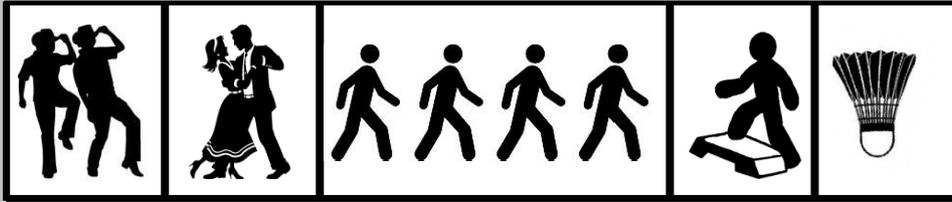


North Norfolk Fit Together



Fit Together Walks & Activities



Spring/Summer 2019
Taking small steps
together - **Free** walks.

For Memory walks see inside of front cover

active
norfolk



See back cover for
places where you can
collect the programme



North Norfolk Fit Together Memory Walks 2019 Wednesdays



Dates	Time	Venue	Meeting Place and Parking	Information
May 1 st May 29 th June 26 th July 24 th August 21 st	10:30am	Cromer Prom for a walk by the sea	Cromer West Prom Disabled car park, NR27 9HS – parking charges apply.	Suitable for all abilities. Toilets and refreshments – bring change for this 
May 8 th June 5 th July 3 rd July 31 st August 28 th	10:30am	North Walsham for a walk on the Memorial Park	North Walsham New Rd car park, NR28 9DE – parking charges apply.	Suitable for all abilities. Toilets and refreshments provided free in the library. 
May 15 th June 12 th July 10 th August 7 th Sept 4 th	10:30am	Felbrigg Hall for a walk on park grounds	Felbrigg Hall main car park, NR11 8PR - £2 parking for non-National Trust members.	Suitable for all abilities. Toilets and refreshments – bring change for this. 
May 22 nd June 19 th July 17 th August 14 th Sept 11 th	10:30am	Mundesley Sea Front for a walk on Gold Park or by the sea	Mundesley Beach car park, NR11 9BQ – parking charges apply.	Suitable for all abilities. Toilets and refreshments – bring change for this. 

What you need to know

- Contact Christine Joyce on 01263 519405 for more information.
- The walks are free and led by trained volunteers – just bring some change for parking/refreshments/ice cream.
- **Booking is necessary by 3pm the day before the walk on 01263 519405**
- Don't worry if you have to cancel if you find that in the morning you have changed your minds.
- We are working with the UEA to evaluate participants to ensure funding for future programmes so we would be grateful if both carers and walkers would take part.
- All required forms will be available for you to take home and complete after your first walk. Registration forms are on the website or can be sent if you would like to complete them beforehand.

Physical suitability: Every walker/wheel chair user needs to have a one to one carer. The carer will take responsibility for the walker and also will be responsible for assisting and pushing the wheelchair (if needed).

North Norfolk Fit Together Information

North Norfolk Fit Together is a Charitable Incorporated Organisation (CIO). This means that as a charity we can apply for a wider variety of grants and can also fundraise. All monies collected through fundraising and our regular activities will now go towards keeping our own scheme going. We have a Board of Trustees who will work together with the coordinator to ensure the future of our scheme – for contacts please see the back cover. We will be doing more fundraising events and will also have bright yellow collection boxes at our walks so that if you wish to you can make a donation. The money will go towards the printing of the programmes and other running costs. If you have any ideas about fundraising events or would like to hold your own then please contact our fundraising officers. To keep up-to-date with any news and announcements please visit our webpage – www.activenorfolk.org/north-norfolk. We rely heavily on donations for the running of the programme which is completely volunteer run except for a coordinator post of one day a week. Please consider putting what you can in our collection boxes as it all adds up **Donation cheques can be made out to “North Norfolk Fit Together” and sent to the NNFT Treasurer – Phil Harriott, 5 Suffield Close, North Walsham, Norfolk, NR28 0HN.**

If you are a taxpayer, gift aiding your donations would increase your contribution by 25%. For a gift aid form please contact John Tomlinson jmtomlinson@talk21.com, (01692) 582522 or 07747084902. John will send you a form and a stamped addressed envelope for its return.

Message from the Chairman – John Tomlinson

Several members have told us how sad they were to hear of the death of Judy Westgate. They remember the many happy walks they had with her and her black Labrador and we send our condolences to Judy's family and friends.

Our coordinator Mel and her Mum and Dad, Brian and Marlene, both volunteer leaders for many years, have all not been well in recent weeks. We send them all our very best wishes.

In Mel's absence Trustees and volunteer leaders have all contributed to make sure the wheels of NNFT continue to run smoothly. I will not name individuals for fear of missing someone out but very grateful thanks to all those concerned. The post is being dealt with, membership cards for new members are being sent out, the leaders' rota for the next two months has been completed etc. and most importantly this programme has been produced. I am happy to receive your comments if you think there is anything wrong with this programme or there is something you do not like but please remember this programme has been produced without Mel's knowledge, expertise and experience. We have done our best.

We never know until the last minute whether we will receive all or any of our grant for the year starting, in this case, the 1st April 2019 which is one of the reasons why we decided in the past to hold healthy balances in reserve - no one knows what might be round the corner. As ever we will continue to review funding and to do all in our power to ensure NNFT is a sustainable organisation

I hope that lots of you will be able to attend this year's MEMBERS MEETING on 21st MAY (see elsewhere in programme for details). This is your opportunity to question, comment and suggest on all NNFT matters so I hope as many of you as possible will be able to come.

I look forward to catching up with you on some of the walks, other activities and events in this new programme and I do hope you enjoy the summer and all the activities that are planned.

News

We have amended the route of the Salthouse Heath walk – please note different parking area as shown on 10 June entry. We have also revised the route on the North Walsham Library walk to avoid crossing the busy A149 at the traffic lights near station road.

North Norfolk Fit Together has teamed up with award-winning fundraising platform “Give as you Live” in an exciting venture that enables our supporters to contribute (at no costs to themselves) towards the costs of the trust when they shop online. More than 4,000 outlets have enrolled to the scheme including Amazon, EBay and John Lewis. If you would like to help us in this way the procedure is straight forward:

- First, visit the Give as you Live webpage at giveasyoulive.com.
- Now click on the “Sign up” button at the top right hand corner of the page.
- Enter North Norfolk Fit Together as your “cause” to support and our name should appear as a “result”.
- Click “Cause Details” and then “Select This Cause”.
- You will then be asked for details of “name”, “email address” and “password” (your choice) and you will be registered.

Having done this, each time you shop on-line in the future, all you need to do is remember to login to “Give as you Live” first and then select your outlet from the webpage. If your outlet is registered to the scheme you should be taken straight to its website where you can shop as normal, knowing that a percentage of everything you spend will benefit the trust. Once you become familiar with the “Give as you Live” webpage you will find that you can short cut the procedure above and have an icon added to your computer which will enable you to avoid logging on every time.

