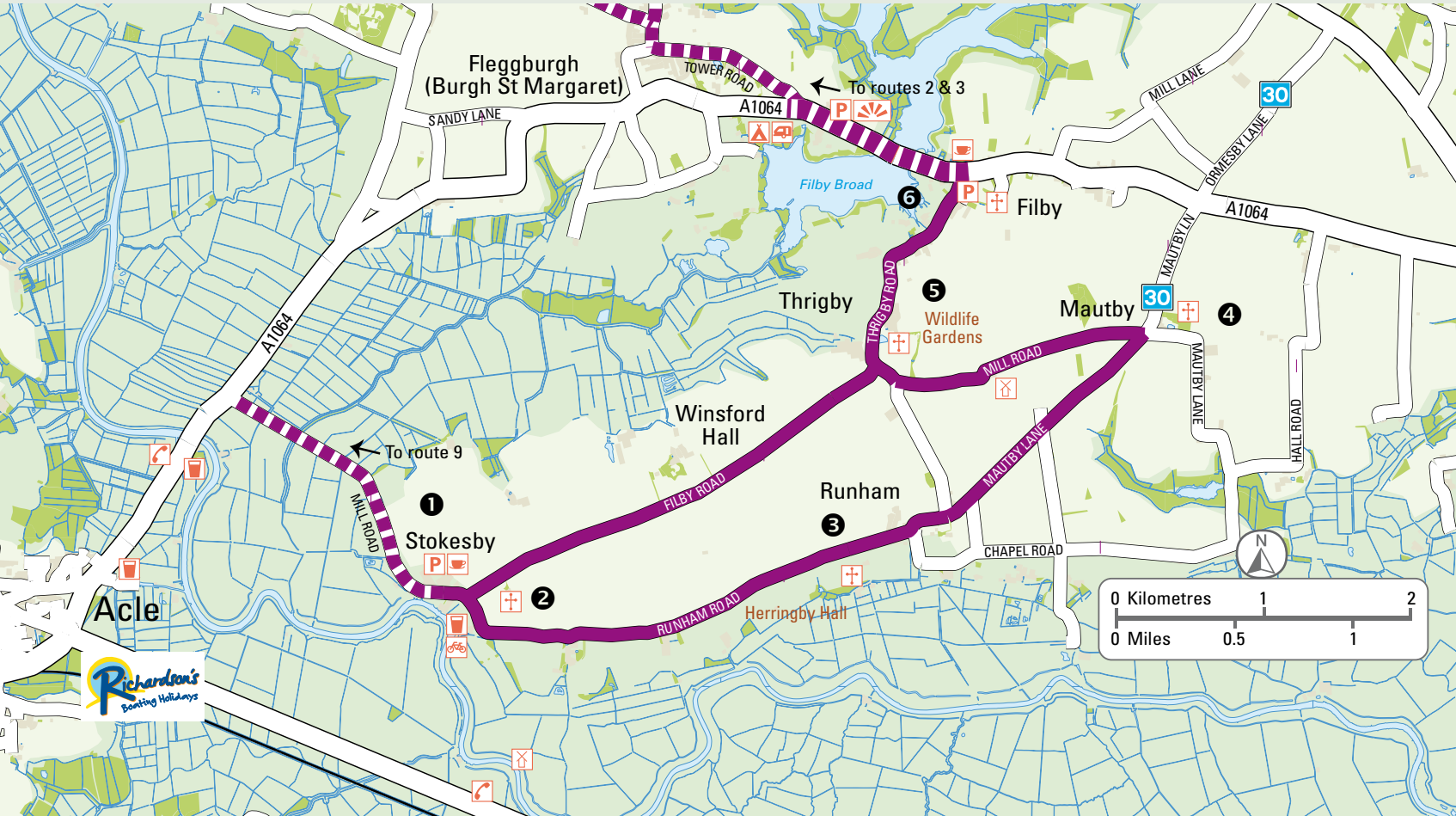
1 Stokesby ● Runham ● Mautby ● Thrigby

● Distance: 8.5 miles (13.6 kilometres) ● Time: 1.5 hours

The high ground in this area is known as 'Flegg Isle', made up of material deposited in the Ice Age. Many village names here end in 'by' indicating Danish settlements in 800-900 AD.

1. **Stokesby** has a village green and riverside staithe. There is also a cycle hire centre.
2. **St Andrew's Church** has a thatched roof and dates from the 13th century.
3. **Runham** - if you look out southward along this road you will have views across the Halvergate marshes - the largest expanse of grazing marsh in Europe.
4. If you take the short detour to **St Peter and St Paul's** church, you will find a charming church with a Saxon round tower.
5. **Thrigby Wildlife Gardens** (right) are renowned for its specialised collection of Asian mammals, birds and reptiles in the beautifully landscaped grounds and gardens of Thrigby Hall. Joshua Smith built the hall itself in 1736. A willow pattern garden, based on those Chinese blue plates, is home to pheasants, cranes and Mandarin ducks as well as many other species. Open all year. Call 01493 369477 for more information.

6. **Filby Broad** is one of the Trinity Broads that are not connected to the river system and are used as storage reservoirs by Essex and Suffolk Water. There is a boardwalk and bird hide on the north side of the broad.