

Discover Diss and Harleston...



Discover two of the Waveney Valley's unique Market Towns in this day long itinerary.

Diss is known as the gateway to the Waveney Valley, whilst Harleston has had a market charter since 1259.



1 Diss

Start early in Diss 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, 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. 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 the south. 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.

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From Diss Museum head to the yards off St Nicholas Street, home to a number of boutiques, gourmet delis and independent shops. Pop in to **DesignerMakers21** half way along St Nicholas Street - A crafts centre, gallery and workshops of local artists and craftsmen and women. There are often demonstrations and workshops available to join in too!

Before you leave, head up to **Diss Auction Rooms** off Roydon Rd. 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.

Leave Diss and head in to Harleston on the A143

2 Harleston

Harleston remains a vibrant, bustling market town. Wednesday has been market day since 1259 when the town was granted charter status. Old coaching inns, like the **Swan Hotel**, remain as a legacy from the days when it was the main coaching route from London to Great Yarmouth.

Start your visit with a stop off at **The Egg & Easle Café**. They provide breakfasts and cooked lunches with vegetarian, vegan and gluten-free choices. Dogs are also welcome during the day.

Suitably refreshed, head along The Throughfare and spend some time exploring the towns quaint shops and historic buildings. You will find a wealth of useful tourist information about the town and its heritage at **Harleston Information Plus**, located at 8 Exchange Street.



Also in Exchange Street, you will find **Cornucopia**, at the old corn exchange. Cornucopia is an Aladdin's Cave of vintage shops, galleries, cabinets, and museum areas. Pick up some hidden treasure or just spend your time browsing the collections from a bygone age.

If you happen to be in town on a Wednesday or a Saturday, stop off at **Harleston Museum**. The Museum displays artefacts relating to the life and times of the people of Harleston from pre-historic times to the present day.

Finish off with coffee and cake at **The Apiary** on The Throughfare for a taste of local café culture.

Enjoy!

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