STILL IN – NNFT TOPS FOR SALE

You might begin to see members wearing a variety of tops bearing the NNFT logo. Items available are: Showerproof reversible jackets in navy or maroon £27. Zoodies (hoodies with zips) £23. Hoodies without zip £21. Sweatshirt zip jackets (no hood) in navy, heather, grey, graphite £25. Sweatshirts classic £16 – dark navy, charcoal, steel grey, bottle green, burgundy, red hot chilli. All sizes unisex small up to XXXL. Men’s Polo shirts in these sizes £15. Women’s Polo shirts sizes 10-20 also £15. Logos embroidered in green, red, yellow, navy or white. If you would like any of the above, speak to Christine Joyce and she will order it for you. We are asking for payment of the item when you order and only accept cash.

 **MOUNTAIN WAREHOUSE** Take your Fit Together membership card into the new Mountain Warehouse shop on Church Street in Cromer and receive a 10% discount!! **Trespass** in Church Street, Cromer, also offer 10% discount.

Walk Leaders

If becoming a walk leader appeals to you why not have a chat with a leader on your next walk to see what’s involved and what they get out of it. If you are interested in the training contact Paul Ebsworth on 07805 165913.

Special Events:

Members Meeting: On **Tuesday 21st May**. Please come along to our members meeting and give us your views on how we are doing and what we can do better – there are two walks in the morning and the meeting will start as soon as everyone is back from the walk. Come along for refreshments at 11.45am if you are not doing the walks. If you are doing the walks then please bring a snack – drinks and biscuits provided. Gresham Village Hall, East Beckham Lane, Gresham, NR11 8RT - **we need your input so please come along!! If you have no transport please speak to one of our walk leaders.**



BBQ on Friday 28th June at 2pm Join us to celebrate Summer with a walk and BBQ. North Walsham's Roman Catholic church hall and grounds provide us with the start point for the walk and the venue for the event. Our leaders, Chris and Ben White, are organizing the afternoon and for £6 you can eat a great selection of BBQ food (cooked on an inside range) and including vegetarian and vegan options. The grounds are the perfect setting but we can also be inside if the British weather lets us down. **The walk will be 2.25 miles with gentle gradients**



using a variety of surfaces and starts at 1pm If you just want to come for the **BBQ and social afternoon this starts after the walk around 2pm**. Help is needed for the event and we need people to provide salad and bring their own drinks and a cup/glass. Tickets will be on sale via walk leaders and Trustees on the walks or our other activities. The address is the Catholic Church of the Sacred Heart, Grammar School Rd, North Walsham NR28 9JP – large free car park. For more information please ring Joy on (01263) 838007 or Christine on (01263) 519405!!

NNFT Other Activities

Fit Together Tea Dance – unfortunately Brian & Marlene, who run the tea dance, need to take a break at the moment. If they are able to restart the dance regulars will be notified. Please keep an eye on the website for any announcements regarding the tea dance.

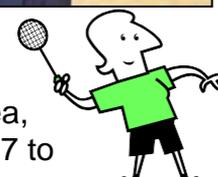
Wednesdays - Weekly - Norfolk and Western Line Dance is held from 1:30-3:30pm at the St Andrews Church Hall on Church Street, Holt, NR25 6BB. Line dance enthusiasts, Cedric Greenwood and Pat Rudrum offer tuition and dancing. If you want to have a try please contact Cedric on (01263) 715533. The class is £3.



Wednesdays - Weekly – Mel's Circuit Training is held on Wednesdays at 3:30pm to 4:30pm at the cost of £2.50. The class will help strengthen your whole body and with some stretches thrown in it will also help your flexibility, coordination and balance. With the older adult in mind I will get you working at your own level by offering a choice of exercises. Please ring to book on 07766259999 by 11am on the day of the class. The class is held at St Joseph's Church Hall, 58 Cromer Rd, Sheringham, NR26 8RT – plenty of parking!! **Booking is essential as spaces are limited.**



Thursdays - Weekly - Fit Together Badminton – is run by Joy and is held from 1pm to 3pm at the Gresham Village Hall, East Beckham Lane, Gresham, NR11 8RT. Tea, coffee and biscuits are also available. Booking is essential so please call 07748886417 to book your place –all equipment is provided.



PLEASE CHECK BEFORE YOU COME ALONG TO ANY OF THE ABOVE AS HOLIDAYS AND ILLNESS COULD CAUSE ACTIVITIES TO BE CANCELLED

Benefits of Walking More

Walking is a great way to find out more about the area you live in and to meet new people. Research has also shown that it is an excellent activity for you to do to help improve your health. Just 150 minutes of moderate activity a week can have many benefits including: **Keeping your heart, muscles and bones healthy; reducing your risk of heart disease and diabetes; lowering your blood pressure; reducing feelings of stress; and giving you more energy**

What is a Health Walk?

- A health walk is a short, locally held walk, where you are encouraged to walk at your own pace, but, if possible, slightly faster than normal.
- The aim of the health walks is to encourage and support people who are trying to increase their activity levels and lead a healthier lifestyle.
- Trained volunteers lead our walks, with leaders, where possible, at the front, middle and back of the group. The volunteers are on hand to support all walkers, whether you're just starting out or have been walking regularly for a while. It's not a race or a competition and as with any exercise the important thing is to start gently and build up gradually. Walking at your own brisk pace is not about how fast you go, but about how you feel. On a health walk you should feel warmer; Your heart beating a bit faster and; breathing a bit faster – but still able to talk
- Health walks are 90 minutes and under (or up to 4 miles) and are supported by Active Norfolk, Walking for Health, The Ramblers & Macmillan Cancer Support.

Please be aware that for health & safety reasons, the front walk leader must head the walk and therefore walkers must stay level with or behind the front leader. We will always strive to meet everybody's needs, however, as all walk leaders are individuals the speed of walks will vary.

Choosing your walks

Grade 1/Introductory Walks – Beginner: gentle walks to suit those who are new to being active or returning from injury, illness or inactivity. They are no longer than 1 mile on flat or gentle slopes with firm surfaces. These walks are up to 30 minutes based on the speed of an average walker. Most walks can be tailored to suit you and can be any distance up to a mile. They will have parking facilities, toilets and refreshment venues near the start and are suitable for wheelchairs and mobility scooters. Some have slopes down to proms.

Grade 1 Advanced – Beginner/Improver: these walks are anything from 1 mile to 1.5 miles and may have uneven ground or gentle gradients. They may not always have toilets or refreshment venues at hand. If you are already active but want to try a shorter walk before trying a grade 2 then try these!!

Grade 2 – Improver: Walks are suited to those looking to build up their activity levels. They are between 1.5 and 2.5 miles and may include some moderate slopes and steps and some grassy, uneven surfaces. These walks are between 30 and 60 minutes based on the speed of an average walker.

Grade 3 – Advanced: Aimed at people looking for longer, more challenging walks. They are generally between 2.5 and 4 miles and may include longer steeper slopes, steps and grassy uneven surfaces. These walks are between 45 and 90 minutes based on the speed of an average walker.

Ambles – Are slower paced informational walks where the group stays together.



Longer Walks - If you would like to do some longer walks with the Ramblers then you can receive a discount if you are a member of North Norfolk Fit Together or any health walk scheme in the country. To join the Ramblers – go to www.ramblers.org.uk/healthwalkdiscount or ring 020 7339 8595 and add/give the code C15M5A to receive discount for your first year instead of £35.85 (current cost). To have a look at what's going on in Norfolk please visit www.norfolkra.org.uk.

