



Central Norfolk Walking for Health

PROGRAMME – MAY AND JUNE 2019

All walks start at 10.30 am unless otherwise stated

It is recommended that walkers register with our Facebook page (Central Norfolk Walking for Health) to receive important messages, such as changes to a walk. Whether or not you are a Facebook user, it is possible to join Facebook and give minimal personal information

<https://www.walkingforhealth.org.uk/walkfinder/central-norfolk>

or Google – Central Norfolk Walking for Health

Date	Location	Grade	Area	Description	Miles/ Time
MAY Weds 1st	Reedham, Pettit's Paddock, Church Rd, NR13 3UA Coffee Pettit	2/4 AC4/21	Broad		2.7/4.1m 60/90 min
Friday 3rd	Mulbarton Village Hall Car Park The Common, NR14 8AE	3 SN14	South	Across fields, field edges and tracks. Can be muddy	3.3m 80 mins
Friday 3rd	River & Ridge, Rouen Rd Thorn Lane NR1 1QT Coffee Kings Centre	2 N9	City	Woodland ridge walk. 100% firm. Steep gradients	1.6 40 mins
Bank Hol Mon 6th	Sloughbottom Park CP, Drayton Road, NR3 2PW	2 N8A	City	Park paths, tracks. 90% firm but muddy when wet	2.4m 60 mins
Tues 7th 10.30/10.45	Foundry/Riverside, Recorder Road, NR1 1BP	1/2 N56/57	City	Riverside walk and cathedral. 100% firm. Buses to rail station	1/1.5/2.4 30-60min
Wednesday 8th	Great Plumstead Village Hall Church Road, NR13 5AB	3 B18	Broad	Lanes and field edge paths. 50% soft. Can be muddy. 1 stile	3.7m 80mins
Weds 8 th 19.00	Loddon Church Car Park High Street, NR14 6EY	3 SN64	South	Through churchyard and along walkways. 70% soft	2.6 55 mins
Friday 10th	Great Melton, All Saints' Church NR9 3BH Coffee in church	2/3 SN3/5	South	Country lanes and footpaths. Minor slopes. 60% firm	2.3/3.9m 45/90 min
Friday 10th	Sprowston Recreation Ground CP next library NR7 8EW Coffee Library	2 B23	Broad	Walk across recreation ground, paths and woodland	1.9 m 40 mins
SAT 11 th 11.00 am	Mulbarton Village Hall Car Park The Common NR14 8AE	2/3 SN12/13	South	Lanes and field paths. 70% soft Moderate slopes, one stile	2.3/4.2m 45/90min
Monday 13th	Yelverton Village Hall Church Road, NR14 7NU	1/3 SN23/62	South	Lanes and field tracks. Uneven Moderate slope. 65% firm	1.5/2.9 40/65 min
Monday 13th	Waterloo Park, Car Park, Angel Rd, NR3 3HX Coffee – Britannia Cafe	1/2 1/3 loop	City	Walk in beautiful park. 100% firm	0.8/2.4m 30/60 min
Tuesday 14 th	Swainsthorpe, Sugar Beat PH Norwich Rd NR14 8PU Coffee pub	3 SN34	South	Lanes and field edges. 60% soft. Can be muddy. Moderate slopes	3.8m 85 mins
Tuesday 14 th	Trowse Ski Centre CP, Whitlingham Lane, NR14 8TN Coffee ski centre	2 N26	City	Common and riverside. 75% soft. Gentle slopes. 2 stiles, 1 high	2.3 55 mins
Wednesday 15 th	Blofield Garden Centre Yarmouth Road, NR13 4LQ	3 AC64	Broad	Lanes and uneven field paths. 50% firm. Moderate slopes	2.8m 60 mins
Friday 17 th	Nelson Monument, Erpingham Gate Cathedral Close, NR3 1HF	2 N45	City	Walk passing 10 churches. Firm surfaces, mod gradient, cobbles	1.5 40 mins
Friday 17 th	Marston Marsh Waitrose CP, Eaton (far corner) NR4 6NU Coffee store	3 N22	City	Cycle path, boardwalk, squeeze gates, moderate slope.	2.8 60 mins
Monday 20 th	Framingham Pigot St Andrew's Church, The Street, NR14 7QJ	2 SN22	South	Tarmac and grassy paths. Short moderate slope. 85% firm	2.3 60 mins
Monday 20 th	Eaton Park Car Park South Park Ave NR4 7AU Coffee pavilion cafe	1 N17	City	Circular walk around part perimeter. Mostly firm	1.5m 35 mins

