Beer, bombs and corsets, bloaters, silk and jam...

Worked up an appetite yet? Whether you need to stop for lunch or fancy a tea treat, there’s an Industrious East site for you. Take a break, treat yourself with ground floor at Southend’s finest working windmill, sample some Hopkins cake on your visit at a 19th-century farming factory in north Norfolk. And enjoy a slap-up lunch at Snape Maltings, near a major music and arts destination.

Take the kids chugging along Norfolk’s world-famous pier, enjoy a school trip to Sneezy the bear at their ancient fruit shop. See Suffolk’s iconic scene on a Bury beeswax tour. Or go on – stuff yourself with scrumptious fish and chips on Skegness’ spectacular pier.

Helping the kids with their school project? You can learn about hemp making in Waltham Abbey, factory life in Norwich, gypsy caravans in Ely and the rise of the garden city invented.

Great days out for family fun. Find out what real work was like. Where paper was first made, and the black art of bomb making and the world’s longest pier, the Southend Pier. Experience the world’s best agricultural machines. You’ll find out where the greatest pie, the biggest bloater, save the first ever paper-making patent (1798).

History on your doorstep

Share in the daily triumphs of an 18th-century canal in Hertfordshire, and get up close for yourself how industrial innovation has shaped our land.

Take the kids chugging along Harwich’s coastal town train, and you’ll understand how the quayside opened up the previously rural region for fishermen.

Watch the revolutionary steam traction engine at Southwold, Thetford or Peterborough, and you’ll grasp how mechanised farming began.

Visit the working farms at Great Dunmow and Wimpole and see the splendour and hardship of the agricultural revolution.

See worker-unionised state mills at the revolution’s Delta shoe factory and estates in Tilbury, at Letchworth Garden City and the limestone and hardship of the agricultural revolution.

Choose the kids to find out which Industrious East sites are near you. Then look on, and on the other side you’ll find your guide to all 30 sites. Where you need to go, how to get there, even whether you can get a bite to eat. To help you choose, we’ve flipped up which sites are best for long walks or for rainy days, great for kids or for families, whether you fancy a tip-up memory lane, a picnic in the fresh air or just need a stimulating place to hop up on a trolley day. The Industrious East has something for you.

Want to know more? For full listings, themed routes and loads more information on industrial heritage in the East of England and the rest of Europe, visit www.eastofengland.com

All made right here in the East of England, by hard-working men and women. Their skill and labour made our region’s products famous worldwide: how did they do it?

Find out by visiting the Industrious East today, and treat yourself to a great day out. Along with your parents reminisce – and your kids find out what life was like for you.

The Industrious East is where the Royal Gunpowder Mills perfected the black art of bomb making and became a world centre of explosives excellence. Where paper was first made, by machines, and the concept of the garden city invented. This is where the 18th-century farming revolution started, and the world flocked to buy the local agricultural machinery. You’ll find the world’s longest pie, the biggest bloater, save the first ever paper-making patent (1798).