

West Norfolk Walking for Health

Schedule of Free Walks

Sept-Dec 2019



Castle Acre Priory

Your legs were made for walking, a natural exercise that can keep you healthier, live longer – and put a smile on your face!



West Norfolk Walking for Health
Registered Charity No. 1170052

August 2019

I begin this introduction to the 10th schedule of our independent charity by thanking Mick Donoghue who has been its compiler since the days of the borough council. Unfortunately for us he has not been able to participate fully in the programme recently so has relinquished the task, although he will continue as a trustee. The role of Programme Compiler has been taken on by Simon Tearle, and that of Walk Co-ordinator continues in the hands of John Priddle; so any suggestions as to new walks will be well received by either of them.

The group continues to flourish with more walkers joining us, and while the numbers on each walk are lower in the Downham area we offer a very varied programme which I believe could be the envy of many other groups. However as always it is a case of offering as much as possible and we are looking at organising more social events. The recent barbecue at the Gaywood Conservative Club was a great success due to the efforts of Josie and her happy band of helpers in the food department, and to Aubrey for providing and setting up the venue. I also thank Pam Williams for the organisation of the Poppy Line trip, although the weather made it challenging.

A training course for new leaders is being organised by John Priddle, so if anyone is considering putting himself or herself forward for this essential function please contact John for more details.

*While the finances are in a good state (and better than originally anticipated) we must not become complacent as we no longer receive any outside contributions and have to pay all the printing costs. We are raising money ourselves. There will be collection boxes on our walks but, while every little helps, I emphasise that the walks will **continue to be free**, so there is no pressure to donate. If you have any fundraising ideas, please contact one of the Trustees. Money has also been raised by the refreshments supplied by Josie Allan, and other volunteers, on some of our Monday & Friday walks, for which many thanks. **Thanks** are also due to all of our Volunteer Walk Leaders, without whom this Programme could not function.*

Happy Walking
David Mace

***Vacancies.** Why not become a **Walk Leader?** We are stretched at times to meet the needs of the programme. Common sense is the main requirement, appropriate training will be given and you can offer as many or as few days as you want. If interested, please contact John Priddle to find out more. We would also like to hear from any regular walkers willing to act as a **Mentor** to new walkers, making them feel welcome and included. Leaders cannot do this themselves when walker numbers are as high as recently. Finally, if you, or someone you know, can assist with setting up a **website or on-line group**, please let us know!*

*The walkers **Christmas Lunch is on Monday December 16th** and will be held at the Rose and Crown, Snettisham 12.00 noon after the morning walk. The 2 course meal will cost £24 per person. For bookings please see Josie (Mondays and Fridays), Janice (Thursday), John (Wednesday) or any Leader on any other walk. We will need to collect payment at the time of booking with a choice of courses and beverages.*

If you have any suggestions, or questions about anything to do with this work, we are ready to listen and would welcome your input.

