

Norfolk Area Newsletter & Walks Programme

August - November 2017

<http://www.norfolkra.org.uk/>

AREA OFFICE: Our Area Secretary is Ken Hawkins, the address for area correspondence is 26 Hillfields, Dereham NR19 1UE. The phone number is 07505 426750 and the email address is ken-hawkins@tiscali.co.uk

Path Problems in Norfolk, where sure of your details, can be reported directly to: Rights of Way Team, Planning & Transportation Dept, Norfolk County Council, County Hall, Martineau Lane, Norwich, NR1 2SG. (Telephone: 0344 800 8020.) You can also report them online via the map at <http://maps.norfolk.gov.uk/highways/> - find the path, click on it, and follow the instructions. If you need more information, go first to <https://www.norfolk.gov.uk/out-and-about-in-norfolk/public-rights-of-way/about-public-rights-of-way> - the map is at the bottom of the page. Where a member is unsure, or the problem is not clear, report the problem to Ian Mitchell, 5 Montcalm Road, Norwich, NR1 4HX. (Telephone: 01603 622539, email address: ianmitchell5@virginmedia.com) Ian would also like to know anything directly reported to the Rights of Way Team.

The role of Area News Editor has been combined into the new role of Internal Communications Officer, which is held by Scott Edwards. Please send anything to do with the newsletter to: Richard May, 24 Swanton Avenue, Dereham, NR19 2HJ. Telephone 01362 709044, email address is richard@inter-logic.co.uk. Or Scott Edwards, 10 Violeta Crescent, Peterborough, PE2 8FH, scott848@gmail.com.

All Ramblers members are invited to take part in any walk in the Area programme. Non-members are welcome to participate and are invited to join the Ramblers if they so desire once they have sampled the variety of walks on offer. New members can join or existing members can update their details (change of group, change of name or address) by phoning Ramblers Central Office in London on 020 7339 8500 . You can also join on the Ramblers website: <http://www.ramblers.org.uk>. Anyone interested in helping to promote the Ramblers at shows in the county in 2017 please contact Julian White. Telephone 07393 193710, email address is julian.white@aplex.co.uk

The next deadline for copy for the newsletter is 14th October 2017. The deadline for copy for the following newsletter will be 10th February 2018. The only remaining Area Council meeting in 2017 is 11th November at 10:00 at Honingham Village Hall.

RAMBLERS CENTRAL OFFICE

The address of the Ramblers' Central Office is:

2nd Floor, Camelford House, 87—90 Albert Embankment, London SE1 7TW

Tel: 020 7339 8500, Fax: 020 7339 8501

email ramblers@ramblers.org.uk

The Norfolk Area, Ramblers , is part of The Ramblers, a registered charity (number 1093577), and a company limited by guarantee (registration number 4458492)

Useful Web Links

The following web links could be useful:

NCC 'Norfolk Trails' Short and circular walks - <https://www.norfolk.gov.uk/out-and-about-in-norfolk/norfolk-trails/short-and-circular-walks>

Permissive Paths – <http://cwr.naturalengland.org.uk/>

HMRC Schemes - <http://www.visitukheritage.gov.uk/servlet/com.eds.ir.cto.servlet.CtoLandDbQueryServlet?region=10&colflag=N>

Broads Authority – <http://www.enjoythebroads.com/things-to-do/walking>

From the chair

As many of you will already know, at the recent General Council, I was elected back onto the Board of Trustees. This gives me the opportunity to once again get involved in the decision making process for Ramblers nationally.

This does not change my role as area chair, which will continue as normal. In fact, the two roles can work together very well, and many of the trustees are also area chairs.

I am happy to report that as of this edition of Area News, Scott has taken on the editor role, which will make things much easier for me.

It only remains for me to wish you a summer of great walking in Norfolk and beyond.

Richard May

AGM Minutes and Area Annual Report

You will get your own copy of the AGM minutes with the next edition of Area News, but if you're eager to see them then they can be downloaded from our website now, along with the Area Annual Report.

Go to **www.norfolkra.org.uk** to find them.

Short and Leisurely Walks (Norwich Group) on Thursday afternoon

All Walks commence at 1.30pm

Short Walks Officer – John Annis, 55 The Warren, Old Catton, Norwich NR6 7NN, 01603 423231

Walks Co-ordinator – Denise Woodhouse, 01263 511743

Queries regarding all walks should be addressed to the leaders concerned

Date	Venue and Map Reference	Miles	Leader & Tele. No.
3 rd Aug	Ringland Meet at St Peter's church Explorer 238 / 135 141 or NR8 6JA	4.5 m	Marlene & Ann 01603 897 266 01603 409 646
10 th Aug	Stratton Strawless Meet at Village Hall CP, Parish Road 134 / 218 206 or NR10 5LW	4 m	Ed Lovatt 01603 614 668
17 th Aug	Marston Moor Meet at Yare Valley CP 134 / 202 060 or NR4 7LD	3.5-4 m	John Annis 01603 423 231
24 th Aug	Hapton Meet at St Margaret's church 134 / 176 967 or NR15 1SE	4.75 m	Gill Albert 01603 402 003
31 st Aug	Wymondham Meet at entrance to Abbey 144 / 107 015 or NR18 0PH Park Becketwell Rd	4 m	Colin Clark 01603 454 977
7 th Sep	Coltishall Common Meet at the layby on river green 134 / 275 198 or NR12 7AQ	4.5 m	Jennie Ayton 01603 738 619
14 th Sep	Felbrigg Village Meet Felbrigg Lion's Mouth CP 133 / 188 399 or NR11 8PS	4.5 m	Denise & Roderic 01263 511 743
21 st Sep	Southrepps Meet Village Hall CP 133 / 258 365 or NR11 8NP (nearest)	4 m	Denise & Roderic 01263 511 743
28 th Sep	Baconsthorpe Castle Meet at Castle CP 133 / 121 380 or NR25 6LN	3.7 m	Nikki & Keith 01603 440 134
5 th Oct	Hainford Meet at Village Hall CP, Hall Road 134 / 230 186 or NR10 5JD	4.5 m	Marlene & Ann 01603 897 266 01603 409 646
12 th Oct	Potter Heigham Meet at St Nicholas Church 134 / 419 199 or NR29 5LL	4.3 m	Ed Lovatt 01603 614 668
19 th Oct	Acle & Upton Green Meet CP, Bridewell Lane, Acle OL40 / 401 108 or NR13 3RA	4 m	Rita Stewart 01603 425 620
26 th Oct	Hethersett Meet outside Kings Head PH 144 / 155 047 or NR9 3DD Park along the road	4 m	Colin Clark 01603 454 977
2 nd Nov	Keswick Meet at Yare Valley CP 134 / 202 060 or NR4 7LD	4 m	John Annis 01603 423 231
9 th Nov	Ebridge Mill Meet Briggate Weavers Way CP 133 / 317 276 or NR28 9QX (nearest)	4.25 m	Denise & Roderic 01263 511 743
16 th Nov	Thurning & Wood Dalling Meet at St Andrew Thurning 133 / 080 294 or NR20 5QY	3.5 m	Gill Albert 01603 402 003
23 rd Nov	Salhouse Meet at the church layby, Bell Lane 133 / 303 150 or NR13 6RT	3.5 m	Nikki & Keith 01603 440 134
30 th Nov	Buxton Meet Bure Valley Station CP, Staithe Rd 133 / 233 228 or NR10 5ET	4 m	Jackie & Viv 01603 404 770 01603 407 169