Dogs - Dogs are welcome on all walks, **unless indicated**. However, owners must complete a Dog Disclaimer form that will be given to walkers with dogs. Dog owners must accept responsibility as if there is an incident involving your dog the scheme does not have insurance to cover it. Once you have completed the form you will be sent a Dog Card that you can bring along to each walk. Dogs must be kept on leads (not extendable) at all times and must not interfere with other walkers. Bring doggie bags! Guide dogs are always welcome!

Timing and Registration - If you are new please arrive at any Fit Together activity at least 20 minutes before the start time so that you can complete the registration form. If you need glasses to assist you in completing the form please bring these with you. For insurance purposes you cannot attend a Fit Together activity until you have fully completed the registration form. Please arrive in a timely manner to start the walk at the start time. You must arrive in time to hear the pre-walk introduction as leaders will inform you of health and safety issues and other important information. Please listen to these talks otherwise you may miss relevant information!



Refreshments and Car Parks - Most walks begin at a location where we can have refreshments and a chat after the walk if desired. Some walks, however, do not have facilities meaning that a short drive is necessary. Remember that it is always a good idea to bring some water with you.



Some of our car parks may fill up if large numbers turn up. To help solve this problem please try to car share with other walkers if possible. Please bring extra footwear so we don't take muddy shoes into the social venues. Please try and frequent our venues after the walks as venues are kind enough to let us mostly park for free!! For help with bus routes and other transport please contact Traveline East Anglia at www.travelineeastanglia.co.uk or by calling 0871 200 2233.

Footwear and Clothing - Some paths, especially by rivers, through woodland and across fields can be muddy and overgrown and may have biting insects. Therefore it is advisable that you wear the correct footwear and clothing. **Walks including cross field paths could be muddy at any time of year so please always come prepared.** We do reserve the right to change a walk under certain conditions. If this occurs we will always either go from the same start point or have a volunteer there to take you to the new start point. Some walks are now walked only every three months & changes on route that we are unaware of may occur. Remember to wear either walking boots or shoes or comfortable trainers – some may be waterproof. It is important you think about updating your footwear regularly to avoid foot and ankle injuries.

Safety - Some walk leaders are first aid trained but this is not an insurance requirement. Please be aware that you are responsible for your own safety and if you have a specific medical requirement please bring appropriate medication etc. Walk leaders are also not required to carry a mobile phone if they do not have one. If you have a mobile phone please bring it on the walk in case of an emergency. You take part in the walks and any other Fit Together activities at your own risk.

Assistance on Walks: Walk leaders do not take responsibility for assisting adults on the walks. If you need assistance for the walk please come with another responsible adult. If you need to attend the walk with a carer, are in receipt of a care package, or are in a care facility, your carer will need to complete a **Carer Responsibility Form** which needs to be completed prior to coming on a walk. Please contact Mel Brown for more information or download the form from our webpage.

Cancellations & Directions - Any walk or activity will be cancelled if the weather threatens the health and safety of any individual. In the event of bad weather it will be decided at least 1 hour before the start time whether cancellation is necessary. **If you are at all unsure as to whether the walk will go ahead please ring 07917596797 where a message will be left 1 hour before the walk if it is cancelled. Only if it is safe to do so will a leader be at the start point to announce the cancellation.** Walk distances are measured approximately. Other Fit Together activities may be cancelled due to illness/holidays booked after the programme has gone to print.

Emergency Contact Details: Please keep your Fit Together membership card handy whilst on our activities as this will have your emergency contact details and health codes written on it. Please show leaders your card when signing the walk/activity register if your card contains health codes.

Smoking/Vaping: Neither smoking nor vaping is allowed on the health walks.

Under 18's: Please note that under 18's must be accompanied by a responsible adult on all our walks and other activities.

Policies: We have our own **Safeguarding Policy**. If you have an issue involving safeguarding then please contact our Safeguarding Officers – Mel Brown or Joy Eglen (see back for contact details). We also have an **Equal Opportunities Policy**. Both these documents can be found on our webpage.

Walk Routes: Unfortunately we do not give out our walk details to the general public as they are risk assessed specifically for our trained walk leaders in line with our own insurance requirements. For lots of information on walk routes across the county please visit www.countrysideaccess.norfolk.gov.uk. If you go to the Circular Walks page and scroll to the bottom you will see the Norfolk Health, Heritage and Biodiversity walks for a variety of different areas.

North Norfolk Fit Together Walks

Please be aware that for health & safety reasons, the front walk leader must head the walk and therefore walkers must stay level with or behind the front leader. We will always strive to meet everybody's needs, however, as all walk leaders are individuals the speed of walks will vary. Pace will be set depending on walk grade.

Monday 29th April – 10:30am - Sheringham Park Pinetree View Walk –Grade 3 – 4 miles – A walk through the park with moderate gradients on dirt, gravel, grass and woodland paths. Meet at the Dales Hotel Car Park, Lodge Hill, Sheringham, NR26 8TJ.

Tuesday 30th April – 10.30am – Holkham Lake Walk – Grade 3 – Approx. 3 miles – A walk to and around the lake with gentle gradients. Meet at the free village car park signposted to the right as you approach main entrance (North Gate) 250m after Victoria PH – grid ref: TG882437

Wednesday 1st May – Memory Walk - see separate programme on inside front cover.

Wednesday 1st May – 10.30am – NEW Wiveton-Blakeney – Grade 3 – 3.7 mls

A mainly flat walk on paths and roads. Meet at Wiveton Nature Reserve car park, directions at back of magazine.

Thurs 2nd May – 11am - Mundesley Town Amble - Approx. 2 miles – A relaxed pace walk on concrete, grass and dirt paths with short steep gradients on and off the prom. Meet at the Car Park behind Trafalgar Court, off Seaview Rd off Cromer Rd, NR11 8DB (turning is almost opposite the Crayford and Abbs Garage). **This is a relaxed pace informational walk.**



Thurs 2nd May – 1:30pm - Knapton Station Bookable Walk – Advanced Grade 1 – Approx. 1 mile A walk on minor roads, grass and cross field paths with gentle gradients. Meet at the lay-by in front of Knapton Church, The Street, Knapton, NR28 0SF. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 1st May.**

Friday 3rd May – 10:30am - Happisburgh Walk – Grade 3 – Approx. 3.25 miles – A flat walk on field edge, cross field paths and minor roads. Meet at the Wenn Evans Centre Car Park, Blacksmiths Lane, Happisburgh, NR12 0QY.

Monday 6th May – Bank Holiday

Tuesday 7th May – 10:30am - Neatishead Alderfen Walk – Grade 3 – Approx. 3.25 miles – A flat walk across and around fields, along tracks, woodland paths and minor roads. Meet at the Long Road free Car Park near Irstead. Once in Neatishead village follow signs to Boardwalk/CP

Tuesday 7th May – 1:30pm - Neatishead Boardwalk Bookable Walk – Grade 2 – Approx. 1.5 miles – No Dogs! – A flat wheelchair friendly walk on hard surfaces and boardwalk. Meet at the Long Road free Car Park near Irstead. Once in Neatishead village follow signs to Boardwalk/CP.

Wednesday 8th May – Memory Walk – see separate programme on inside front cover.

Wednesday 8th May – 10:30am - Mundesley to Paston Walk – Grade 3 – Approx. 3 miles – A walk with gentle inclines with breath taking views of the coast on tracks, minor roads, cross field and cliff paths. Meet at the Royal Hotel car park, 30 Paston Rd, Mundesley, NR11 8BN. If you would like lunch after the walk then please call ahead of time on (01263) 720096.