David Mace Chairman & Secretary

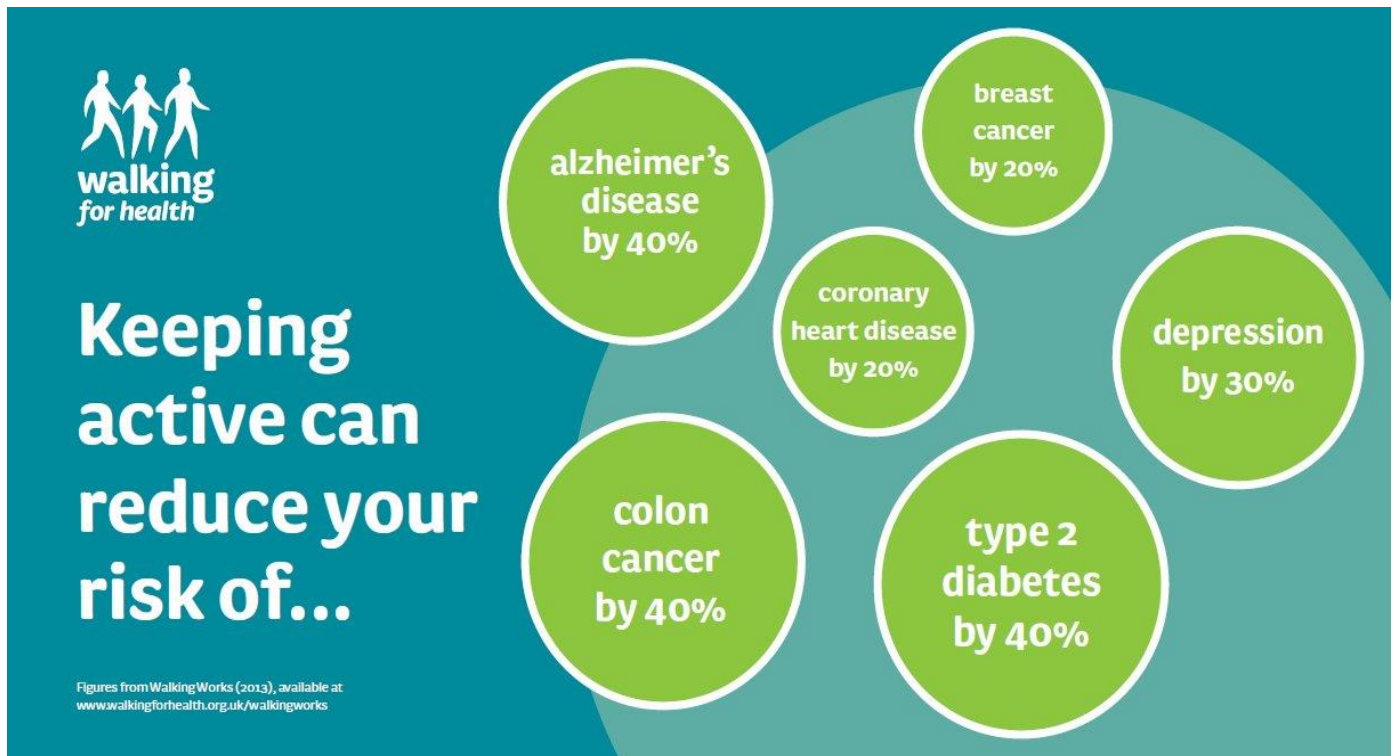
Other Charity Trustees:

Sue Collier Treasurer
Lyn Barker
Michael Donoghue
John Priddle

Why Walk?

Regular walking is proven to;

- * Help your heart and lungs work better
- * Lower your blood pressure
- * Aid weight control
- * Keep your joints, muscles and bones strong
- * & Lighten your mood



Plus, of course, you can enjoy the fresh air and varied Norfolk landscape!

Short Walks for beginners * Trained Walk Leaders

Good Company * Safe & interesting routes

New Walks and Options

We try to maintain interest, and meet differing health needs, by offering a wide variety of walks. Your ideas, suggestions and comments are always welcome.

Wednesday mornings: We have revamped these to be suitable for complete beginners, including those with temporary or permanent physical difficulties. No excuse now! The walk on the 3rd Wednesday of each month has been changed from the Corn Exchange in Lynn to LynnSport, reducing the impact on us of traffic fumes. The walk on the 4th Wednesday has been moved from Hunstanton Lighthouse to the Community Centre to give greater flexibility.

Thursday mornings: will continue to start at 10am instead of 10:30, by popular request.

