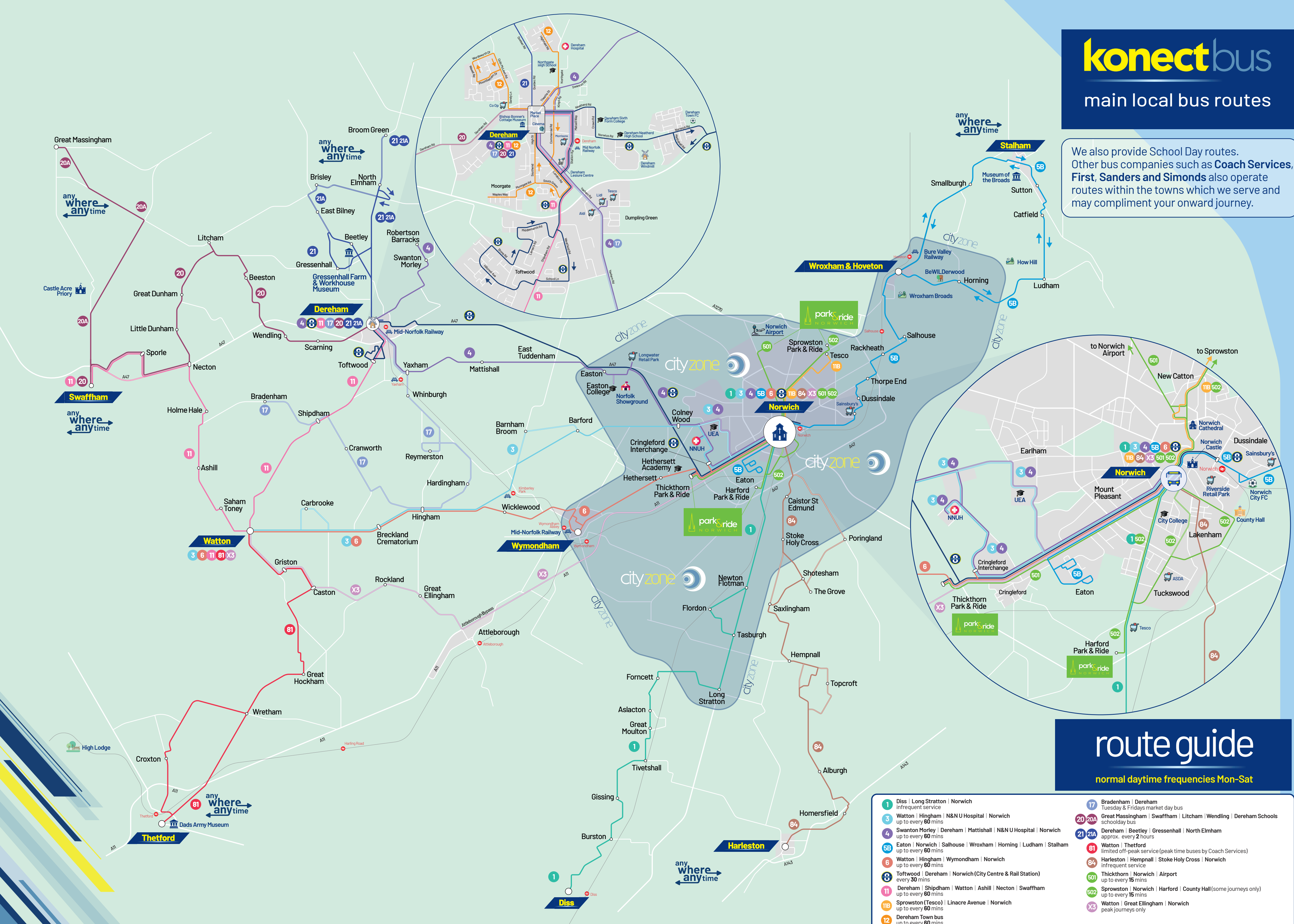


We also provide School Day routes. Other bus companies such as **Coach Services**, **First**, **Sanders** and **Simonds** also operate routes within the towns which we serve and may compliment your onward journey.



route guide

normal daytime frequencies Mon-Sat

- | | | | |
|-----|--|--------|---|
| 1 | Diss Long Stratton Norwich
infrequent service | 17 | Bradenham Dereham
Tuesday & Fridays market day bus |
| 3 | Watton Hingham N&N U Hospital Norwich
up to every 60 mins | 20 20A | Great Massingham Swaffham Litcham Wendling Dereham Schools
school day bus |
| 4 | Swanton Morley Dereham Mattishall N&N U Hospital Norwich
up to every 60 mins | 21 21A | Dereham Beetley Gressenhall North Elmham
approx. every 2 hours |
| 5B | Eaton Norwich Salhouse Wroxham Horning Ludham Stalham
up to every 60 mins | 81 | Watton Thetford
limited off-peak service (peak time buses by Coach Services)
infrequent service |
| 6 | Watton Hingham Wymondham Norwich
up to every 60 mins | 84 | Harleston Hempsall Stoke Holy Cross Norwich
infrequent service |
| 8 | Toftwood Dereham Norwich (City Centre & Rail Station)
every 30 mins | 501 | Thickthorn Norwich Airport
up to every 15 mins |
| 11 | Dereham Shipdham Watton Ashill Necton Swaffham
up to every 60 mins | 502 | Sprowston Norwich Harford County Hall (some journeys only)
up to every 15 mins |
| 11B | Sprowston (Tesco) Linacre Avenue Norwich
up to every 60 mins | X3 | Watton Great Ellingham Norwich
peak journeys only |
| 12 | Dereham Town bus
up to every 60 mins | | |