

**AYLSHAM & DISTRICT  
HEALTH & WELLBEING WALKS PROGRAMME.**

**30<sup>th</sup> March to 29<sup>th</sup> 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](mailto: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
Tue 30 <sup>th</sup> March	<b>Aylsham:</b> Buttlands car park, Mill Road. Aylsham. NR11 6DU	<b>3</b> <b>AY 16</b>	Old Banningham Road & Drabblegate	3.4 miles – 70 mins gradients
<b>Thu 1<sup>st</sup> April</b>	<b>Swannington:</b> Park on Upgate Common. NR9 5AH	<b>3</b> <b>B 32</b>	Woodland & disused railway track walk	3.8 miles – 75 mins steps & gradients
Tue 6 <sup>th</sup> April	<b>Buxton:</b> Bure Valley Railway car park. Stracey Road. NR10 5ET	<b>3</b> <b>AY 32</b>	Field & meadow walk via Oxnead Mill.	4 miles – 90 mins steps, 2 stiles
Thu 8 <sup>th</sup> April	<b>Reepham:</b> Stimpson's Piece car park, Bartle Court, Reepham. NR10 4LL off B1145 Station Road	<b>3</b> <b>AY 21</b>	Rural walk from Reepham via Salle Church	3.2 or 4.3 miles, 90 mins - steps
Tue 13 <sup>th</sup> April	<b>North Walsham:</b> Victory Sports Centre, Station Road NR28 0DZ	<b>3</b> <b>AY 63</b>	Weavers Way & Bryant's Heath walk	3.3 miles – 75 mins
Thu 15 <sup>th</sup> April	<b>Aylsham:</b> Buttlands car park, Mill Road. Aylsham. NR11 6DU	<b>1 / 3</b> <b>AY 4 A</b>	Varied walk showing old & new parts of the Town.	<b>1.2 miles – 30 mins</b> <b>or 3 miles – 65 mins</b>
Tue 20 <sup>th</sup> April	<b>Coltishall:</b> Football Ground c/park 52 Rectory Road. NR12 7HP	<b>3</b> <b>AY 54</b>	Coltishall & Great Hautbois walk	3.4 miles – 75 mins gradients
Thu 22 <sup>nd</sup> April	<b>Woodgate Nursery:</b> Cawston Rd Aylsham. NR11 6UH	<b>3</b> <b>AY 65</b>	Aylsham town and surrounding lanes	4.1 miles – 90 mins
Tue 27 <sup>th</sup> April	<b>Reepham:</b> Stimpson's Piece car park, Bartle Court, Reepham. NR10 4LL off B1145 Station Road	<b>3</b> <b>AY 12</b>	Reepham Town and Marriots Way	3.5 miles – 80 mins
Thu 29 <sup>th</sup> April	<b>Buxton:</b> Bure Valley Railway car park. Stracey Road. NR10 5ET	<b>3</b> <b>AY 24</b>	Fields & meadow walk via Buxton Mill	3.3 miles – 75 mins steps. <b>(livestock)</b>

Supported through funding from Sport England and players of People's Postcode Lottery