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Organisations with whom we work and liaise.:

Active Norfolk, www.activenorfolk.org/walking

Big C Norfolk Cancer Charity kingslynncentre@big-c.co.uk

Breathe Easy, West Norfolk Support Group, rogersmith56@hotmail.com 01553 763313

Chatterton House, NHS jane.robinson@nsft.nhs.uk

Diabetes Service, Norfolk Community Health Care, St James Surgery, Kings Lynn PE30 5NU

Libraries, Kings Lynn and Dersingham, Kerry.Lingwood@norfolk.gov.uk
Gaywood and Hunstanton, Helen.Senior@norfolk.gov.uk

LILY asklily@west-norfolk.gov.uk 01553 616200

Macmillan Cancer Information & Support QE Hospital miss@qehkl.nhs.uk

Occupational Therapy, Samphire Ward, Chatterton House, emily.a.dorrington@nsft.nhs.uk

Pulmonary Rehabilitation Service claire.murphy1@boc.com

Ramblers Short Group Walks (South) lucy.everett@ramblers.org.uk
Ramblers Walking for Health walkingforhealth@ramblers.org.uk

Warm Hearts Kings Lynn Heart Support Group richardconquest@gmail.com

Wellbeing Service Gary Freeman, josh.elms@wellbeingnandw.co.uk 07341867105

West Norfolk Deaf Association, info@wnda.org.uk 01553 773399

Our Health walks are free and there is no need to book. Walk leaders with appropriate training and knowledge of the route guide at the front and also bring up the rear. On popular walks there may also be leader(s) in the middle.

Please arrive in good time for the walk, with clothing and footwear appropriate for the weather conditions. Other than Grade 1 walks, puddles and muddy ground can be met most of the year in Norfolk! Carry some water in hot weather, and on longer walks.

All walk locations have car parking at or nearby. After a walk, many go for refreshments together. References to buses have been dropped from this issue due to the imminent cessation of many services, alas. Car sharing does take place and is to be encouraged.

Whilst anyone can join us, those under 18 years must be with a Responsible Adult and those in need of a Carer must be accompanied by that carer.

Dogs are allowed on most walks, kept on a lead (not extendable). Owners must complete a Dog Disclaimer form and, of course, bring and use poop bags.

Walks are graded to suit varying fitness levels, as below. New walkers must complete a short health questionnaire (allow time for this on your first walk, or complete it online). Please do try a lower grade walk(s) before attempting a Grade 3 for the first time.

Starter See next page.

Grade 1 Short, slower walks for those returning to fitness. From 1 to 2 miles, 30-50 minutes, mainly on flat, firm surfaces.

Grade 2 From 2 to under 3 miles, up to 1hr. May have slopes, soft ground and gates/stiles. Ideal for those improving their fitness.

Grade 3 Slightly longer walks usually around 3 miles but could be up to 4 miles and 1 ½ hours, and at a faster pace for the reasonably fit. Slopes and surfaces may be more challenging.

You should walk a little quicker than normal, getting warmer and with a faster pulse, while still being able to talk naturally. People have their own level of fitness, so a large group may break into smaller clusters; but you will never walk alone, unless by choice. One of the Walk Leaders will always be at the rear.

N.B. Leaders are there to assist and guide but you are responsible for your own health and safety!

Complete Beginner Walks (for the Less Physically Able)

No excuses! These walks are on flat even ground, at a gentle pace and with appropriate stops. Bring your sticks, your wheeled frame or even carry your Oxygen cylinder!. Optional refreshments available at the end, or possibly during the walk. All start at **10:30am**

Date	Meeting Point	Grade	Information
Wed 4 th September	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 11 th September	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 18 th September	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 25 th September	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 2 nd October	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 9 th October	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 16 th October	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 23 rd October	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 30 th October	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 6 th November	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 13 th November	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 20 th November	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 27 th November	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 4 th December	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 11 th December	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 18 th December	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.

Worried that you still will not be able to cope? It's unlikely, and there is only one way to find out. Come along and try one! The worst that can happen is that you end up sitting and having your coffee before everyone else. The best is that you get exercise in the fresh air, in good surroundings, meet other people in a similar situation, and feel better for it!

As the saying goes "What's not to like?"

Kings Lynn and Northern Area Walks

All walks **start at 10:30am** unless otherwise stated Useful buses are shown (CH is Coast Hopper).

