Tips for Cycling in East Anglia

Cycling in East Anglia is generally safe, but there are a few things you should keep in mind to stay safe:

* Always wear a helmet. * Be aware of your surroundings and watch out for traffic. * Stick to designated cycle paths where possible. * Use lights when cycling at night. * Don't cycle under the influence of alcohol or drugs.

East Anglia is a beautiful and rewarding region to explore by bike. With its stunning scenery, rich history, and culture, there's something for everyone to enjoy. So what are you waiting for? Start planning your cycling trip today!



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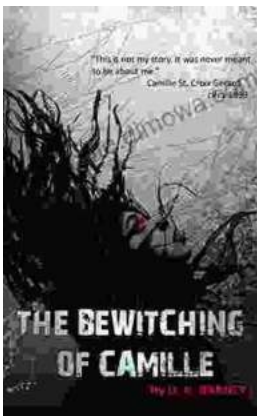
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