KING'S LYNN & DISTRICT GROUP AUGUST 2017 TO NOVEMBER 2017

Group Secretary:- Mrs J Thomas	01553 672667
Walks Programme Secretaries:-	
Tuesdays:- Mrs S Drewery	Tel .01553 673518
Wednesday Short & Leisurely:- Mr A Jones	Tel. 01553 671829
Thursdays & Saturdays:- Mr R Longman	Tel. 01328 838822
Sundays & Programme Coordinators:- Mr M & Mrs S Berman	Tel. 01553 679277

Walk Details:- Walks in this programme will commence @ **10:00** unless otherwise stated, when the start time will be shown in **BOLD** print. **Please check programme.**

BRISK walks will maintain this pace throughout the walk; members who feel they would be unable to keep up are advised not to attempt them.

Food & drink - members should bring sufficient for their own needs over the length of the walk
Please observe both the Highway Code on roads & the **Country Code** on all our walks.

Weather - If the weather is particularly bad prior to a walk we recommend that you contact the leader(s) before setting out, to check that the walk will still take place.

Dogs - are welcome on most walks but should be on a lead. Some walks are by permission of the landowner when only assistance dogs are permitted. If in doubt, please contact the walk leader.

Ordnance Survey (OS) Map References

The six digit number is the walk start location reference, with the first three digits showing position on the map edge scales **horizontally** & the second three showing position **vertically**.

WALK BOOKS:- We have a wide range of books available to walkers, covering areas local to King's Lynn, as well as other parts of Norfolk. They all feature 16 circular walks with maps and are easy for the casual walker to follow.

Prices are around £3 and the books can be obtained from:- Barry on 01553 692280 or from www.kingslynnramblers.org

Please Note Abbreviations:- CP = Car Park VH = Village Hall NT = National Trust PH = Public House

Programme Secretary's Note:- This programme and other information about the group can be found on our website www.kingslynnramblers.org. For 'Fit Together Health Walks' details can be found at www.activenorfolk.org/fittogether or telephone the local coordinator on 01553 616251

CAR PARKING - at some locations a fee of £1 per car (unless otherwise stated) is levied.
 This is in appreciation of our permission to park.

NB: ALL ESTIMATED WALK DISTANCES ARE SHOWN IN MILES

MOST SUNDAY WALKS are at least 8m and kept at a steady pace with snack & lunch stops expected.

If you require further information about any walk please contact the walk leader.

Tuesday	BRISK	7	Sandringham Estate & West Newton	Postcode	PE35 6EN
1st Aug	MEET		Sandringham Visitors' Centre	OS REF	689 287
1000hrs	LED BY		Sheila	TEL	01553 673518
TWO WALKS TODAY:-					
Wednesday		3.5	Roydon Common	Postcode	N/K
2nd Aug	SHORT & MEET		Roydon Common CP	OS REF	679 227
1400hrs	LEISURELY LED BY		Jane H	TEL	01553 631600
AND:-		4.8	The Delft	EVENING Postcode	N/K
EVENING	MEET		Roydon Common CP	OS REF	679 227
1800hrs	LED BY		Sue & Mike	TEL	01553 679277

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Thursday 3rd Aug 1000hrs	5 MEET LED BY	Houghton (by permission) Bunkers Hill CP opp W Lodge Sue & Allan	Postcode OS REF TEL	PE31 6UD 776 289 01553 671829
		By permission - assistance dogs only		
Saturday 5th Aug 1000hrs	6.5 MEET LED BY	To Tesco & Beyond! Dereham Tesco CP (please park near recycling bins) Myra	Postcode OS REF TEL	NR19 1WB 999 124 07875 632732
Sunday 6th Aug 1000hrs	9 MEET LED BY	The Lexhams Dunham Road CP, Litcham Elaine	Postcode OS REF TEL	PE32 2NU 888 173 01842 829948
Tuesday 8th Aug 1000hrs	BRISK 7.25 MEET LED BY	Peddars Way & Grimston Heath Harpley Dams - off A148 at rear of Dogotel Cliff	Postcode OS REF TEL	PE31 6DS 771 254 01485 541115
Wednesday 9th Aug 1800hrs	4.7 Evening MEET Walk LED BY	Pott Luck Hudson Fen CP, Chapel Rd, Pott Row Sue & Mike	Postcode OS REF TEL	PE32 1BP 702 227 01553 679277
		CP fee (see start of programme)		
Thursday 10th Aug 1000hrs	5.5 MEET LED BY	Holkham Park Holkham Village CP Jan & Deri	Postcode OS REF TEL	NR23 1RJ 891 436 01553 840651
Saturday 12th Aug 1000hrs	6 MEET LED BY	Brancaster & Barrow Common Brancaster Church @ junction of B1153 & A149 Jane H	Postcode OS REF TEL	PE31 8AW 772 439 01553 631600
Sunday 13th Aug 0930hrs	14 MEET LED BY	Wereham I Going! Layby North of Wereham on A134 Nigel	Postcode OS REF TEL	PE33 9ED* 673 028 01366 387868
			* nearest postcode	
Tuesday 15th Aug 1000hrs	BRISK 6 MEET LED BY	Around the Burnhams Burnham Norton CP (corner of Marsh Lane & Norton Street) Katie & James	Postcode OS REF TEL	PE31 8DR 828 442 01485 542848
TWO WALKS TODAY:-				
Wednesday 16th Aug 1400hrs	3.2 SHORT & MEET LEISURELY LED BY	Wiggenhall St Germans Village Car Park Hazel & John	Postcode OS REF TEL	PE34 3DZ 593 141 01366 385772
AND:- EVENING 1800hrs	4.5 MEET LED BY	Congham Conga The Anvil PH, Congham Maureen & Roy	Postcode OS REF TEL	PE32 1DX 710 236 01553 278469
		EVENING		
Thursday 17th Aug 1000hrs	5 MEET LED BY	Snettisham & Park Farm Common Road CP off Beach Road, Snettisham Joy	Postcode OS REF TEL	PE31 7PF 672 355 01485 579019
Saturday 19th Aug 1000hrs	5 MEET LED BY	Oxborough/Gooderstone circular Oxborough VH CP Pauline & Mac	Postcode OS REF TEL	PE33 9QB 744 016 01553 776076
Sunday 20th Aug 1000hrs	13 MEET LED BY	Ups & Downs - Great Massingham to Gayton Thorpe Great Massingham Green by Church (nr Dabbling Duck) Robert W	Postcode OS REF TEL	PE32 2HN 798 229 01328 700842