PopUp cafe means that volunteers will be offering refreshments (tea/coffee and cakes/savouries)

Date	Meeting Point/Walk	Miles/Grade	Information
Mon 2 nd September	Castle Acre Castle Car Park, Pye's Lane PE32 2XB	2.8m/G3	Paths, riverside, lanes. Can be damp. River, Castle and Priory views. PopUp cafe
Fri 6 th Sept	Reffley Woods Community Hall PE30 3SF	2.6m/G2	Woodland walk. Damp in places.
Mon 9 th Sept	Syderstone , Amy Robsart Hall, PE31 8SD	4m/G3	Footpaths and bridleways. PopUp cafe
Fri 13 th Sept	Congham The Anvil Inn, PE32 1DU	2.7m/G2	Track, paths, woods and road.
Mon 16 th Sept	Burnham Overy Staithe , Harbour, PE31 8JE	3.5m/G3	Coastal path, tracks & fields. PopUp cafe
Tues 17 th Sept 2.00 pm	Roydon Common/Grimston Warren . On right, 1km from Knights Hill OS681230	2.8m/G3	Footpaths through heather heathland. 3 stiles but they can be avoided. No roads.
Fri 20 th Sept	Clenchwharton . Playing Field, Hall Road, PE344AJ	4m/G3	Tracks and country roads. PopUp cafe
Mon 23 rd Sept	Walpole St Peter Church , PE14 7NS	3.2m/G3	Paths, tracks, country lanes PopUp cafe
Fri 27 th Sept	Hunstanton , near Lighthouse, PE36 6EL	3.5m/G3	Paths, dunes and beach
Mon 30 th September	Snettisham Lodge Hill , Village Hall, Old Church Road. PE31 7LX	3m/G3	Woodland and foot paths. 1 steady incline.
Fri 4 th October	KL Ferry Corn Exchange PE30 1JW	G2	Roads, paths. Riverside. Good views of KL waterfront. £1.10 for ferry! .
Mon 7 th October	Holme , White Horse Pub, PE36 6LH	3.2m/G3	Holme Dunes via path and beach
Fri 11 th October	Dersingham Fen Coach & Horses PH, Manor Rd PE31 6LN	3.3m/G3	Woodland paths, pavements. 2 stiles that can be avoided.
Mon 14 th Oct	Leziate Village Hall PE32 1EN	3.2m/G3	Woods and lakeside, paths and tracks PopUp cafe
Tues 15 th Oct 2.00 pm	Snettisham beach RSPB car park PE31 7RA (£2 parking fee per car)	3m/G2	Paths, tracks, sea wall. Water birds.
Fri 18 th Oct	North Wootton , Nr Tesco, St Augustine's Way, PE303TE	2.8m/G2	Woodland paths, pavements. 2 stiles that can be avoided.
Mon 21 st Oct	Little Massingham , St Andrews Church, Church Lane. PE32 2JT	3.5m/G3	Country lanes, tracks and fields. PopUp cafe
Fri 25 th Oct	Wolferton , Social Club, PE31 6HA	2.6m/G2	Woods, boardwalk & road. Some steepish slopes. PopUp cafe
Mon 28 th Oct	Snettisham Park Farm , meet at Village Hall, Old Church Road. PE31 7LX	3.6m/G3	Footpaths by the farm and onto the downs Good views,.
Fri 1 st Nov	West Acre , Church, PE32 1TR	G2	Tracks, roads, woods, fields. Can be muddy. PopUp cafe
Mon 4 th November	Hunstanton , Community Centre, PE365BW	3m/G3	Streets, field tracks, Lover's Lane. PopUp cafe
Fri 8 th Nov	Roydon Common East , Chapel Row, Pott Row, PE32 1BP	2.8m/G2	Tracks & paths through grassland & trees. PopUp cafe
Mon 11 th Nov	Wiggenhall St Mary , St German's Village Hall, PE34 3DZ	3m/G3	Paths, tracks, road and river bank. PopUp cafe
Fri 15 th Nov	Snettisham Beach , RSPB car park, PE31 7RA (£2 parking fee per car)	3m/G2	Coastal nature park and shoreline paths. PopUp cafe
Mon 18 th Nov	Dersingham Heath , Coach & Horses PH, Manor Rd PE31 6LN	2.8m/G3	Heath, woods & minor roads.