Thursday 9th May – 10:30am – Cromer to East Runton Walk – Grade 3 – Approx. 3.2 miles – A walk with moderate gradients on dirt, gravel, grass and minor roads. Meet at the NNDC Car Park, Runton Rd, Cromer, NR27 9RU – charges apply.

Thursday 9th May – 1:30pm - Cromer Pier Bookable Walk –Grade 1 and Introductory – Any distance to 1 mile – A gentle walk along the promenade with lift access to the prom. Meet outside the Merchants Place, 16 Church Street, Cromer, NR27 9GW. Find own parking. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 8th May.**



Friday 10th May – 10:30am - Catfield Walk – Grade 2 – Approx. 2.75 miles – A lovely country walk on grass tracks and field edges with no gradients. Meet at Catfield Community Centre (free parking at hall or along road side), Ludham Rd, Catfield, (Post code at the Crown PH NR29 5AA)

Monday 13th May – 11am - Stiffkey Marshes Walk – Grade 2 – Approx. 2.25 miles – A relaxed pace off-road walk on grass, gravel and woodland tracks with one moderate hill. Meet at the Stiffkey Marshes Free Car park off Greenways off the A149 (from Wells before pub on left, from Blakeney after pub on right).

Tuesday 14th May – 10:30am - Felbrigg Lake & Victory Walk – Grade 3 – Approx. 3.5 miles – A walk with moderate gradients over gravel, woodland, lake side, grass and covered boardwalk. Meet at the Felbrigg Hall CP, off the Sustead Rd. Turn off the A148 on the Bypass to Sustead and take a left at the lodge - CP is on the right. **Parking charges may apply**

Wednesday 15th May – Memory Walk – see separate programme on inside front cover.

Wednesday 15th May – 10.30am – Cromer Town & Views Walk – Grade 2 / 3 - Approx 2.8 miles

A walk with moderate/steep gradients on pavement, dirt, grass and gravel paths. Meet at the North Norfolk Information Centre, Loudon Road, Cromer NR27 9EF (NNDC parking charges apply).

Thursday 16th May – 10:30am - North Walsham Water Tower Walk – Grade 3 – Approx. 4 miles – Gentle gradients on Weavers Way, cross and field edge paths, woodland and pavements. Meet at the Victory Sports Centre CP (free), Station Rd, North Walsham, NR28 0DZ

Thursday 16th May – 1:30pm - North Walsham Memorial Park Walk – Introductory and Grade 1 Walk – Any distance to 1 mile – A flat walk on hard surface paths and/or grass. Meet near the North Walsham Community Centre (£1 for 2 hours), New Rd, North Walsham, NR28 9DE. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 15th May.**



Friday 17th May – 10:30am- Cley Attenborough Paths and Coast Views Walk – Grade 3 – Approx 3.75 miles – A walk along the coast path and inland with moderate gradients and one steep downhill gradient and steps. Meet at the Cley Norfolk Wildlife Trust Visitors' Centre car park (free) Coast Road, Cley NT25 7SA

Monday 20th May – 10:30am - Kelling Heath Bodham Woods Walk - Grade 3 – Approx. 4 miles
A mainly flat walk with a mixture of heathland, field edges and woodland. Meet at Kelling Heath car park, Weybourne Rd, Kelling, Norfolk, NR25 7ER (from Weybourne on the right before Holt Garden Centre - formerly EMCYs) – OS Grid Ref: TG098416

Tuesday 21st May – MEMBERS' MEETING immediately follows the Gresham walks – see **Special Events, page 4.**

Tuesday 21st May – 10:30am - Gresham to East Beckham Walk – Grade 3 – Approx. 3.5 miles – A mainly flat walk on minor roads, field edges and grass/dirt tracks. Meet at the Gresham Village Hall Car Park (free), East Beckham Lane, Gresham, NR11 8RT

Tuesday 21st May – 11am - Gresham Circular Walk – Grade 2 – Approx. 1.7 miles – A gentle walk on minor roads, grass and field paths with gentle gradients. Meet at the Gresham Village Hall Car Park, East Beckham Lane, Gresham, NR11 8RT.

Wednesday 22nd May - Memory Walk – see separate programme on inside front cover.

Wednesday 22nd May – 11am - Weybourne Amble – Approx. 2 miles – A relaxed pace walk on a mixture of concrete, dirt, gravel and grass with gentle gradients. Meet on the corner near Weybourne Village Hall Car Park, Beach Rd, Weybourne, NR25 7AH. Parking on streets or NNDC car park at the end of Beach Rd.



Thursday 23rd May– 11am - Fakenham Riverside Walk – Grade 2 to 3 – Approx. 2.8 miles – A flat part riverside walk on woodland, dirt and grass paths and pavement – with an old railway line too! Meet at the Gallows Sports Centre, Fakenham Racecourse, Hempton Rd, Fakenham, NR21 7NY.

Thursday 23rd May– 1:30pm - Fakenham River from Library Walk – Advanced Grade 1 – Approx. 1 mile - with refreshments in the library after. A walk on pavements and hard paths. Meet at Fakenham Library, Oak Street, Fakenham, NR21 9DY. No parking at library but NNDC car park next to Library near the Fakenham Community Centre. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 22nd May.**

Friday 24th May – 10:30am - Sutton Staithe Walk – Grade 3 – Approx. 3 miles. A walk on pavements and footpaths with one steep slope and steps. Meet at the Sutton Staithe Hotel **REAR CAR PARK**, the Staithe, Sutton, NR12 9QS.

Monday 27th May – Bank Holiday

Tuesday 28th May– 10:30am - Metton to Hanworth Walk – Grade 3 – Approx. 3.5 miles – A walk from Metton Church to Hanworth on field edge and cross field paths, gravel tracks and minor roads. Meet at the St Andrews Church car park, Cromer Rd, Metton, NR11 8QU.

Wednesday 29th May – Memory walk – see separate programme on inside front cover

Wednesday 29th May – 10.30am – Sheringham Park Temple Walk – Grade 2 – 2.5 miles
A walk through the park with moderate gradients on dirt, gravel, grass and woodland paths. Meet at the Dales Hotel car park (free), Lodge Hill, Sheringham, NR26 8TJ.

Thursday 30th May – 10:30am - Southrepps Church Walk - Grade 3 – Approx. 3.5 miles – A country walk on minor roads and tracks with gentle to moderate gradients. Meet at the Southrepps Village Hall, The Loke, Southrepps (Postcode of Vernon Arms PH is NR11 8NP).

Thursday 30th May – 1:30pm - Southrepps Jubilee Bookable Boardwalk – Advanced Grade 1 – Approx. 1 mile - A mixture of concrete and common/boardwalk with gentle gradients. Meet at the lay-by opposite the Southrepps Primary School, Lower Street, Southrepps, NR11 8UG – parking in layby and along street. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 29th May.**

Friday 31st May – 11am - Blakeney Walk – Grade 3, Approx. 3 miles – A new version of our regular walk with gentle gradients along marsh and field edges, gravel, grass and concrete paths. Meet at the Blakeney Village Hall Car Park, Off the A149 on the Langham Rd (signposted on left), NR25 7PG.