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Tuesday	BRISK	6.5	Castle Acre		Postcode	PE32 2AA
22nd Aug	MEET		Field near Priory entrance (past toilets)		OS REF	813 150
1000hrs	LED BY		Judith		TEL	01553 670915
Wednesday		4.8	Grimston Carr	EVENING	Postcode	PE32 1XB
23rd Aug	Evening MEET		Lane opposite Low Road Grimston/Congham		OS REF	720 227
1800hrs	Walk LED BY		Sue & Mike		TEL	01553 679277
Thursday		5	Brancaster & Barrow Common		Postcode	PE31 8AW
24th Aug	MEET		Brancaster Church @ junction of B1153 & A149		OS REF	772 439
1000hrs	LED BY		Jan & Deri		TEL	01553 840651
Saturday		5	Fring		Postcode	PE31 6SE
26th Aug	MEET		Fring Church		OS REF	735 348
1000hrs	LED BY		Sue C		TEL	01485 570377
Sunday			No Walk Offered at time of going to press.			
27th Aug			Please check website www.kingslynnramblers.org for updates.			
Tuesday	BRISK	6.5	Hillington & Around		Postcode	PE31 6BJ
29th Aug	MEET		Layby off A148 just W of Hillington		OS REF	712 253
1000hrs	LED BY		Wendy & Frank		TEL	01485 600413
TWO WALKS TODAY:-						
Wednesday		4	Swaffham Town Walk		Postcode	PE37 7
30th Aug	SHORT & MEET		Theatre St. Car Park		OS REF	820 082
1400hrs	LEISURELY LED BY		Alan B		TEL	01760 720070
AND:-		3.25	Ashwicken	EVENING	Postcode	PE32 1LN
EVENING	MEET		All Saints Church (0.4 mile along Church Lane South)		OS REF	699 189
1800hrs	LED BY		Sue & Mike	Off B1145	TEL	01553 679277
Thursday		6	Shereford Church & Colkirk Hill		Postcode	NR21 7AB
31st Aug	MEET		Hempton Church		OS REF	914 291
1000hrs	LED BY		Derek R		TEL	01553 635013
Saturday		6	Brancaster		Postcode	PE31 8AW
2nd Sept	MEET		Brancaster Church @ junction of B1153 & A149		OS REF	772 439
1000hrs	LED BY		Caroline		TEL	01485 512420
Sunday		11	Harpley Dams & The Massinghams		Postcode	PE31 6DS
3rd Sept	MEET		Harpley Dams - off A148 at rear of Dogotel		OS REF	771 254
1000hrs	LED BY		Gerald P		TEL	01485 570755
Tuesday	BRISK	7	Huff & Puff from Holt		Postcode	N/K
5th Sept	MEET		Holt Railway Station CP	<i>Linear walk to Sheringham.</i>	OS REF	094 395
1000hrs	LED BY		Carla	<i>Return by train - fare required</i>	TEL	01485 533682
Thursday		6	Castle Acre & Lexham		Postcode	PE32 2XB
7th Sept	MEET		Castle CP		OS REF	819 151
1000hrs	LED BY		Alan B		TEL	01485 578218
Saturday		7	Start of River Burn		Postcode	PE31 8SD
9th Sept	MEET		Syderstone Church		OS REF	830 326
1000hrs	LED BY		Paul		TEL	01485 578218
Sunday		12	Bog, Fen, Warren, Heath & Common		Postcode	PE35 6EN
10th Sept	MEET		Sandringham Visitors' Centre		OS REF	689 287
1000hrs	LED BY		John R		TEL	01485 543844

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Tuesday	BRISK	6	Syderstone & Barmer	Postcode	PE31 8SD
12th Sept		MEET	Syderstone Church	OS REF	833 327
1000hrs		LED BY	Penny & John	TEL	01553 671533
Wednesday		4	Sandringham Woods & Dersingham Common	Postcode	PE35 6EN
13th Sept	SHORT & MEET		Sandringham Visitors' Centre	OS REF	689 287
1400hrs	LEISURELY	LED BY	Keith	TEL	01485 542268
Thursday		5	BONEY N (not BONEY M)	Postcode	PE32 1SR
14th Sept		MEET	Narborough Community Centre CP	OS REF	751 123
1000hrs		LED BY	Steph & Brian <i>CP fee (see start of programme)</i>	TEL	07974 956965
Saturday		6	River Nar & Marham Fen	Postcode	PE32 1JT
16th Sept		MEET	Pentney Abbey (<i>parking by permission</i>)	OS REF	701 120
1000hrs		LED BY	Pauline & Mac	TEL	01553 776076
Sunday		12	Dersingham to Bircham Windmill	Postcode	PE31 6GZ
17th Sept		MEET	St Nicholas Court CP off Church Lane, Dersingham	OS REF	693 303
1000hrs		LED BY	Cliff	TEL	01485 541115
Tuesday	BRISK	6.5	Sheringham to Felbrigg Linear	Postcode	N/K
19th Sept		MEET	Sheringham Esplanade	OS REF	155 436
1000hrs		LED BY	Chris <i>NB: returning by bus; bring bus pass or bus fare</i>	TEL	01760 722947
Thursday		5	Fring & Peddars way	Postcode	PE31 6SE
21st Sept		MEET	Fring Church	OS REF	735 348
1000hrs		LED BY	Keith	TEL	01485 542268
Saturday		7	Grimston Heath & Peddars Way	Postcode	PE31 6DS
23rd Sept		MEET	Harpley Dams - off A148 at rear of Dogotel	OS REF	772 255
1000hrs		LED BY	Paul	TEL	01485 578218
Sunday		14	"B and C, Over the Hurdle, and Avoid the Kettle"	Postcode	NR25 7AJ
24th Sept		MEET	Salthouse - triangular green near Salthouse shop	OS REF	074 438
1000hrs		LED BY	Richard M	TEL	01328 730670
Tuesday	BRISK	6	Massingham	Postcode	PE32 2HY
26th Sept		MEET	Great Massingham Green by Church	OS REF	798 229
1000hrs		LED BY	Barbara & Ken	TEL	01553 767157
Wednesday		3.5	Unique Tea Stop	Postcode	PE31 6AA
27th Sept	SHORT & MEET		Castle Rising Rd opp Golf Club	OS REF	652 237
1330hrs	LEISURELY	LED BY	Carol & Ray	TEL	01328 838822
Thursday		5	Old Hunstanton Park & Ringstead	Postcode	PE36 6JS
28th Sept		MEET	St Mary's Church CP, Old Hunstanton	OS REF	688 419
1000hrs		LED BY	Angela & Dennis <i>CP fee (see start of programme)</i>	TEL	01485 572458
Saturday		6.5	Gressenhall/Beetley	Postcode	NR20 4BY
30th Sept		MEET	Beetley Methodist Church, High House Road	OS REF	969 179
1000hrs		LED BY	Myra <i>Please park on roadside by church</i>	TEL	07875 632732
Sunday		12	Coasting About	Postcode	PE31 7UT
1st Oct		MEET	RSPB CP Snettisham	OS REF	651 329
1000hrs		LED BY	Lynda	TEL	01553 674944
Tuesday	BRISK	6	Leziate	Postcode	PE32 1EN
3rd Oct		MEET	Leziate VH CP	OS REF	681 192
1000hrs		LED BY	Penny & John	TEL	01553 671533

