

**TAVERHAM – DRAYTON – COSTESSEY
HEALTH & WELLBEING WALKS PROGRAMME.**

Wed 31st March to Frid 30th April 2021

Walks will be limited to 15 walkers.
Please note start time for all walks is 10-30am



All walkers will need to book by email for these walks to: tdcwalks@gmail.com

All Covid – 19 WFH regulations will be adhered to.

Walkers will be required to bring their own PPE - i.e. Face Mask & Hand Sanitiser.

You do not have to wear a face mask on the walk, but you may need if you go for refreshments after the walk.

Date	Location	Grade Map no.	Walk	Mileage & Duration are approximate
Wed 31 st March	Taverham: Ghost Hill School, Eastfields Road. NR8 6PJ	NQ TVS 10	Ghost Hill Wood & Mack's Lane	2.2 miles – 50 mins. slow paced walk
Frid 2nd April	Costessey: The Costessey Centre, Longwater Lane. NR8 5AH	3 TV 20	Green Hills Wood & return through Old Costessey	3 miles – 1 hour steep gradient
Wed 7 th April	Drayton: Sports Ground, High Rd, Drayton. opp.no 168 NR8 6AW	NQ / 1 TVS 18	Canham's Hill & Drayton Wood walk	1 mile – 30 mins. 2.3 miles – 55 mins. slow paced walk
Frid 9 th April	Horsford: Houghton Plantation car park, Haveringland Road. 2 other car parks nearby.	TV 10	Houghton & Lower Water Pit Plantation	3. 8 miles – 90 mins (short walk option).
Wed 14 th April	Felthorpe: Pavillion, The Street NR10 4AB	NQ B 27	Rural walk around Felthorpe	1.9 miles – 45 mins Slow paced walk
Frid 16 th April	Drayton / Thorpe Marriott Park by The Otter Pub. NR8 6XE	3 TV 9	Drayton Drewray Woodland 2 bridges walk.	3.3 miles – 70 mins moderate gradients
Wed 21 st April	Costessey: Meet on Lime Tree Avenue. NR8 5BT	NQ TVS 12	Costessey Green Hills wood & valley views	2.2 miles – 50 mins. slow paced walk
Frid 23 rd April	Hellesdon: Riverside car park, Hellesdon Road. NR6 5EE	3 TV 15	A railway path & Gunton Park - River Tud walk	3 miles – 1 hour moderate gradient
Wed 28 th April	Coltishall: Football Ground c/park 52 Rectory Road. NR12 7HP	NQ TVS 15	Ling common, Horstead Mill (ruins) & Coltishall Village	2.2 miles, moderate gradients.
Frid 30 th April	Drayton / Thorpe Marriott Park by The Otter Pub. NR8 6XE	2 / 3 TV 23	Marriott's Way, Suters pond & Bluebell Wood walk	2.1 / 3.3 mls. 70 mins moderate gradients

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