Monday 3rd June – 10:30am - West Runton to East Runton Walk – Grade 3 - Approx. 4 miles – A mixture of grass, concrete, gravel and woodland paths with moderate/steep gradients up Inceborough Hill. Meet at the rear car park of the Links Hotel, West Runton, NR27 9QH.

Tuesday 4th June – 10:30am - Banningham Walk – Grade 3 – Approx. 3.75 miles – A flat walk through farm land and across tracks and minor roads taking the reverse route. Meet at the Banningham Crown PH Car Park, Colby Rd, Banningham, NR11 7DY.

Wednesday 5th June – Memory Walk – see separate programme on inside of front cover.

Wednesday 5th June – 10:30am - Holt Country Park Walk – Grade 2 - Approx. 2 miles – A country park walk with gentle gradients on grass, gravel and woodland paths. Meet at Mackay's Hill Car Park (free), Hempstead Rd, Holt, NR25 6DG (CP entrance is on right near National Speed Limit signs).

Thursday 6th June – 10:30am - Cromer Happy Valley Walk – Grade 2 – Approx. 2 miles – A concrete, grass, dirt and woodland walk with moderate gradients. Meet at the top of the West Prom Slope (childrens' fun fair end) in Cromer near the Morrisons Garage, Prince of Wales Rd, Cromer, NR27 9HS. Find own parking.

Thursday 6th June– 1:30pm - Cromer North Lodge Park Walk – Grade 1 – Approx. 1 mile

A walk on paved surfaces with gentle gradients and breath-taking views. Meet at the site of the former Cromer Doctors Surgery 48 Overstrand Road NR27 OAJ (parking along road near cricket ground . Wheelchair friendly but kerbs).. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 5th June**



Friday 7th June– 10:30am - Briggate Meeting Hill Walk – Grade 2 – Approx. 2.4 miles – A flat walk on the Weavers Way, grass, tracks and minor roads. This walk has a few steps. Meet at Briggate Weavers Way free Car Park (see directions at back).

Monday 10th June – 10.30am – Revised Salthouse Heath Walk – Grade 3 – Approx. 3.75 miles – A field edge, heath and minor road walk with gentle to moderate gradients and 2 stiles. Meet at car park – from Dun Cow in Salthouse turn into Purdy Street for half a mile – car park on left

Tuesday 11th June – 11am - Dilham Oak Rd Walk – Grade 2 - Approx. 2.5 miles - A flat walk out of the village on minor roads, tracks and grass tracks. Meet at the Cross Keys PH, The Street, Dilham, NR28 9PS (Off the A149 North Walsham to Stalham Rd)

Wednesday 12th June – Memory walk – see separate programme on inside of front cover.

Wednesday 12th June – 11am - Letheringsett/Spout Hills Walk – Grade 3 – Approx. 3.8 miles –
A mixture of woodland and grass tracks with minor roads and a former railway line. Moderate and long gradients. Meet at the Kings Head Car park, Holt Rd, Letheringsett, NR25 7AR.

Thursday 13th June - 11am - Trimingham Cliff and Countryside Walk – Grade 2 – Approx. 2.5 miles – A walk along the cliffs and inland on minor roads and tracks. Meet at the lay-by opposite Woodlands Caravan Park on the Coast Rd, Trimingham, NR11 8AL. **WALK LEADER** to call Trimingham 01263 834965 ahead of walk to arrange for hall to be opened for refreshments.

Thursday 13th June – 1:30pm - Trimingham Cliff Bookable Walk – Advanced Grade 1 – Approx. 1 mile – A flat scenic walk on field paths and through woodland. Meet at the free lay-by opposite Woodland Caravan Park, Trimingham, NR11 8AL. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 12th June.**

Friday 14th June – 10:30am - West Runton Coastal Walk – Grade 3 – Approx. 3.2 miles – A walk with moderate gradients and one stile inland then back along the coast path. Meet at The Village Inn PH Car Park, West Runton, NR27 9QT

Monday 17th June – 10:30am - Sheringham to Weybourne Cottages – Grade 3 – Approx. 4 miles – A walk with steep declines and inclines and stunning views to the Weybourne Cottages and back – we promise great views in either direction. Meet at The Fountain Pond, The Leas, off The Boulevard, Sheringham, NR26 8LG

Tuesday 18th June – 10:30am – NEW Kelling Heath Tour – Grade 3 – Approx. 3.45 miles
A mainly flat walk exploring Kelling Heath on heathland, woodland paths and dirt/gravel. Meet at the Kelling Heath car park opposite side to the Holt Garden Centre (formerly EMCYs) Weybourne Road, Holt NR25 7ER

Wednesday 19th June - Memory walk – see separate programme on inside of front cover.

Wednesday 19th June – 10:30am - North Walsham Lyngate Rd Walk – Grade 2 – Approx. 2.5 miles
A walk on minor roads, tracks and field paths from North Walsham centre to the nearby countryside. Meet at the corner of Vicarage Street and North Street near the Vicarage Street Pay and Display car park (find own parking), NR28 9DG.

Thursday 20th June – 11am - Walcott Walk - Grade 3 – Approx. 3 miles – A flat walk on minor roads and across fields and tracks. Meet at the Lighthouse Inn Car Park, Stalham Rd, Walcott, NR12 0PE.

Thursday 20th June – 1.30pm Walcott Prom Bookable Walk - Introductory and Grade 1 – any distance to 1 mile. A flat promenade walk on hard surfaces. Meet outside the Kingfisher restaurant, Coast Road, Walcott NR12 0AP. **Please book for this walk on 01263 519405 by 3pm on Wednesday 19th June.**

Friday 21st June– 11am - Worstead Green Lane Walk - Grade 2- Approx. 2.5 miles A country and village walk with gentle gradients. Meet at the playing field CP, Ruin Rd, which is behind the church and the White Lady public house, Front Street, Worstead, NR28 9RW.

Monday 24th June – 10:30am - Beeston Heath Walk – Grade 3 – Approx. 3 miles – A walk with moderate to steep gradients on heath, woodland, grass, dirt and pavement, with an option to avoid gradient. Meet at Priory Maze and Gardens Car Park, Cromer Rd, Sheringham , NR26 8SF.

Tuesday 25th June – 10:30am - Holkham Park from Wells Hospital – Grade 3 – Approx. 3 miles. A walk through the park and back on a variety of surfaces. Meet at Wells Community Hospital, Mill Rd, Wells, Norfolk, NR23 1RF (on the A149) free parking and £1 donation for tea/coffee/biscuits after the walk

Wednesday 26th June – Memory Walk – see separate programme on inside of front cover

Wednesday 26th June – 10.30am – Felbrigg Great Wood Walk – Grade 2 – Approx 2.5 miles – A walk with moderate gradients on gravel, grass and woodland. Meet at the Felbrigg Hall CP off the Sustead Road. Turn off the A148 on the Byway to Sustead and take a left at the lodge – CP is on the right, parking charges may apply.

Thursday 27th June – 10:30am - Felmingham/Swanton Abbott Walk – Grade 3 – Approx. 4 miles – A walk with gentle gradients and a mixture of quiet lanes, farm tracks, field and woodland paths and Weavers Way – Meet at the Weavers Way free Car Park, Felmingham – off the B1145 North Walsham/Aylsham Rd follow the sign ½ mile down Church Rd (OS Grid TG251286). This walk has steps up from the old railway line.