Date	Meeting Point/Walk	Grade	Information
Tues 19 th Nov 2.00 pm	Sandringham Visitor Centre Car Park PE35 6EH	2.8m/G2	Woodland tracks and paths.
Fri 22 nd Nov	Gaywood Community Centre, PE30 4EL	3m/G2	Foot & cycle paths, pavements, river bank. PopUp café
Mon 25 th Nov	Brancaster Staithe Quay, PE31 8BW	3.3m/G3	Up to and around Barrow Common. Great views. Return via Coastal Path
Fri 29 th Nov	Leziate Village Hall PE32 1EN	3.2m/G2	Woods and lakeside, paths and tracks. PopUp cafe
Mon 2 nd December	Bircham Windmill, Bircham, PE31 6SJ	G2	Tracks, paths and country lane. PopUp cafe
Fri 6 th December	Grimston Woods , easterly end of Low Road, PE321AF	3.5m/G3	Farm & woodland tracks, country lanes. PopUp cafe
Mon 9 th Dec	Great Massingham, The Green, PE32 2HN	2.9m/G2	Roads, tracks and fields.
Fri 13 th Dec	Shouldham Warren, Warren Road, PE33 0DQ	4m/G2	Woodland tracks. PopUp cafe
Mon 16 th Dec	Snettisham Mill Village Hall, Old Church Road. PE31 7LX	3m/G3	Farm, footpaths and village streets. XMAS LUNCH
Tues 17 th Dec 2.00 pm	Leziate Village Hall PE32 1EN	3.2m/G3	Woods and eastern lake. Paths and tracks
Fri 20 th Dec	Sandringham Visitor Centre Car Park PE35 6EH	2.8m/G2	Woodland tracks and paths.
Mon 23 rd Dec	Mystery Pre-Xmas Walk.		Snow covered woodland walks and paths ?
Fri 27 th Dec	Mystery Post Christmas Walk		
Mon 30 th Dec	Hunstanton, near Lighthouse, PE36 6EL	3.5m/G3	Paths, dunes and beach

Walk and Talk

Arranged in collaboration with Norfolk Library Service. These are relatively easy walks, adjusted depending on who turns up! Tea or Coffee with hopefully a biscuit, provided in the Library afterwards. Do chat on the walk and afterwards, about anything you like! **All start at 2:00pm**

Tues 10 th September	Hunstanton Library Westgate, PE36 5AL (Bus Station) Repeated 2nd Tuesdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 19 th September	Dersingham Library , Chapel Rd PE31 6PN Repeated 3rd Thursdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tues 8 th October	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 17 th October	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tues 12 th November	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 21 st November	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tues 10 th December	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 19 th December	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.