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Thursday	5.5	Narborough	Postcode	PE32 1SR
5th Oct	MEET	Narborough Community Centre CP	OS REF	751 123
1000hrs	LED BY	Alan B	TEL	01485 578218
		<i>CP fee (see start of programme)</i>		
Saturday	6.5	A Norfolk Watershed Walk	Postcode	N/K
7th Oct	MEET	Tittleshall Village CP, Church Lane	OS REF	895 212
1000hrs	LED BY	Derek R	TEL	01553 635013
Sunday	12	Ringstead, The Downs & Holme (via Peddars Way & Coast Path)	Postcode	PE36 6EJ
8th Oct	MEET	St Edmunds Chapel, Cliff Parade, Hunstanton	OS REF	674 419
1000hrs	LED BY	Jean C	TEL	01553 676783
Tuesday	6	Walsingham	Postcode	NR22 6DJ*
10th Oct	MEET	Roadside - Wells Road. North of Riddle Restaurant	OS REF	932 371
	LED BY	Sue & Mick	TEL	01328 830886
		<i>* postcode shown is for restaurant</i>		
Wednesday	3	Around Peddars Way	Postcode	PE31 6DS
11th Oct	SHORT & MEET	Harpley Dams - off A148 at rear of Dogotel	OS REF	772 255
1330hrs	LEISURELY LED BY	Sue & Allan	TEL	01553 671829
Thursday	5.5	Brisley & East Bilney	Postcode	NR20 5LL
12th Oct	MEET	Brisley Common - Cricket Pavillion	OS REF	954 213
1000hrs	LED BY	Carol & Ray	TEL	01328 838822
Saturday	5	Brancaster Marsh	Postcode	PE31 8AW
14th Oct	MEET	Brancaster Church @ junction of B1153 & A149	OS REF	772 439
1000hrs	LED BY	Carol & Ray	TEL	01328 838822
Sunday	9	A View with a Loo - A Convenient Coastal Walk	Postcode	PE36 6EJ
15th Oct	MEET	St Edmunds Chapel, Cliff Parade, Hunstanton	OS REF	674 419
1000hrs	LED BY	Wendy	TEL	07968 088740
Tuesday	BRISK 6	Along the River Ouse	Postcode	PE30 2NB
17th Oct	MEET	Lynnsport CP, Greenpark Ave	OS REF	631 209
1000hrs	LED BY	Sandra	TEL	01553 771108
Thursday	5	Oxborough/Gooderstone Circular	Postcode	PE33 9PS
19th Oct	MEET	Oxborough VH CP	OS REF	745 017
1000hrs	LED BY	Hazel & John	TEL	01366 385772
Saturday	6	Stiffkey	Postcode	NR23 1QF
21st Oct	MEET	NT CP (end of unadopted road 'Greenway' in Stiffkey)	OS REF	964 439
1000hrs	LED BY	Pauline & Mac	TEL	01553 776076
Sunday	13	Castle Acre & West Acre via Fincham Drove	Postcode	PE37 7QE*
22nd Oct	MEET	Narford Woods on A1122 Swaffham to Downham road	OS REF	767 095
1000hrs	LED BY	Pam & Mark	TEL	01553 810126
		<i>* nearest postcode</i>		
Tuesday	BRISK 6	Inmere Incline	Postcode	PE36 5NG*
24th Oct	MEET	Sedgeford VH CP off Jarvie Close	OS REF	711 368
1000hrs	LED BY	Judy & Dave	TEL	01485 570097
		<i>CP fee (see start of programme)</i>		
		<i>* nearest postcode</i>		
Wednesday	4	Old and New Hunstanton	Postcode	PE36 6EJ
25th Oct	SHORT & MEET	St Edmunds Chapel, Cliff Parade, Hunstanton	OS REF	674 419
1330hrs	LEISURELY LED BY	Keith	TEL	01485 542268
		Norfolk Walking Festival		
Thursday	5	Little Walsingham	Postcode	NR22 6DG
26th Oct	MEET	Sandy Lane coach park near old railway station	OS REF	931 367
1000hrs	LED BY	Tricia D	TEL	01328 316304

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KING'S LYNN GROUP A.G.M.

Saturday	4.5	A.G.M. prewalk Leziate and Around	Postcode	PE32 1EN
28th Oct	MEET	Leziate VH CP	OS REF	681 192
1000hrs	LED BY	Carol & Ray	TEL	01328 838822
If you require a Lunch, please pre-order from Jackie Thomas or Sheila Drewery by 22nd October				
Sunday	14	Narford Woods	Postcode	PE37 7QE*
29th Oct	MEET	Narford Woods on A1122 Swaffham to Downham road	OS REF	767 095
0930hrs	LED BY	Nigel	TEL	01366 387868
			* nearest postcode	
Tuesday	BRISK	6	Courtyard Corner	Postcode PE36 5NG*
31st Oct	MEET	Sedgeford VH CP off Jarvie Close	OS REF	711 368
1000hrs	LED BY	Judy & Dave	TEL	01485 570097
			* nearest postcode	
Thursday		5	Syderstone Common	Postcode PE31 8SD
2nd Nov	MEET	Syderstone Church	OS REF	830 326
1000hrs	LED BY	Angela & Dennis	TEL	01485 572458
Saturday		7	Sandringham	Postcode PE35 6EN
4th Nov	MEET	Sandringham Visitors' Centre	OS REF	689 287
1000hrs	LED BY	Cliff	TEL	01485 541115
Sunday		14	Great Bircham, Bircham Newton & Sedgeford	Postcode N/K
5th Nov	MEET	Jct B1153 & Crow Lane, Great Bircham	OS REF	767 321
1000hrs	LED BY	Gerald P	TEL	01485 570755
Tuesday	BRISK	7	Old Hunstanton & Ringstead Downs	Postcode PE36 6JS
7th Nov	MEET	St Mary's Church CP, Old Hunstanton	OS REF	688 419
1000hrs	LED BY	Gerald P	TEL	01485 570755
			CP fee (see start of programme)	
Wednesday		3.5	Beach & Cliffs	Postcode PE36 6EJ
8th Nov	SHORT & MEET	St Edmunds Chapel, Cliff Parade, Hunstanton	OS REF	674 419
1330hrs	LEISURELY	LED BY	Daphne & John	TEL 01553 631458
Thursday		5	Snettisham High Tide Walk	Postcode PE31 7UT
9th Nov	MEET	RSPB CP Snettisham	OS REF	651 329
1000hrs	LED BY	Daphne & John	TEL	01553 631458
Saturday		4.5	VCs Remembered - Downham & Bexwell	Postcode PE38 9AH
11th Nov	MEET	Howdale CP, Downham Market	OS REF	316 029
1000hrs	LED BY	Hazel & John	TEL	01366 385772
Sunday		10	East Rudham & Frizzleton Farm	Postcode PE31 8RD
12th Nov	MEET	East Rudham Green	OS REF	827 282
1000hrs	LED BY	Carol & Ray	TEL	01328 838822
Tuesday	BRISK	6.5	Ringstead Common & Courtyard Farm	Postcode PE36 5LB
14th Nov	MEET	CP on Ringstead to Burnham Road	OS REF	723 406
1000hrs	LED BY	Helen	TEL	01485 600153
Thursday		5.6	Harpley Dams & Houghton	Postcode PE31 6DS
16th Nov	MEET	Harpley Dams - off A148 at rear of Dogotel	OS REF	771 254
1000hrs	LED BY	Sue & Allan	TEL	01553 671829

