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Day	Morning or afternoon	Depart	Arrive	Miles	Time	Rise/fall
Saturday	Afternoon	Wroxham	Horning	5	1 hour 15mins	6 inches (15cms)
Sunday	Morning	Horning	Ludham Bridge	4	1 hour	9 inches (23cms)
Sunday	Afternoon	Ludham Bridge	Sutton Staithe	6.5	1 hours 30mins	Nil
Monday	Morning	Sutton Staithe	Acle	13	3 hours	1ft 6in (46cms)
Monday	Afternoon	Acle	Stokesby	2	30mins	2ft (61cms)
Tuesday	Morning	Stokesby	Yarmouth	9	2 hours 15mins	6ft (1.83cms)
Tuesday	Afternoon	Yarmouth	Yarmouth	0	0	6ft (1.83cms)
Wednesday	Morning	Yarmouth	Potter Heigham	17	3 hours 45mins	4 inches (10cms)
Wednesday	Afternoon	Potter Heigham	Ludham	2.5	45mins	9 inches (23cms)
Thursday	Morning	Ludham	South Walsham	5.5	1 hour 15mins	6 inches (15cms)
Thursday	Afternoon	South Walsham	Ranworth	2	30mins	6 inches (15cms)
Friday	Morning	Ranworth	Coltishall	12	2 hours 45mins	Nil
Friday	Afternoon	Coltishall	Wroxham	4.5	1 hour 15 mins	4 inches (10cms)
Saturday	Morning	Wroxham	Wroxham	0	0	4 inches (10cms)