Tuesday 21 st	Three Parks/Golden Triangle Outside The Forum, NR1	2 N60	City	Walk around city centre parks 100% firm	1.7 40 mins
Tuesday 21 st	Swardeston Village Hall CP, The Common NR14 8DL Coffee Cavell Rm	3 SN36A	South	Roads and tracks, some uneven. 60%. One moderate slope	3.1m 60 mins
Weds 22 nd	Beighton Village Hall High Road, NR13 3LD	3 AC61	Broad	Lanes and field edges. 50% soft. Some uneven	2.7m 60 mins
Friday 24 th 10.30/10.45	Foundry/Riverside, Recorder Road, NR1 1BP	1/2 N56/57	City	Riverside walk and cathedral. 100% firm. Buses to rail station	1/1.5/2.4 30-60min
Friday 24 th	Fundenhall St Nicholas' Church Church Ln, NR16 IAH Coffee Church	3 SN75	South	Roads, woodland and field edge paths. 2 stiles	3.8m 90 mins
Sunday 26th 11.00	Mousehold Heath, Britannia Road Car Park NR1 4LU	3 N48	City	Woodland paths, 90% soft Slight to moderate gradients	2.8 65 mins
Bank Hol Mon 27 th	Brooke Village Hall Norwich Road, NR15 1AB	3 SN58	South	Paths and lanes. 70% soft. Two stiles, planks. Can be muddy	3.7 85 mins
Tuesday 28 th	Thorpe St Andrew Rec CP Laundry Lane, NR7 OXG Coffee -The Place	2 B26	Broad	Lanes and woodland. Moderate slope, Can be muddy. 50% soft	2.4 50 mins
Tuesday 28 th	Caistor St Edmund Roman Town Car Park, NR14 8QL Coffee church	3 SN17	South	Field paths. Grass can be long and uneven. 90% soft.	2.9 75 mins
Weds 29 th	Upton Staithe Car Park Boat Dyke Road, NR13 6BL Coffee pub	3 AC60	Broad	River banks, paths, tracks and lanes. 70% soft	2.8m 65 mins
Friday 31 st	Mulbarton Village Hall Car Park The Common NR14 8AE	2/3 SN12/13	South	Lanes and field paths. 70% soft Moderate slopes, one stile	2.3/4.2m 45/90min
Friday 31 st 19.00	Adam & Eve Car Park/Bridges Bishopgate, NR1 1RZ	2 N5	City	Across bridges to Barn Road. Mostly flat, hard paths	2.5m 60 mins
JUNE Mon 3 rd	Hethersett Recreation Ground Park Drive, NR9 3EN	3 SN54	South	Pavement and grass footpaths. 50% soft. Can be muddy.	3.0m 65 min
Monday 3 rd	Earlham Millennium Green Car Park, University Drive NR4 7TJ	2 N15	City	Tarmac paths & dirt tracks, board walks & marshland. 60% soft	1.9m 40 mins
Tues 4 th 10.30/10.45	Foundry/Riverside, Recorder Road, NR1 1BP	1/2 N56/57	City	Riverside walk and cathedral. 100% firm. Buses to rail station	1/1.5/2.4 30-60min
Tuesday 4 th	Wreningham Bird in Hand Car Pk Church Rd, NR16 1BJ Coffee pub	3 SN57A	South	Lanes and field paths. 50% soft Moderate slope, 2 plank bridges	4.2m 90 mins
Wednesday 5 th	Ranworth, Maltsters' PH, Car Park, The Staithe, NR13 6AB Coffee pub	3 AC6	Broad	Pretty walk around village. 50% soft. Boardwalk option	3.2m 70 mins
Friday 7 th	Swardeston Village Hall CP, The Common NR14 8DL Coffee Cavell Rm	3 SN36A	South	Roads and tracks, some uneven. 60%. One moderate slope	3.1m 60 mins
Friday 7 th	Sloughbottom Park CP, Drayton Rd, NR3 2PW Coffee Norman Centre	2 N8A	City	Park paths, tracks. 90% firm but muddy when wet	2.4m 60 mins
Monday 10 th	River & Ridge, Rouen Rd Thorn Lane NR1 1QT Coffee Kings Centre	2 N9	City	Woodland ridge walk. 100% firm. Steep gradients	1.6 40 mins
Monday 10 th	Surlingham Ferry PH Car Park 1 Ferry Rd, NR14 7AR Coffee pub	2/3 SN52	South	Roads, river and grassy paths. 50% firm. Mod slopes, 3 stiles	2m/4m 60/90min
Tuesday 11 th	Forum/Marriott's Way Outside The Forum, NR1	2 N59	City	Flat, level footpath trail, concrete paths and muddy woodland	2.6 60 mins
Tuesday 11 th	Marston Marsh Waitrose Car Park Eaton NR4 6NU Meet outside church	3 N22	City	Cycle path, boardwalk, squeeze gates, moderate slope.	2.8 60 mins
Weds 12 th	South Walsham Fairhaven Gardens, NR13 6DZ Coffee cafe	2 AC22	Broad	Field edges, tracks and lanes. 1 moderate slope. 75% firm	3.3 65 mins
Friday 14 th	Cary's Meadow, Oaklands Hotel CP Yarmouth Rd NR7 1BP Coffee hotel	3 B20A	City	Meadow, roads and tracks. 25% soft. 1 steep slope.	3.3 65 mins
Friday 14 th	Catton Park Recreation Ground CP Church Ln, NR6 7DS Coffee church	2 B34	Broad	Circular walk. Mostly firm with woodland and views across to city	1.5 45 mins
Mon 17 th	Waterloo Park, Car Park, Angel Rd, NR3 3HX Coffee – Britannia Cafe	1/2 1/3 loop	City	Walk in beautiful park. 100% firm	0.8/2.4m 30/60 min
Monday 17 th	Bergh Apton Village Hall Car Park Cooke's Road, NR15 1AA	113 SN32/33	South	Walk around old villages of Bergh and Apton	1.8/3.3 40/60 min
Tuesday 18 th	Thorpe St Andrew Rec CP Laundry Lane, NR7 OXG Coffee -The Place	2 B26	Broad	Lanes and woodland. Moderate slope, Can be muddy. 50% soft	2.4 50 mins
Tuesday 18 th	Caistor St Edmund Roman Town Car Park, NR14 8QL Coffee church	2/3 SN18/56	South	Field paths. Grass can be long and uneven. 90% soft.	2.7/4.4 60/75 min
Weds 19 th	Lingwood Church Car Park Church Road, NR13 4TD	1/2 AC10A	Broad	Road and field edge paths, 3 kissing gates. 30% soft	1.5/2.4 40/55 min
Friday 21 st	Spowston Recreation Ground CP Next library NR7 8EW Coffee Library	2 B23	Broad	Walk across recreation ground, paths and woodland	1.9 m 40 mins