KING'S LYNN & DISTRICT GROUP AUGUST 2017 TO NOVEMBER 2017

Saturday		6	West Barsham	Postcode	NR21 9NT
18th Nov		MEET	Grove Road (off B1105 Wells to Fakenham road)	OS REF	900 336
1000hrs		LED BY	Michael P	TEL	07786 077383
Sunday		10.25	A "Wimseycal" Wander	Postcode	PE38 0EQ*
19th Nov		MEET	Denver Sluice CP	OS REF	588 012
1000hrs		LED BY	Sue & Mike	TEL	01553 679277
				* nearest postcode	
Tuesday	BRISK	6	Houghton	Postcode	PE31 6DS
21st Nov		MEET	Harpley Dams - off A148 at rear of Dogotel	OS REF	771 254
1000hrs		LED BY	Barbara & Ken	TEL	01553 767157
Wednesday		4	Gaywood River	Postcode	PE30 4DN
22nd Nov	SHORT & MEET		Beulah Street Car Park	OS REF	636 210
1330hrs	LEISURELY	LED BY	Brian H	TEL	07974 956965
Thursday		6.5	Ash Hill	Postcode	IP25 7AX
23rd Nov		MEET	Ash Hill Community Centre, 8 Hale Road, Ashill	OS REF	886 048
1000hrs		LED BY	Alan B	CP fee (see start of programme)	TEL 01485 578218
Saturday		6.5	Grimston Warren & Roydon Common	Postcode	PE32 1BP
25th Nov		MEET	Hudson Fen CP, Chapel Rd	OS REF	702 227
1000hrs		LED BY	Helen	Donation to Play Area Committee	TEL 01485 600153
Sunday			No Walk Offered at time of going to press.		
26th Nov			Please check website www.kingslynnramblers.org for updates.		
Tuesday	BRISK	6	West Barsham	Postcode	NR21 9NT
28th Nov		MEET	Grove Road (off B1105 Wells to Fakenham road)	OS REF	900 336
1000hrs		LED BY	Michael P	TEL	07786 077383
Thursday		5.5	Brancaster & Barrow Common	Postcode	PE31 8AW
30th Nov		MEET	Brancaster Church @ junction of B1153 & A149	OS REF	772 439
1000hrs		LED BY	Angela & Dennis	TEL	01485 572458

82 Walks



MARSH MAGIC

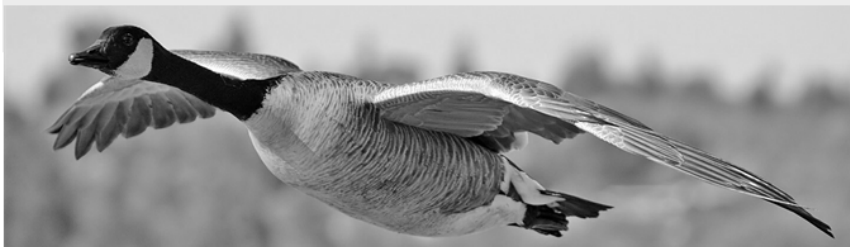


North Norfolk's Area of Outstanding Natural Beauty

Sunday 22nd October 2017 Start: 10.00am

Blakeney Village Hall (NR25 7PG) free parking to Wells

Find Flora, Fauna and Birds galore.



7.5 Easy miles

Walk with Family, Friends & bring a packed lunch.

There are things to see and do—you could win a prize

Experienced guides—the walk is FREE TO ENJOY



Charge of £5pp for transport back to Blakeney

Norfolk Walking Festival Event

To book: don@walkcromer.co.uk 01263 514955

SHERINGHAM GROUP

Group Secretary Currently vacant. Please contact Norman on 01263 825457 if you are interested.

Walks Secretary Jasmine Winter, Hope Cottage, The Street, Weybourne, NR25 7SZ
01263 588822

Walks start at 10am unless otherwise stated.

Wednesday walks are morning only with a brief snack break. For long Sunday walks, please bring a packed lunch.

If you wish to bring a dog on any walk, please phone the leader beforehand.

Dates	Venue	Grid ref	Miles	Leaders
AUGUST				
Tues 1 st 2pm start	Sheringham Carnival walk from the War Memorial Free car parking on roads	133/156433 Exp 252	5/6	Jasmine 01263 588822
Wed 9th	Reepham Kerri's Old Railway Station Car Park free	133/101236 Exp 238	6	Martin and Janet 01362 854170
Sun 13 th 3pm start	Walk preceding BBQ at 5:30 pm Upper Sheringham Village Hall Free parking.	133/424419 Exp 252	5.5	Norman 01263 825457
Wed 23rd	Aylsham Weavers Way between Drabblegate and Banningham Road, Dunkirk Car Park free	133/198278 Exp 252	6.5	Mike and Jane 01263 824885
Sun 27th	Felbrigg Sexton's Lodge Car Park free	133/188399 Exp 252	8.5	Norman 01263 825457
September				
Wed 6 th	Corpusty and Saxthorpe Village Hall Car Park free	133/112301 Exp 252	6.75	Ken & Sue 01603 866798
Sun 10th	Pretty Corner Car Park free	133/154413 Exp 252	8.5	Norman 01263 825457
Sun 17th	Short Walk plus Muzillac visitors Sheringham Boating Lake, Esplanade Free car parking	133/159435 Exp 252	5	Richard & Susan 01263 588045
Wed 20th	Honing Village Hall Car Park donation please	133/326278 Exp 252	6	Jasmine 01263 588822
October				
Wed 4 th	Greenway, Stiffkey Free parking	132/965439 Exp 251	5.5	Jasmine 01263 588822
Sun 8th	Holkham Village car park Car Park free	132/891436 Exp 251	8.5	Peter and Sue Mobile 07402 223124
Wed 18th	Kelling Caravan Park Main Car Park free	133/109414 Exp 252	5.5	Richard & Susan 01263 588045

Sun 22nd	Blakeney Village Hall Norfolk Walk Festival Event Marsh Magic & Much, More! A linear walk Free car park. Return transport £5, please book in advance.	133/025437 Exp 251	7.5	Don 01263 514955
November				
Wed 1st	Marsham Car parking free on old road south of Plough Inn	133/197241 Exp 252	6	Teresa & Charles 01263 861633
Sun 5 th Short walk	Beach Road Car Park Mundesley Pay and Display	133/308378 Exp 252	5.5	Helen 01263 576846
Wed 8 th 11am start	Pre AGM walk Snack lunch provided followed by AGM at 2pm Sheringham Community Centre Holway Road Free car parking	133/155418 Exp 252	5	Norman 01263 825457
Wed 15th	Binham village hall Car park donation please	132/982398 Exp 251	6	John & Judith 01263 588920
Sun 19 th	Kelling Heath, Holgate Hill Car Park free	133/098417 Exp 251	9	Clive and Barbara 01263 826263
Wed 29 th	Hellhoughton All Saints Church Car Park free	133/869265 Exp 238	6.25	Mike and Jane 01263 824885
Dates for your diary: 14th-19th Sept	Biennial Visit of Walking Group from Muzillac in Britany. Volunteer hosts would be most welcome giving an opportunity to forge great friendships. Most speak good English so language is not a problem. Please contact Stuart Meakin 01263 823818			
Sat 14th Oct	Quiz night/fish & chip supper, 7pm Upper Sheringham Village Hall			
Wed 8th Nov	AGM, 2pm, preceded by short walk at 11am and snack lunch Sheringham Community Centre, Holway Road			