Thursday 27th June– 1:30pm - Fakenham Church Walk – Grade 1 – Approx. 1 mile - with refreshments in the library after. A walk on pavements and hard paths. Meet at Fakenham Library, Oak Street, Fakenham, NR21 9DY. No parking at library but NNDC car park next to Library near the Fakenham Community Centre. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 26th June.**

Friday 28th June Join us to celebrate the Summer with a **walk at 1pm,** followed by a **BBQ at 2pm.** North Walsham's Roman Catholic church hall and grounds provide our start point for the walk and the venue for the event. Our leaders, Chris and Ben White, are organizing the afternoon and for £6 you can eat a great selection of BBQ food (cooked on an inside range) and including vegetarian and vegan options. The grounds are the perfect setting but we can also be inside if the British weather lets us down. **The walk will be 2.25 miles with gentle gradients using a variety of surfaces and starts at 1pm.** If you just want to come for the **BBQ and social afternoon this starts after the walk around 2pm.** Help is needed for the event and we need people to provide salad and bring their own drinks and a cup/glass. Tickets will be on sale via walk leaders and Trustees on the walks or our other activities. The address is the Catholic Church of the Sacred Heart, Grammar School Rd, North Walsham NR28 9JP – large free car park. For more information please ring Joy on (01263) 838007 or Christine on (01263) 519405!!



Monday 1st July– 10:30am - Stalham/Ingham Walk (Rec Ground) – Grade 3 – Approx. 4 miles
A flat country walk on field edges and dirt/grass paths and minor roads. Meet at the Stalham Recreation Ground, Recreation Rd, Stalham, NR12 9BH (Off Brumstead Rd & next to St Johns Rd).

Tuesday 2nd July – 10:30am - Glaven Valley Walk – Grade 3 – Approx. 3 miles – A walk around the Bayfield Estate with moderate/steep gradients and woodland, dirt and grass tracks and minor roads. Meet at Natural Surroundings Car Park, Bayfield Estate near Glandford, Holt, NR25 7JN (see directions at back).

Wednesday 3rd July – 10:30am - Mundesley Walk from Royal Hotel – Grade 3 – Approx. 3 miles
A walk on a mixture of surfaces to the golf course and back. Meet at the Royal Hotel car park, 30 Paston Rd, Mundesley, NR11 8BN. If you would like lunch after the walk then please call ahead of time on (01263) 720096.

Wednesday 3rd July - Memory Walk - see separate programme on inside of front cover.

Thursday 4th July – 10:30am - Bacton Woods Circular Walk – Grade 2 – Approx. 2.5 miles. A woodland walk with gentle gradients. Meet at the Bacton Woods Picnic Area Car Park (free), off the North Walsham Rd (B1150) to Bacton and Walcott.

Thursday 4th July – 10:45am - Bacton Woods Bookable Walk – Advanced Grade 1 – Approx. 1.3 miles. A woodland walk with gentle gradients. Meet at the Bacton Woods Picnic Area Car Park (free), off the North Walsham Rd (B1150) to Bacton and Walcott. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 3rd July.**

Friday 5th July – 11am - Ludham How Hill Picnic Walk – Grade 2 – approx. 2.5 miles – A walk along the River Ant and its estuaries on farmland, grass, gravel, woodland and field paths with gentle gradients and one small section of steps. Meet at the Ludham How Hill free Car Park, off the A1062 from Wroxham or Potter Heigham (signed). **Bring a packed lunch to enjoy after the walk – weather permitting!**



Monday 8th July – 10:30am - Holkham Pinewoods and Beach walk – Grade 3 – Approx. 3.2 miles. A second walk from the Victoria Inn to the beach with one incline via a boardwalk to the beach. Meet at the Victoria Inn, Park Rd, Holkham, NR23 1RG

Tuesday 9th July – 10:30am - Horsey Mere Walk – Grade 3 – Approx. 3.1 miles – A flat walk on track and riverside paths. Meet at Horsey Staithe/Windpump Car park (charges apply), Gt. Yarmouth, NR29 4EF (On the B1159 4 miles east of Martham)

Wednesday 10th July - Memory Walk - see separate programme on inside of front cover.

Wednesday 10th July – 10.30am – Bacton Church Amble – Approx 2 miles – A relaxed flat walk on minor roads and grass tracks. Meet at the Bacton and Edingthorpe Cubitt Memorial Playing Field CP, North Walsham Rd, Bacton NT12 0EU (turn into a small track opposite the Coast Road turning) **This is a relaxed pace informational walk**



Thursday 11th July - Barton Turf Church Walks – Grade 2 to Barton Broad at 10:30am and an Advanced Grade 1 on paths around church at 10:45am – Approx. 2.5 miles and 1 mile: Both walks are flat! Meet at the Barton Turf, St Michael's and All Angels Church Car Park, Church Rd, Barton Turf, NR12 8YU (off the Stalham/Wroxham Rd towards Neatishead). **Please book for the grade 1 walk on (01263) 519405 by 3pm on Wednesday 10th July.**

Friday 12th July – 10:30am - West Runton to Beeston Bump Walk – Grade 3 – Approx. 3 miles – A scenic walk on grass, dirt and pavement with a steep gradient. Meet at The Village Inn PH Car park, West Runton, NR27 9QT.

Monday 15th July – 10:30am - Hickling Walk – Grade 3 – Approx. 3.25 miles – A flat walk on minor roads and grass and dirt tracks. Meet at the new village hall - The Barn, Tate Loke (Off Mallard Way) Hickling, NR12 0YU.

Tuesday 16th July – 10:30am - Beeston Common to Pretty Corner Walk – Grade 3 – Approx. 3 miles – A walk with moderate gradients on grass paths and minor roads. Meet at Priory Maze and Gardens Car Park, Cromer Rd, Sheringham NR26 8SF

Wednesday 17th July – 10:30am – Cley to Blakeney – Grade 3 – Approx. 4 miles
A flat coastal footpath walk with good views and returning via footpaths through 'Normal for Norfolk' countryside. Car parking signposted through Cley village to Free car park at village hall.

Wednesday 17th July - Memory Walk - see separate programme on inside of front cover.

Thursday 18th July – 10:30am - Felmingham Short Walk – Grade 2 - Approx. 2.3 miles – A mainly flat walk (except steps at beginning and end) with field edges, woodland paths, farm tracks and concrete surfaces. Meet at the Weavers Way free Car Park, Felmingham – off the B1145 North Walsham/Aylsham Rd follow the sign ½ mile down Church Rd (OS Grid TG251286). This walk has steps on and off the old railway line.

Thursday 18th July – 1:30pm - Trunch Bookable Walk – Advanced Grade 1 - Approx. 1 mile – A walk on minor roads and footpaths with gentle gradients. Meet at the playing field car park, Blooms Turn, Trunch, NR28 0PQ (As you enter Trunch from North Walsham Blooms Turn is the first road on the left). **Please book for the grade 1 walk on (01263) 519405 by 3pm on Wednesday 17th July.**

Friday 19th July – 11am - Knapton/Paston Way Walk – Grade 2 – Approx. 2.5 miles – A flat walk along and across fields, woodland and minor roads – Meet at the Paston Way CP – from North Walsham take a left off the Bacton Rd following signs to Pigneys Wood but go past this CP. From Knapton take a left off the B1145 following signs to Pigneys Wood – OS Grid TG300331 – **VERY SMALL CAR PARK** – please car share!