Friday 21 st	Fundenhall St Nicholas' Church Church Ln, NR16 IAH Coffee church	3 SN75	South	Roads, woodland and field edge paths. 2 stiles	3.8m 90 mins
SUNDAY 23 rd 11.00	Whitlingham Broad Old Barn Car Park, Whitlingham Lane NR14	2 N30	City	Flat circular walk around broad. . Birds and wildlife	2.3m 50mins
Monday 24 th	Earlham/UEA Broad , Eaton Park CP, South Park Ave, NR4 7AZ	2/3 N19/44	City	Broad walk – paths and tracks. 90% soft. Steps and slopes	2.2/4.4 50/90 min
Monday 24 th	Hethersett Queen's Head Car Park Nch Road NR9 3DD Coffee in pub	3 SN60	South	Rural walk. Grassy paths. 90% firm. Moderate gradients.	3.2m 70 mins
Tuesday 25 th	Trowse Ski Centre CP , Whitlingham Lane, NR14 8TN Coffee ski centre	2 N26	City	Common and riverside. 75% soft. Gentle slopes. 1 high stile.	2.3 55 mins
Tuesday 25 th	Three Parks/Golden Triangle Outside The Forum, NR1	2 N60	City	Walk around city centre parks 100% firm	1.7 40 mins
Wednesday 26 th	Blofield Church , Church Lane, NR13 4NA Coffee in church	3 AC 18	Broad	Public footpaths, across meadow and countryside. 50% firm	3.2 60 mins
Friday 28 th	Swardeston Village Hall CP , The Common NR14 8DL Coffee Cavell Rm	3 SN36A	South	Roads and tracks, some uneven. 60%. One moderate slope	3.1m 60 mins
Friday 28 th	Foundry/Riverside , Recorder Road, NR1 1BP	1/2 N56/57	City	Riverside walk and cathedral. 100% firm. Buses to rail station	1/1.5/2.4 30-60min