NORWICH GROUP

Secretary: Peter James, 21 George Pope Close, Norwich NR3 3RG ☎ 01603 478486

Sunday Walks Co-ordinator: Gerald Brooker, ☎ 01603 501599 📱 07980 181911

Wednesday Walks Co-ordinator: Steve Bensley ☎ 01692 678326

Grid References are shown with the Explorer Map No followed by the Grid Reference

In the event of inclement weather contact the walk leader for the latest information

Forth coming events in this programme and later in the year below for your diary

Lincolnshire Walking Weekend Friday 22nd September to Monday 25th September 2017

Yorkshire Walking Week October 14th to October 21st 2017

Date	Venue	Map No & Grid Ref	Miles	Leader/s
Saturday 5 th August 10:30am	Saturday Walk. Holt Country Park, Meet and park off the Hempstead Road, Holt	251 TG 0884 3820	8	Stephen B 01603 483956 07502 085715
Sunday 6 th August 10:00am	Loddon Church, meet and park Church Plain, Loddon, easy going via Mundham and Thwaite St Mary.	237 TM 1272 9276	10.5	Richard S 01603 403904 07500 363279
Wednesday 9th August 10:00am	Bunwell. Meet and park at Bunwell village hall, donation to hall funds please, toilets open.	237 TM 1272 9276	10.5	Richard S 01603 403904 07500 363279
Saturday 12 th August 10:00am	Broome Pit car park. Joint circular walk with Bury St Edmunds Ramblers. Meet and park Broome Pit car park off Yarmouth Road Broome.	OL40 TM 345 912	14	Gavin 01284 723575 07769 882471
Sunday 13 th August 10:00am	Pingo Trail car park, (A1015 near Stow Bedon), Great Eastern Pingo Trail. Please car share as limited parking.	237 TL 9406 9659	11	Maria 07968 226750
Sunday 20 th August 10:00am	Elsing. Park and meet at Elsing village hall car park. Long trousers advised as paths may be somewhat overgrown.	237 TG 0533 1658	11.5	Phil 07952 164472
Wednesday 23rd August 10:00am	Martham. Meet on Black Street outside Martham church. Parking on roadside available, DO NOT USE CHURCH CAR PARK, PLEASE.	OL40 TG 4547 1842	11	Simon W 01603 748390

Date	Venue	Map No & Grid Ref	Miles	Leader/s
Sunday 27 th August 10:00am	No walk offered, please see the Norwich website for information www.new.norwichra.org.uk/walks.php			
Saturday 2 nd September 10:30am	Saturday Walk , North Burlingham. Meet and park on the old A47, at Norwich end of the village.	OL40 TG 3649 1003	8	Steve and Pam 01603 721516
Sunday 3 rd September 10:00am	Lessingham Village Hall , meet and park village hall car park School Road, donation to hall funds	OL40 TG 3930 2822	12	Marita 01603 477769 07818 818701
Sunday 10 th September 10:00am	Reepham , meet and park at Station Road car park, Reepham.	238 TG 0993 2297	12	John W 01603 451491 07972 693043
Wednesday 13 th September 10:00am	Lay-by on A146 Stockton, Start walk at Stockton Stone	OL40 TM 3864 9470	11	Richard W 07936 697038
Sunday 17 th September 10:00am	Acle free car park , off Bridewell Lane, Acle	OL40 TG 401 107	13	Cas 07906 404673
Friday 22 nd September 11:00am	Lincolnshire Wolds weekend. Legbourne Community Centre, Chapel Lane, Legbourne. LN11 8LW Donation to hall funds please	282 TF 369 842	9	Richard S 01603 403904 07500 363279
Saturday 23 rd September 10:00am	Lincolnshire Wolds weekend. Meet and park at Willingham Woods on A631 LN8 3RQ please note start time.	282 TF 138 884	12.5 or 10	Jim T 07796 127234
Sunday 24 th September 10:00am	Lincolnshire Wolds weekend. Meet and park at Hamilton Hall East Road, Tetford LN9 6QQ. There is a cut-off point after lunch for the shorter walk. Tea and cake at the finish provided by the local ladies.	273 TF 333 747	12.5 or 10.5	Richard W 07936 697038
Sunday 24 th September 10:00am	Station Road Attlebridge. Meet and park at concrete hard standing, Station Road, Attlebridge.	237 TG 130 178	13	Maria 07968 226750
Monday 25 th September 10:00am	Lincolnshire Wolds weekend. Meet and park on the verge of Chapel Lane, Scamblesby, opposite recycling bins	273 TF 280 784	7.5	Jeanne and Pat 07766 394763

Date	Venue	Map No & Grid Ref	Miles	Leader/s
Wednesday 27th September 09:30am	Gunton Railway Station. Meet at Sheringham railway station to catch the 09:44hrs train to Gunton. Walking back to Sheringham.	252 TG 256 352	11.5	Roy 01603 279883
Sunday 1 st October 10:00am	Happisburgh. Meet and park at the Wenn Evans Centre, Blacksmith's Lane. Donations to hall funds please, toilets will be open.	252 TG 377 312	11	Jeanne and Pat 01603 897141 07766 394763
Saturday 7 th October 10:30am	Saturday Walk. Hempnall. Meet at the church, park around the village, with consideration for residents please	237 TM 241 944	8	Richard S 01603 483956 07502 085715
Sunday 8 th October 10:00am	Baconsthorpe Castle. Meet and park at Baconsthorpe Castle car park. Children in Need Ramble (maybe)	252 TG 121 381	11	Stephen B 01603 483956 07502 085715
Wednesday 11th October 10:00am	Corpusty. Meet and park at Corpusty and Saxthorpe village hall, donation to hall funds please.	252 TG 112 300	10.5	Richard S 01603 403904 07500 363279
Sunday 15 th October 10:00am	Bacton Woods near North Walsham. Meet and park at the top car parking area at Bacton Woods.	252 TG 317 31	11	Maria 07968 226750
Sunday 15 th October	Yorkshire Dales walking week. Based in Skipton. Walk details on the Norwich website later.			Gerald 07980 181911
Monday 16 th October	Yorkshire Dales walking week. Based in Skipton. Walk details on the Norwich website later.			Gerald 07980 181911
Tuesday 17 th October	Yorkshire Dales walking week. Based in Skipton. Walk details on the Norwich website later.			Gerald 07980 181911
Wednesday 18 th October 10:00am	Yorkshire Dales walking week. Ingleborough. Meet and park at Clapham National Park Centre. £4.50 parking fee.	OL2 SD 745 692	11	Neil 07979 225280
Thursday 19 th October 10:00am	Yorkshire Dales walking week. Buckden – Firth Fell. Meet and park at Buckden pay and display car park.	OL30 SD 942 775	13	Jim 07796 127234
Friday 20 th October	Yorkshire Dales walking week. Based in Skipton. Walk details on the Norwich website later.			Gerald 07980 181911

