

# FROM FRITTON LAKE





## OUR ACTIVITIES

Step outside for an adventure in nature with Fritton Lake's full programme of club activities and experiences. The timetable for the week and links to book can be found at [www.frittonlake.co.uk](http://www.frittonlake.co.uk).



WILD SWIMMING



PADDLE BOARDING



FLOATING SAUNA



YOGA



NATURE SAFARIS



PÉTANQUE



CROQUET



FOOTBALL/  
FOOTGOLF



TRAIL RUNNING



ROWING



VOLLEYBALL



TRAIL RUNNING



CRICKET NETS



FORAGING



CANOEING



TENNIS



BIO GYM



FITNESS CLASSES



LANE SWIMMING



TREATMENTS



Once you have sampled Fritton Lake's extensive list of activities, unspoilt sustainable wildland and unrivalled seasonal food, you may want to explore the best our beautiful region has to offer.

This guide is designed to be your starting point. Enjoy!

Gorleston	15 mins
Great Yarmouth	20 mins
Lowestoft	20 mins
Beccles	20 mins
Bungay	25 mins
Winterton-on-sea	35 mins
Norwich	40 mins
Southwold	40 mins
Covehithe	40 mins
Wroxham	43 mins
Sea Palling	47 mins
Halesworth	50 mins
Aldeburgh	60 mins
Cromer	1 hour 11 mins



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## FAMILY ENTERTAINMENT

- + **Great Yarmouth:** Acres of smooth golden sand, two amusement parks, indoor swimming pool with two flumes, dozens of restaurants, amusements and other attractions. Don't miss the Hippodrome Circus, the UK's only remaining purpose-built circus building.
- + **Bewilderwood:** Enchanted kingdom set in acres of Norfolk woodland.
- + **Roarr! Dinosaur Adventure Park:** Where prehistoric giants can be found amongst adventure play areas, splash pads, zip lines and more.



## BEACHES

- + **Southwold:** Quintessential Victorian seaside town with traditional pier and gentle promenade.
- + **Great Yarmouth:** Famous Golden Mile, two piers and family fun for days.
- + **Winterton, Covehithe and Kessingland:** Quieter beaches for more contemplative seaside strolls.

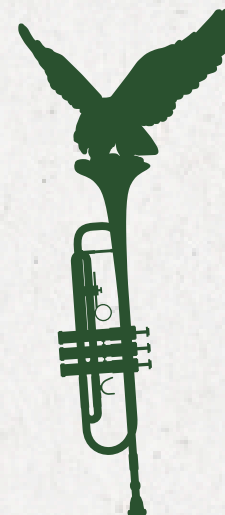


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## MUSEUMS

- + **Great Yarmouth Time and Tide Museum**
- + **Norwich Castle Museum and Art Gallery**
- + **Strangers Hall in Norwich**
- + **East Anglian Transport Museum in Lowestoft**
- + **Bressingham Steam Museum**



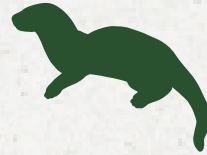
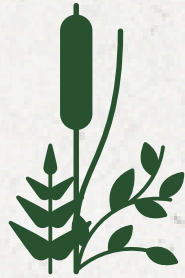
## CULTURE

- + **Sainsbury Centre for Visual Arts in Norwich:** An architecturally-stunning venue which holds an eclectic collection of exhibits including works by Picasso, Degas and Bacon.
- + **Snape Maltings:** Hosts performances by world-class musicians from across the globe every year.
- + **Norwich Theatre Royal:** Hosts the top productions and performers in the country.
- + **Norwich Playhouse:** A more intimate venue that hosts an incredible range of different shows and performers.
- + **Odeon and Vue in Norwich:** For the latest blockbusters.
- + **Cinema City in Norwich:** For a more arthouse bill.
- + **Palace Cinema in Gorleston.**
- + **East Coast Cinema in Lowestoft.**
- + **Arc Cinema in Great Yarmouth.**



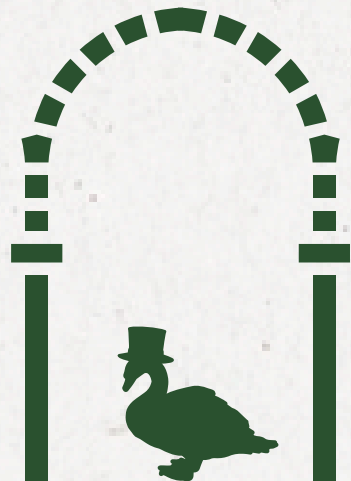
## NATURE & RESERVES

- + **RSPB Minsmere:** International significant reserve on the Suffolk coast.
- + **Berney Marshes:** Welcomes over 60,000 migrating birds every year.
- + **Marshes at Buckenham, Carlton Colville and North Cove:** Great locations to find an astonishing diversity of flora and fauna.
- + **Horsey Beach:** The place to see hundreds of grey seals in the winter months.