Downham Market and Southern Area Walks

Date	Meeting Point/Walk	Grade	Information
Wed 4 th Sept 2pm	Wiggenhall St Mary. Meet at St Germans Village Hall, PE34 3DZ	3m/G3	Paths, tracks, road and riverbank.
Thur 5 th Sept 10am	St Germans Village Hall, PE34 3DZ	3	River bank, footpaths and lane to Wiggenhall St Peters.
Wed 11 th Sept 2pm	Downham Market Methodist Church Paradise Rd PE31 8RD	2	Lanes, track and riverbank
Thur 12 th Sept 10am	Southery Old White Bell, 20 Uppgate St	3	Fields, paths and pavements.
Wed 18 th Sept 2pm	Downham Market Leisure Centre, Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Thur 19 th Sept 10am	Upwell St Peters Church, PE14 9AA	2	Footpaths, lanes and roads.
Wed 25 th Sept 2pm	Downham Market Library The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Thur 26 th Sept 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 2 nd Oct 2 pm	Downham Market Playing Field, Lynn Rd	2	Footpaths, lanes and track.
Thur 3 rd Oct 10am	Shouldham Warren OS RF679104	2	Woodland tracks
Wed 9 th Oct 2pm	Southery Old White Bell, 20 Uppgate St	3	Fields, paths and pavements.
Thur 11 th Oct 10am	Wimbotsham The Chequers PH, PE34 3QG	2	Track, lanes and road.
Wed 16 th Oct 2pm	Downham Market Methodist Church Paradise Rd PE31 8RD	2	Lanes, track and riverbank
Thur 17 th Oct 10am	Beachamwell Village Hall, Old Hall Rd	3	Road, track and paths. Some stiles.
Wed 23 rd Oct 2pm	Downham Market Leisure Centre, Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Thur 24 th Oct 10am	Marham Fen, use Lay-by at bottom of Collin's Lane, Marham Rd. 729107	2	Paths, track and woods
Wed 30 th Oct 2pm	Downham Market Library The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Thur 31 st Oct 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 6 th Nov 2pm	Downham Market Playing Field, Lynn Rd	2	Footpaths, lanes and track.
Thur 7 th Nov 10am	Oxborough Village Hall, PE33 9PS	3	. Paths, lanes. Three stiles.
Wed 13 th Nov 2pm	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Thur 14 th Nov 10am	Magdalen Car Park, Station Road, South side of bridge. OS 603113		
Wed 21 st Nov 2pm	Downham Market Methodist Church Paradise Rd PE31 8RD	2	Lanes, track and riverbank
Thur 22 nd Nov 10am	Denver Mill, 99 Sluice Rd, Denver PE38 0EG	2	Road, tracks and footpaths.

Date	Meeting Point/Walk	Grade	Information
Wed 28 th Nov 2 pm	Downham Market Leisure Centre, Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Thur 29 th Nov 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 4 th Dec 2pm	Downham Market Library The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Thur 5 th Dec 10am	Wretton Common, Meet at far end of School Rd, Stoke Ferry	3	Footpaths and Roads.
Wed 11 th Dec 2pm	Downham Market Playing Field, Lynn Rd	2	Footpaths, lanes and track.
Thur 12 th Dec 10am	St Germans Village Hall PE34 3DZ	3	River bank, footpaths and lane to Wiggshall St Peters.
Wed 18 th Dec 2pm	Shouldham Warren OS RF679104	2	Woodland tracks
Thur 19 th Dec 10am	Southery Old White Bell, 20 Ugate St	3	Fields, paths and pavements.
Wed 25 th Dec 2pm	Christmas Day		
Th 26 th Dec 10am	Boxing Day		



Feel like extending your abilities on more challenging walks? The “Sunday Strollers” are an informal group who arrange longer walks, of about 2 hours, in attractive scenery, on the 1st Sunday in the month, usually starting at 10:30am. If you are interested, contact Josie on 07722 195408 or John 07850 914086. Please note these walks are NOT covered by our scheme.

Alternatively, why not consider joining The Ramblers Association?
Norfolk Ramblers are at www.norfolkra.org.uk or ring 020 7339 8500

This Schedule is available on-line at www.activenorfolk.org/west-norfolk

It can be picked up at most GP Surgeries; Public Libraries in Kings Lynn, Downham Market, Dersingham, and Hunstanton; Tourist Information Centres in Kings Lynn, Downham Market and Hunstanton; the Borough Council Office in Kings Lynn, or from Walk Leaders.

Contact Details:

Main Contact: David Mace Tel: 01553 773164 Email: djm13@uwclub.net

Walk Coordinator: John Priddle Tel: 07850 914086

Refreshments & Location Liaison: Josie Allan Tel: 07722 195408 Email: jo.allan58@btinternet.com

Programme Compiler: Simon Tearle Email: tearle845@btinternet.com



Downham Market Walking Group

Borough Council of
King's Lynn &
West Norfolk

