

Hemblington DIY tea and coffee  
 Blofield post office and shop  
 Strumpshaw Village shop  
 Moulton St Mary Garden Centre Greenhouse  
 Coffee Shop

For more information see:-

[www.hemblingtonchurch.org.uk](http://www.hemblingtonchurch.org.uk)

[www.norfolkchurches.co.uk](http://www.norfolkchurches.co.uk)

## PAINTED CHURCHES CYCLE ROUTE 20 mile circuit

There are many churches in Norfolk, which still have remnants of medieval wall paintings. This route will take you to four churches with paintings via quiet country lanes.



Wall paintings were a visual bible for people in the 14<sup>th</sup> and 15<sup>th</sup> centuries, who could not read. All four churches contain a St Christopher all on the north wall where they could be seen from the door. A glimpse was thought to give protection to any who past by.

At South Burlingham on the south wall of the chancel can be seen a fine depiction of the martyrdom of Thomas of Canterbury.

The Seven Mercies, which are found in Moulton St Mary and Wickhampton was used to show the way to a Christian life. Feeding the hungry, drink for the thirsty, clothing the naked welcoming strangers, visiting the sick, and prisoners, burying the dead make up the mercies.

Wickhampton contains a painting showing three rich men out hunting meeting three dead men who tell them "As we are now so you shall be" There is much detail in this painting.

These ancient paintings are only one aspect of these amazing churches, follow the route and discover for yourself their rich history.

### Hemblington Church 1

In 1937 the St Christopher wall painting was discovered. It is considered to be one of the most complete depictions of the story of St Christopher in the UK and it dominates the north wall of the nave.

From the churchyard turn left. Turn right in front of Hemblington Hall. At the crossroads turn left into High Noon Lane. Take a right turn into Bullace Bush Lane and then Left towards Blofield. After the road bridge take the second left, Doctor's Road (just before the shops)

At the crossroads carry on ahead into Danesbower lane which becomes Lingwood Rd (Do not take the right turn where Danesbower rd continues). Go past the Pink House Day Nursery. Turn right at the next crossroads. After the railway bridge turn left towards Lingwood and cycle through the village. Past Lingwood the church of **South Burlingham 2** is visible across the field on the left. Take the next Left to the church.

Turn right out of the churchyard and then left to rejoin your original route taking you past Old Hall which is also renowned for its wall paintings. Turn left and then right into Southwood Road signposted

Historic Church and Freethorpe, Reedham. Turn left into Kittles Lane signed for Moulton St Mary, then right into Ash Tree Road. At the end of the lane turn right signposted Freethorpe. **Moulton St Mary Church 3** is on the left hidden by trees turn left into Manor Hall to find this gem. In the care of the Norfolk Churches Trust it is open. Note the sundial on a corner of the porch on your way in. The paintings here are of St Christopher, and the seven graces

Rejoin the road and head for Freethorpe. The Church here is a Walpole church with an interesting history. After the church turn left into Palmers Lane and continue straight to **Wickhampton Church 4**

To return turn left as you leave the church into Low Road. Take the next left and then right into Freethorpe. In the village beside the Hall turn right and then left and past the Rampant Horse public house. Continue straight through the village and turn left on the double bend after the last house. Turn right at the grass triangle along this road the ruins of **Southwood Church 5** can be seen on the left obscured by trees. This church was abandoned in favour of Limpenhoe in the 1870's. Continue straight over the next cross roads signed for Strumpshaw.

At The Cock at Cantley turn right then left signposted Recycling Centre. Follow this road around a dogleg and then turn right into Hassingham Road as the road bends sharply to the left. After a poultry farm on the left this road changes its name to Buckenham road, turn right and then left into Strumpshaw.

Next right and back over the railway turn left. **Braydeston Church 6** can be seen ahead if you have time for a small detour. Follow the main route past **Blofield Church 7**. Turn right and cross the traffic lights into Blofield village centre. Continue over the road bridge and the cross roads and turn right at the "T" junction into Bullace Bush Lane. Take the second left and then turn right at the crossroads into Hemblington Hall Road and then left to complete your trip.