



FG Personal Training
High House Farm
Bilney Road
Gressenhall
NR20 4EG

Travelling from Dereham (Litcham Road)

Turn right at The White Swan Pub and join Bittering Street. Follow Bittering Street until you reach the crossroads with Longham Lane on the left, Bilney Road straight ahead and Bittering Street to the right. On your left, just after Longham Lane, is the entrance to the farm where you will see the sign for FG Personal Training. Keep left of the hedge and follow the track to the largest unit at the end.

Travelling from Dereham (Bridge Street)

When you reach The Green, follow the road until you reach The White Swan pub on your left. At the junction turn left and then immediately right to join Bittering Street. Follow Bittering Street until you reach the crossroads with Longham Lane on the left, Bilney Road straight ahead and Bittering Street to the right. On your left, just after Longham Lane, is the entrance to the farm where you will see the sign for FG Personal Training. Keep left of the hedge and follow the track to the largest unit at the end.

Travelling from Swaffham (Litcham Road)

Once you reach the village, The White Swan Pub will be on your right. Turn left at the junction and join Bittering Street. Follow Bittering Street until you reach the crossroads with Longham Lane on the left, Bilney Road straight ahead and Bittering Street to the right. On your left, just after Longham Lane, is the entrance to the farm where you will see the sign for FG Personal Training. Keep left of the hedge and follow the track to the largest unit at the end.

Travelling from Fakenham (Rawhall Lane)

Once into East Bilney, follow the Fakenham Road and turn right onto Rawhall Lane. Immediately turn left onto Bilney Road. Follow Bilney Road for 1 mile and the entrance to High House Farm is on the right, just before Longham Lane. You will see the sign for FG Personal Training. Keep left of the hedge and follow the track to the largest unit at the end.

Travelling from Fakenham (Stoney Lane)

Once into Beetley, follow the Fakenham Road and turn right onto Stoney Lane (You will see a sign for 1st Beetley Scout Group). Follow that road and take the first left onto Bittering Street. When you reach the end of Bittering street, turn right and immediately left to the entrance of High House Farm. Keep left of the hedge and follow the track to the largest unit at the end.