Date	Venue	Map No & Grid Ref	Miles	Leader/s
Sunday 22 nd October 10:00am	No walk offered, please see the Norwich website for information www.new.norwichra.org.uk/walks.php			
Wednesday 25th October 10:00am	Sheringham. Meet and park by the boating pond, Sheringham Esplanade.	252 TG 154 434	10.5	Jeanne and Pat 01603 897141 07766 394763
Sunday 29 th October 10:00am	Roman Camp. Meet and park at Roman Camp NT car park (50p fee for non NT members)	252 TG 183 413	11	Neil 07979 225280
Saturday 4 th November 10:30am	Saturday Walk, Tyrell's Wood. Meet and park at Tyrell's Wood car park, off Wood Lane. Off A140 2 miles South Of Long Stratton.	230 TM 205 892	8	Ann 01603 439544
Sunday 5 th November 10:00am	Long Stratton, Swan Lane. Meet and park in Swan Lane car park Long Stratton, by the Coop store.	237 TM 196 927	12.5	Richard W 07936 697038
Wednesday 8th November 10:00am	Swanton Novers. Meet and park at Swanton Novers village hall, donation to hall funds, please.	251 TG 019 318	11	Stephen B 01603 483956 07502 085715
Sunday 12 th November 10:00am	Stockton. Meet and park in the Stockton Stone lay-by off A146	OL40 TM 386 948	12	John W 01603 451491 07972 693043
Sunday 19 th November 10:00am	Sheringham, Pretty Corner. Meet and park at Pretty Corner car park of A148.	252 TG 153 412	11	Jeanne and Pat 01603 897141 07766 394763
Wednesday 22nd November 10:00am	Horning. Meet and park in Horning village hall free car park.	OL40 TG 342 175	11	Steve and Janet 01692 678326 07500 161634
Sunday 26 th November 10:00am	Briggate. Meet and park at Weavers Way car park, Briggate.	OL40 TG 317 276	11.5	Steve and Janet 01692 678326 07500 161634

Norfolk Ramblers' : Walks Finder

August 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 BGgKS	2 BK	3 BHKW	4 B	5 KN	6 BKLMN
7 B	8 BK	9 BFKNS	10 BHKOW	11 B	12 FKN	13 BKMNS
14 B	15 BGK	16 BK	17 BHKW	18 B	19 K	20 BKMNOW
21 B	22 BK	23 BKNS	24 BHKW	25 B	26 FK	27 BKMNS
28 B	29 BK	30 BK	31 BHKW			

September 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 B	2 KNO	3 BKLMN
4 B	5 BGK	6 BS	7 BHKW	8 B	9 FKO	10 BGKMNS
11 B	12 BK	13 BFfKN	14 BHKW	15 B	16 K	17 BKMNOSW
18 B	19 BGK	20 BS	21 BHKOW	22 BN	23 FKN	24 BGKMN
25 BN	26 BK	27 BKN	28 BHKW	29 B	30 K	

This calendar shows which groups are holding a walk on a particular date, walks are that group is indicated by a lower case letter. Please see the group's listing for the

Key: F: Fakenham, G: Great Yarmouth, K: King's Lynn, L: Legstretchers, M: Mid Norfolk, N: Norwich, S: Sheringham

Calendar : August - November 2017

October 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 BKMNO
2 B	3 BGgK	4 BS	5 BHKW	6 B	7 fKN	8 BGKLMNOS
9 B	10 BK	11 BFKN	12 BHKW	13 B	14 Ks	15 BKMNOW
16 BN	17 BGKN	18 BNS	19 BHKNOW	20 BN	21 FKO	22 BGKMNS
23 B	24 BK	25 BKN	26 BHKW	27 B	28 K	29 BKMNO
30 B	31 BK					

November 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 BOoS	2 BHKW	3 B	4 FKN	5 BGgKLMNS
6 B	7 BGK	8 BFKNs	9 BHKW	10 B	11 K	12 BKMNO
13 B	14 BK	15 BS	16 BHKOW	17 B	18 FK	19 BGKMNOSW
20 B	21 BGK	22 BKN	23 BHKW	24 B	25 K	26 BKMN
27 B	28 BK	29 BFS	30 BHKW			

indicated by a capital letter in the appropriate day's box, whilst any other event by specific details of the walk or event.

m, O: Southern Norfolk, W: Wensum, H: Short Leisurely, I: Hike Norfolk, B: Breckland SB Walks

Legstretchers

Legstretchers is the long distance walking group of Norfolk Ramblers and we're delighted with how it's going so far. We relaunched in February 2017 and we've had walks on the first Sunday of every month since. Our highest attendance is 15 (yay!) and we're pleased with the feedback received.

But we do need more walkers to come with us, not least for me to justify this full page in the area programme.

6 AUGUST 2017:

Led by Julian. Meet outside the White Hart pub (park nearby, not at pub) in Hingham, NR9 4AF. This will be a 18-mile walk taking in Garvestone, Runhall and Brandon Parva. Meet at 09:30.

3 SEPTEMBER 2017: (joint walk with Norfolk & Suffolk LDWA)

Led by Maria. Meet at concrete hard standing area on Station Road, Attlebridge (TG 1307 1784). This will be a 17-mile walk taking in Lyng, Pockthorpe, Little Witchingham and Swannington. Meet at 09:30.

8 OCTOBER 2017: (NB, not the first Sunday of the month just this once!)

Led by Clive. Meet at Mulbarton Common at 09:00 (TG 195 008). This will be a 22-mile walk taking in Ashwellthorpe, Lower Tasburgh and Ketteringham.

5 NOVEMBER 2017:

Led by Liam. Meet at Weavers Way on Stalham High Street NR12 9EG TG368252. This is an 18-mile walk taking in some most lovely countryside. Meet at 09:30.

Our web-site is at: <http://www.legstretchers.org.uk/>

Our events are also listed at: <http://www.meetup.com/Norfolk-Area-Ramblers/>

If you need help with finding out about our events, you can phone Richard on 07802 270598 or e-mail Julian on julian.white@aplex.co.uk.

Hike Norfolk

Hike Norfolk works a little differently, in numerous ways, from the other groups in Norfolk. The way that we work reflects how our mostly younger (or young at heart - either is fine!) members work. We tend not to plan our walks far in advance and in many cases plan them in the week or two before the actual event. This means that we don't list our walks or social events in advance in time for this area programme.

Our forum is available at: **<http://ww2.hikenorfolk.org.uk/forum3/>**

Our events are also listed at: **<http://www.meetup.com/Norfolk-Area-Ramblers/>**

If you need help with finding out about our events, you can phone Richard on 07802 270598 or e-mail Julian on julian.white@aplex.co.uk.

What we really like though is for members of other groups in Norfolk to feel that they can walk with us whenever they'd like. We tend to get around 15 people on our walks (we're only a little group...) so it's a more relaxed (and a real adventure if Julian is leading the walk) feel for those who prefer that.

