

Spend half a day in Diss...



Diss is known as the gateway to the Waveney Valley. The history of Diss can be traced back to the Domesday book and is home to Diss Mere, one of the deepest natural inland lakes in the country.

Diss is just a 15 minute train ride from Norwich and only 23 minutes from Ipswich. There is a direct service from London Liverpool Street, which takes 1 hour 37 minutes. Alternatively, there are a number of public car parks dotted around the town.



Start early with a hearty breakfast at The Angel Café on Fair Green. Popular with local cyclists, the café provides delicious locally sourced all day breakfasts, light lunches, homemade soups and cakes, it's open Tues-Sun 8-3ish and overlooks the green. Fair Green is approximately 30 minutes walk from the train station. If you're arriving by car, you can park in the public carpark on Park Road, 5 minutes walk away.

After breakfast, leave the café and walk up through the park, taking in Diss Mere on your way, one of the deepest natural inland lakes in the country. A path around the mere will lead you in to the town centre. Mere Street is the main shopping area with a mixture of shops and quirky places to eat and drink. There is a weekly market held every Friday selling everything from fruit & vegetables, plants, jewellery, country clothes, underwear and tools.

At the top of Mere Street, you will discover The Heritage Triangle - a must visit! The Heritage Triangle is the traditional centre of Diss. Formed by St Nicholas Street, Market Hill and Market Place, it is bounded by the Corn Hall in the west, St Mary's Church in the east with Diss Museum and Market to



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the south. Today its period buildings include many diverse and independent shops and businesses. **Further information:** www.heritagetriangle.co.uk



Diss Museum sits in the Market place, housed in the old Shambles building which was once a butcher's shop. Spend an hour or so learning about the history of the town and the surrounding area. **Further information:** www.dissmuseum.co.uk

From Diss Museum head to the yards off St Nicholas Street, home to a number of boutiques, gourmet delis and independent shops. Tucked away in a charming courtyard of converted Victorian red-brick warehouses, Amandines Restaurant exudes a warm, relaxed and friendly welcome and the perfect place to stop off for a rest.

Once you're fully refreshed, don't miss DesignerMakers21 half way along St Nicholas

Street - A crafts centre, gallery and workshops of local artists and craftsmen and women. Pop in and watch them working, ask them a question or even commission something. There are often demonstrations and workshops available to join in too! **Further information:** Designermakers21.co.uk

If you're looking for a bit of excitement, leave The Heritage Triangle at the top of St Nicholas Street, cross over Denmark Street and in to Roydon Road to place a winning bid. Diss Auction Rooms of TW Gaze hosts 52 weekly sales of over 2,000 lots, plus over 20 special sales every year. Auctions are held most Thursdays, Fridays and Saturdays. It's possible to view the lots either on the day of the auction or the day before.



From here it is approximately a 10 minute walk back to the carpark on Park Road, or a 30 minute walk back to the train station.

If you're staying for longer, why not combine your visit to Diss with a half day spent in one of our other Waveney Valley market towns, such as Eye or Harleston.

Enjoy!

For more Trails and Itineraries visit www.visitwaveneyvalley.co.uk

If you would like to be included in a Trail or Itinerary, please contact us at info@visitwaveneyvalley.co.uk