## HISTORIC BUILDINGS & GARDENS

- + **Somerleyton Hall:** Stunning Grade II listed Jacobean Manor House surrounded by acres of beautifully sculpted grounds.
- + **Blickling Hall:** Jacobean mansion which hosts spectacular concerts and open-air theatre.
- + **Burgh Castle.**
- + **Norwich Castle.**
- + **Orford Castle.**



## SPORT

- + **Watersports:** Surf in Southwold, kitesurf at Lowestoft or windsurf on Hickling Broad.
- + **Highball in Norwich:** For climbing at all levels.
- + **Norwich Snow Sports:** Try skiing, snowboarding or even tubing.
- + **Bungay and Waveney Golf Club:** A par 69 parkland course.
- + **Gorleston-on-Sea Golf Club:** The most easterly course in the country is a par 71 links course.
- + **Annabelle's Equestrian:** Ride through the beautiful Waveney Valley.
- + **Pakefield Riding School:** Great for cantering on the beach.
- + **Langley Abbey:** Stunning surroundings for polo.



## DAY BOATS

- + **Bridge Stores:** Conveniently located in neighbouring St Olaves.
- + **Richardsons Boating Holidays:** Explore the northern Norfolk Broads.
- + **Jet Adventures:** For adventure seekers and sightseers.

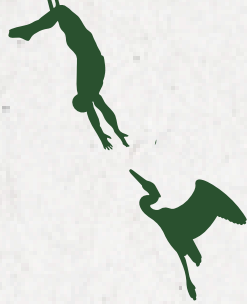


## WINE TOURS & TASTINGS

- + **Valley Farm Vineyards near Southwold.**
- + **Chet Valley Vineyard in Bergh Apton, south Norfolk.**
- + **Flint Vineyard in Bungay, on the Norfolk Suffolk border.**
- + **Adnams:** Tours of their Southwold brewery and distillery both available.



## MORE PLACES WORTH A GOOGLE



### CULTURE

Sainsbury Centre for Visual Arts, Norwich  
 Snape Maltings  
 Theatre Royal, Norwich  
 Playhouse, Norwich  
 Palace Cinema, Gorleston  
 East Coast Cinema, Lowestoft  
 Arc Cinema, Great Yarmouth  
 Cinema City, Norwich  
 Odeon, Norwich

### FOOD AND DRINK

The Gunton Arms, Norwich  
 The Swan, Loddon  
 The Suffolk, Aldeburgh  
 The Swan, Southwold  
 Farmyard, Norwich  
 XO Kitchen, Norwich  
 Le Roc, Southwold  
 Harbour Inn, Southwold  
 Suffield Arms



### FAMILY ENTERTAINMENT

Great Yarmouth Hippodrome Circus  
 Pleasurewood Hills  
 Bewilderwood  
 Roarr! Dinosaur Adventure Park  
 Southwold Maize Maze  
 Africa Alive!  
 Clinks Care Farm



### NATURE RESERVES

RSPB Minsmere  
 RSPB Berney Marshes  
 Carlton Marshes  
 Orford Ness National Nature Reserve  
 Dunwich Heath and Beach  
 Snape Nature Reserve

### BEACHES

Southwold  
 Great Yarmouth  
 Winterton  
 Covehithe



### HISTORIC BUILDINGS & GARDENS

Somerleyton Hall  
 Norwich Castle Museum and Art Gallery  
 Blickling Estate  
 Burgh Castle  
 Orford Castle  
 Berney Arms Windmill  
 Great Yarmouth Row Houses and Cloisters  
 Caister Roman Fort  
 Framlingham Castle  
 Leiston Abbey  
 Felbrigg Hall  
 Helmingham Hall  
 Darrow Wood  
 Fairhaven Woodland and Water Gardens,  
 South Walsham

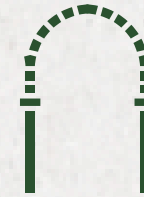


### WINE TOURS & TASTINGS

Chet Valley Vineyard  
 Flint Vineyard  
 Valley Farm Vineyards  
 Adnams Tours

### MUSEUMS

Horsey Windpump  
 Southwold Museum  
 Elizabethan House Museum  
 Time and Tide Museum



### DAY BOATS

Bridge Stores, St Olaves  
 Richardson's Boating Holidays, Stalham  
 Jet Adventures, Norfolk and Suffolk



### SPORT

Highball Indoor Climbing, Norwich  
 Blitz Kiting, Lowestoft  
 Southwold Surf Hire, Southwold  
 Windsurfing, Hickling Broad  
 Horse Riding, Pakefield  
 Gorleston Golf Club  
 Bungay and Waveney Golf Club  
 Aldeburgh Golf Club  
 Caldecott Hall Golf Club



### BEST INDEPENDENT SHOPS & EATERIES

Beccles  
 Bungay  
 Norwich  
 Southwold



## FRITTON LAKE

Fritton Lake is a family run holiday club in the heart of a pioneering thousand-acre nature restoration project. It's home to a two-mile long lake, beautiful wildlife and luxury cabin accommodation. Join us for adventures in nature including wild swimming, trail running, yoga and local food, and be part of a positive life-changing impact on our environment.

Beccles Road, Fritton, Great Yarmouth, Norfolk, NR31 9HA

[bookingsteam@frittonlake.co.uk](mailto:bookingsteam@frittonlake.co.uk)

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