Monday 22nd July – 10:30am - Barton Staithe Walk – Grade 3 – Approx. 3.5 miles – A flat walk from this pretty broad on minor roads, tracks and field edges/cross field paths. Meet at the Barton Staithe CP (**limited parking so car share if possible**), Staithe Rd, Barton Turf, NR12 8AZ

Tuesday 23rd July – 10:30am - Alby Walk – Grade 3 – Approx. 3.5 miles – A flat grass and field edge path walk crossing fields and farmland. Meet at Alby Craft Centre Car Park, Cromer Rd, Erpingham, NR11 7QE.

Wednesday 24th July - Memory Walk - see separate programme on inside of front cover.

Wednesday 24th July – 10.30am – Great Snoring Walk – Grade 2 – Approx 2.75 miles

A flat walk across fields and along minor roads. Meet at the Gt Snoring Social Club car park, Walsingham Road, Gt Snoring NR21 0AH

Thursday 25th July – 10:15am - Edgefield Walk — Grade 2 – Approx. 2.5 miles – A country walk on dirt and grass paths and minor roads with gentle gradients - one short and moderate gradient. Can be muddy! Meet at the Edgefield Village Hall Car Park, Norwich Rd, Edgefield, NR24 2AL.

Thursday 25th July– 1:30pm - Fakenham River from Library Walk – Advanced Grade 1 – Approx. 1 mile - with refreshments in the library after. A walk on pavements and hard paths. Meet at Fakenham Library, Oak Street, Fakenham, NR21 9DY. No parking at library but NNDC car park next to Library near the Fakenham Community Centre. **Please book for this walk on (01263) 519405 by 3pm on Wednesday 24th July.**

Friday 26th July – 10:30am - Pretty Corner Woods Walk – Grade 3 – Approx. 2 miles – A hilly woodland walk with moderate/steep gradients. Meet at Pretty Corner Woods Main Car Park (free), Pretty Corner Lane (off top of Holway Rd), Sheringham. Near NR26 8TW.

Monday 29th July – 10:30am - Mannington Hall Reversed route Walk – Grade 3 – Approx. 3.6 miles – A mainly flat walk on a mixture of field edges, woodland and farm tracks and minor roads. This walk has stiles. Meet at Mannington Hall, Norwich, NR11 7BB (see directions at back - £2 donation for parking).

Tuesday 30th July– 10:30am - North Walsham Library Walk – Grade 2 – Approx. 2.7 miles – A **Revised** Weavers Way/Town walk with concrete, dirt and grass paths and no gradients. Meet outside the North Walsham Library, (Parking charges apply), New Rd, North Walsham, NR28 9DE.

Wednesday 31st July – 10:30am – Walsingham Waterden Lane – Grade 3 – Approx. 4 miles. A walk with field edges, lanes and old railway line/Pilgrims Way. Parking directions - From Holt Road at Shrine of our Lady, turn into Knight St passing Riddle restaurant on right. Turn immediately right into a meadow which is the car park

Wednesday 31st July - Memory Walk - see separate programme on inside of front cover.

Thursday 1st August – 11am - Bodham Walk – Grade 3 – Approx. 3 miles – A flat scenic walk on a mixture of minor roads, grass and dirt tracks and woodland paths. **This walk has several unavoidable stiles so unsuitable for dogs!** Meet at the Bodham Red Hart Inn Car Park, The Street, Bodham, NR25 6AD

Thursday 1st August – 1:30pm - Holt Town Walk – Advanced Grade 1 – Approx. 1.5 miles – A flat walk out to the Kelling Rd and back on pavement, dirt and grass tracks. Meet outside the Tourist Info Centre, 3 Pound House, Market Place, Holt, NR25 6BW. Find own parking. . **Please book for this walk on (01263) 519405 by 3pm on Wednesday 31st July**

Friday 2nd August – 10.30 - Briston Common – Grade 2 – 2.6 miles – A flat walk on grass, field edges, gravel and roads/pavements. Parking at playing field car park, Stone Beck Road, NR24 2LG (see directions at back)

Monday 5th August – 10:30am - Overstrand to Northrepps Walk from Sea Marge Hotel– Grade 3 – Approx. 2.5 miles- A walk to the outskirts of Northrepps and back on roads, gravel, dirt and grass paths. One steep incline. Meet at the **Sea Marge rear car park**, 16 High Street, Overstrand, NR27 0AB.

Tuesday 6th August – 11am - Trunch Walk – Grade 3, Approx. 3.7 miles – A walk on minor roads, dirt, grass, field and woodland paths with one moderate gradient. Meet at Trunch Village Hall Car Park, Trunch, NR28 0QE (off Knapton Rd, OS Grid: TG 284349).

Wednesday 7th August - Memory Walk - see separate programme on inside of front cover.

Wednesday 7th August – 10.30am – Kelling Telegraph Hill – Grade 3 – Approx 3 miles
A walk along field edges and through woodland with moderate to steep gradients. Meet at the Old Reading Rooms Tea Room, The Street, Kelling NR25 7EL

Thursday 8th August – 10:30am - Sheringham Park Caroline’s Plantation Walk – Grade 3 - Approx. 3.25 miles – The return of a walk through Sheringham Park with some steep gradients but tremendous views!. Meet at the Dales Hotel Car Park (free), Lodge Hill, Sheringham, NR26 8TJ.

Thursday 8th August – 1:30pm - Sheringham Prom Bookable Advanced Grade 1 – any distance to 1 mile. A flat walk along the Sheringham Prom (steep slope to and from promenade). Meet at the Esplanade, off the Boulevard, Sheringham, NR26 8BH **Please book for this walk on 01263 519405 by 3pm Wednesday 7th August**



Friday 9th August – 10:30am - Swanton Hill & Common Walk – Grade 2 - Approx. 2.6 miles – A flat walk on minor roads, cross field paths and edges. Meet at the Swanton Abbott Community Primary School Car Park next to the church, Youngman’s Lane, Swanton Abbott, NR10 5DZ (see directions at back).

Monday 12th August – 10:30am - Northrepps Cottage Walk – Grade 3 – Approx. 3 miles – A walk with gradients, through woods and along grass tracks and minor roads. Meet at the Northrepps Cottage Country Hotel Car Park, Nut Lane, Northrepps, NR27 0JN.

Tuesday 13th August – 10:30am - Sea Palling Walk – Grade 2 - Approx. 2 miles – A flat walk on concrete, grass and dirt tracks. Meet at the Pay and Display Car Park (charges apply), Beach Rd, Sea Palling, NR12 0AL.

Wednesday 14th August - Memory Walk - see separate programme on inside of front cover.

Wednesday 14th August – 10:30am - Stody Walk –Grade 3, Approx. 3.1 miles – A walk on minor roads, narrow lanes, tracks, grass and field edges with gentle, moderate and steep gradients. Meet at Hunworth & Stody Village Hall Car Park, King Street, Hunworth, NR24 2AA

Thursday 15th August – 10:30am - Holt Lowes and Country Park – Grade 3 – NEW - 3.85 miles
A walk on the park and Lowes with medium gradients. Meet at Mackay's Hill Car Park (free), Hempstead Rd, Holt, NR25 6DG (CP entrance is on right near National Speed Limit signs)

Thursday 15th August – 1:30pm - Felbrigg Bookable Walk – Advanced Grade 1 – Approx. 1 mile with refreshment stop en route. A walk with gentle gradients on park drives. Meet at the Felbrigg Hall Free CP off the Sustead Road. Turn off the A148 on the Byway to Sustead and take a left at the Lodge – CP is on the right. **Parking charges may apply. Please book for this walk on 01263 519405 by 3pm on Wednesday 14th August.**

Friday 16th August – 11am - Worstead Obelisk Lane Walk - Grade 2 Approx.- 2 miles - A country walk with gentle gradients on grass tracks and minor roads. Meet at the playing field CP, Ruin Rd, which is behind the church and the White Lady public house, Front Street, Worstead, NR28 9RW

Monday 19th August – 10:30am - Mundesley/Gimingham Walk – Grade 3 – Approx. 4 miles – A varied walk on concrete, field edge and cross paths and minor roads with gentle to moderate gradients. Meet at the Car Park behind Trafalgar Court, off Seaview Rd off Cromer Rd, NR11 8DB (turning is almost opposite the Crayford and Abbs Garage). Reversed so we end up near cafes.

Tuesday 20th August – 11am - Bacton Church Amble – Approx. 2 miles – A flat walk on minor roads and grass tracks. Meet at the Bacton and Edingthorpe Cubitt Memorial Playing Field CP, North Walsham Rd, Bacton, NR12 0EU (turn into a small track opposite the Coast Rd turning)



Wednesday 21st August – 10:30am - Cromer to Overstrand Walk – Grade 3 – Approx. 4 miles
A mixture of concrete, dirt and grass cliff tops with steep gradients. The walk is there and back without stopping for refreshments until back in Cromer. Meet outside Merchants Place Area Partnership, 16 Church Street, Cromer, N27 9GW. Find own parking.

Wednesday 21st August - Memory Walk - see separate programme on inside of front cover.

Thursday 22nd August– 10:30am - Sheringham Park Temple Walk –Grade 2 – 2.5 miles – A walk through the park with moderate gradients on dirt, gravel, grass and woodland paths. Meet at the Dales Hotel Car Park (free), Lodge Hill, Sheringham, NR26 8TJ.

Thursday 22nd August– 1:30pm - Fakenham Church Walk – Grade 1 – Approx. 1 mile - with refreshments in the library after. A walk on pavements and hard paths. Meet at Fakenham Library, Oak Street, Fakenham, NR21 9DY. No parking at library but NNDC car park next to Library near the Fakenham Community Centre. **Please book on (01263) 519405 by 3pm on Wednesday 21st Aug.**

Friday 23rd August – 10:30am - Wells Community Hospital Walk – Grade 3 – Approx. 4 miles
A mixture of concrete, dirt, grass, sand and woodland with gentle gradients. Meet at Wells Community Hospital, Mill Rd, Wells, Norfolk, NR23 1RF (on the A149). Free parking and £1 donation for tea/coffee/biscuits after the walk.

Look out for the next programme mid-August at your local pick up points!!

CAR PARK DIRECTIONS

- **Hickling Barn, The Barn, Tate Loke (Off Mallard Way) Hickling, NR12 0YU** - Take A149 past Stalham towards Potter Heigham and Gt Yarmouth and after approx 2 miles turn left into New Road signposted Hickling. At 'T' junction turn left into Heath Road (Weavers Way) and at next cross roads carry on straight ahead. Turn right just before the Greyhound PH into Stubb Road and after approx 1/4 mile turn right into Mallard Way (opposite Stubb Lane) and then immediately turn left into unmade road. Tate Loke. Hall and Car park is straight ahead
- **Natural Surroundings Bayfield Estate, NR25 7JN. OS GRID REF: TG048408 - From A149 coast road** turn inland at Blakeney Church to Wiveton then follow sign for 'Cley Spy'. Go past 'Cley Spy' and Glandford by approx ¾ mile. Wildflower Centre notice on left, turn left, go straight up drive (do not bear right); car park at very end on left. **From A148** at Letheringsett take road towards coast signposted Glandford. Wildflower Centre and Natural Surroundings approx 1.5 miles on right.
- **Hunworth and Stody Village Room Car Park. NR24 2EQ. OS GRID REF: TG070351** - The Hunny Bell P.H. is in the centre of Hunworth, by the Green. Face the Hunny Bell and King Street goes off to the right, signposted Stody. The Car Park is approx ½ mile down King Street on the L.H. side.
- **Briston Playing Field Car Park NR24 2LG. OS GRID REF: TG062322** – Enter Briston via Holt Road passing Co-op on right, take next turning left into Church Road. Stay on this road, turn right into Stone Beck Lane. Car park on right at playing field (Briston Pavilion)
- **Mannington Hall NR11 7BB. OS GRID REF: TG141320 - Coming from A148 Cromer/Holt** turn inland opposite byroad from Pretty Corner. Follow road towards Matlaske. At eventual T junction turn right, then immediately left. At crossroads after approx 1.25 miles go straight over on narrow road signposted Itteringham. Take 2nd right (after approx. 3 miles) signposted Mannington Hall and drive some considerable way past the Hall to C.P. **Coming from the south** go north thru Itteringham village and take 2nd turn on left signposted Mannington Hall and drive past Hall to C.P. **Coming across country from other directions** consult a map such as O.S. Explorer Series Sheet 252.
- **Brigate Weavers Way Car Park NR28 9QZ. OS GRID REF: TG318277 - From North Walsham** go south on A149. GO PAST the Weavers Way BENGATE sign on the right and take the next left signposted Brigate. Go through Brigate hamlet and over the river bridge. The car park is further along on the left.
- **Wiveton Downs Local Nature Reserve OS GRID REF: TG031422 - From the Coast Rd (A149)** take the Wiveton turning (from Wells this will be on the right after Blakeney Church and from Cley this will be on the left before Blakeney Church). Go through Wiveton and when you get to the cross roads with the Wiveton Bell PH on right (NR25 7TL) go straight over heading towards Glandford. Head down hill and before you get to the ford on the left take Langham Rd to the right. Take a right at the end and the car park is on the right. **From Holt direction** Take the Glandford Rd off the A148 and take the Langham Rd on the left near the ford on the right (just after Cley Spy). At the end take a right and the car park is on the right
- **Swanton Abbott School Car Park NR10 5DZ. OS GRID REF: TG267262** Swanton Abbott is to the west of the B1150 North Walsham to Coltishall road, on the road from Scottow to Aylsham. Coming from **Aylsham direction** turn left just before the Jolly Farmers P.H. (coming the other way turn right just after the Jolly Farmers). At the T junction turn left and then immediately right. This lane goes to the church and the car park is opposite. NOTE: IF IN DOUBT HEAD TOWARDS THE CHURCH TOWER.



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Programme pick-up points

North Norfolk

Sheringham Library, Sheringham Lloyds Pharmacy, Cromer Tourist Info Centre, Cromer Library, North Walsham Library, Mundesley Library, Wells Community Hospital, Fakenham Library, Aylsham Lloyds Pharmacy and library, Stalham and Holt Libraries

Programmes can be viewed and downloaded from

www.activenorfolk.org/north-norfolk

Most GP surgeries and Lloyds Pharmacies in North Norfolk also have the programmes.