We also run a number of holidays throughout the year and we're always looking for more people to come along. We walked the length of Hadrian's Wall in June 2017 and although our trip to Budapest is currently fully booked, we are planning more such events and we are always looking for new people!



Our successful walk along the complete length of Hadrian's Wall. Well done to Julian, Clive, Joy and Steve. But also well done to Bev from Norwich group who was so much fun we are permanently on the lookout for more people just like her! Although she may well be unique :)

MID-NORFOLK GROUP

Sec: Derek Mummery. Tel. 01362-667065

Walks Co-ordinator: Sue Day. Tel. 01328-701545

All walks start at 10am unless otherwise stated.

Packed lunch required for walks of over 7 miles.

Queries regarding all walks should be addressed to the leaders concerned.

NB. If a leader is suddenly unavailable, it is their responsibility to find a replacement.

Programme of walks August 2017 – November 2017

Date	Venue	Grid ref.	Miles	Leaders
August 6th	Sheringham Park NT car park (Charge for non members)	Exp 252 133-138411	8	Neil 01362 853037 07847 644762
August 13th	The Dunhams Park by village sign Little Dunham	Exp 236 132-868127	9.5	Michael 01953 797058
August 20th	Cley Village Hall	Exp 251 133-047437	10	Sue and Brian 01328 701545 07776 466393
August 27th	Hethersett / Ketts Oak Meet at Hethersett library Park on roadside.	Exp 237 144-155049	9.5	Jenny 01362 696787 07887 604040
Sept 3rd	Swaffham Market Place	Exp 236 134-820090	9	Jimmy 01362 668698 07470 354463
Sept 10th	Itteringham Meet at The Walpole Arms	Exp 252 133-147306	9.5	Derek 01362 667065
Sept 17th	Hockham woods Meet at car park/picnic site	Exp 237 144-938919	8	Sheila 01362 421253 07749 523089
Sept 24th	Fring / Sedgeford Meet at Fring Church	Exp 250 132-735348	7	Jenny 01362 696787 07887 604040
Oct 1st	Westacre Mill	Exp 236 132-788151	9	Jimmy 01362 668698 07470 354463
Oct 8th	Walk followed by AGM Dereham Meeting Point	Exp 238 132-987133	5	Alan Kerrison 01362 696117

Oct 15th	Great Cressingham Meet at village hall 50p per car	Exp 236 132-853017	9.5	Michael 01953 797058
Oct 22nd	Sedgeford / Snettisham Park at Sedgeford village hall	Exp 250 132-711368	7.5	Sue and Brian 01328 701545 07776 466393
Oct 29th	Warham / Wighton Park and meet at Wells Butlands	Exp 251 132-916436	8.5	Jenny 01362 696787 07887 604040
Nov 5th	Blickling NT main car park (Charge for non members)	Exp252 133-176285	7	Derek 01362 667065
Nov 12th	Colton Village Hall	Exp 237 144-110098	8	Maureen 01603 866193
Nov 19th	East Bilney Meet at E.Bilney Church	Exp 238 132-956196	5.5	Jenny 01362 696787 07887 604040
Nov 26th	Colkirk Park and meet at Village Hall.	Exp 238 132-917265	7.75	Sue and Brian 01328 701545 07776 466393

* **AGM on October 8th** – At The Meeting Point, Dereham. To follow the morning walk (see above). Light refreshments from 12.30 p.m. followed by AGM and then speaker from Norfolk Wildlife Trust.

* **Christmas Dinner** at The Lodge, Tuddenham. December 2nd. Details to follow.

* If any members are booking **Ramblers Worldwide Holidays**, please tell them the name of your local Ramblers group and they will donate money to that group. See back of Walks Programme for details or ring 01707 386804.

GREAT YARMOUTH AND DISTRICT GROUP

Programme August to November 2017

Secretary .. Ros .Phone.. 01493 752125 . e-mail.. ragyra936@gmail.com

All Sunday walks start at 10.30
 Except November 5th which will start
 at 11.00 . (A.G .M at 2.00)

Tuesday morning walks at 10.00
 Except 1st August which will start
 at 8.00 A.M .. Breakfast walk .

In the event of inclement weather , please telephone the leader(s) to check if the walk is still taking place . Any one wishing to bring a dog , please check with the leader first.

A donation is requested when parking in village hall (V. H) or community centres car parks

Please let Jackie have details of walks for the next programme by Oct. 8th . We are still in need of volunteers to led walks , especially on Sundays.

E-mail jm.roberts@mypostoffice.co.uk or phone 01493 852818 . Thankyou .

Date	Venue	Leader(s)	Miles
Tuesday 8.A.M 1 st August	A first for this group ! Breakfast walk Winterton on sea Playing fields car park Somerton rd LR 134 489194	Margaret 01493 733420	3

A 3 mile walk followed by breakfast at a local café . Please let Margaret know in advance if you are coming so that she can let the café know how many to expect .

Sunday 13 th August	No walk offered		
Tuesday 15 th August	Beccles Quay LR 134 423911	Mary (B) 01493 443157	5 to 5.5
Sunday 27 th August	No walk offered		
Tuesday 5 th Sept.	Aldeby Church Park by the church or 'The Street ' (no through rd) OL 40 450934	Jean 01493 667718	5.5
Sunday 10 th Sept.	Filby free car park Thrigby rd LR 465133	Christine 01493 300999	8
Tuesday 19 th Sept .	North Beach C.P Links Rd Lowestoft OL 40 551953	Carol 01493 304225	6
Sunday 24 th Sept.	Wangford Village Hall OL 231 467792 please park on the overflow car park behind the hall	Mike & Ros 01493 752125 07857 758914	8 to 9
Tuesday 3 rd Oct.	Gt. Plumstead village hall C.P OL40 301102	Geoff & Monica 01603 720374	5.5

There will be a committee meeting after this walk .

Sunday	Lessingham village hall C.P	Richard & Ann	7
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8 th Oct .	LR. 133 392282	01493 719288	
Tuesday 17 th Oct.	Kessingland Beach C.P LR 134 532816	Jackie 01493 852818	5
Sunday 22 nd Oct.	Southwold water tower Exp 231 501762	Jackie 01493 852818	8
Sunday 11o'clock 5 th Nov. <u>start</u>	Lound village hall LR 134 505989	Mike & Ros 01493 752125 07857 758914	5

The A.G.M. will take place after this walk starting at 2 o'clock in the village hall and will be followed by tea/coffee and a wonderful selection of cakes . Please try and attend and give any feed back or ideas about the programme .

Tuesday 7 th Nov.	Acle Recreation ground C.P LR 134 401107	Ruth 01493 730720	5
Sunday 19 th Nov.	Martham park around the green and meet at the Co-op LR 134 455179	Richard & Lynda 01493 731089 Mb. 077329 36249	8
Tuesday 21 st Nov .	Halvergate playing field Wickhamton rd LR134 421064	Margaret 01493 733420	5

*****IMPORTANT NOTICE *****

A DATE YOUR DIARIES .. THE GROUP'S CHRISTMAS WALK FOLLOWED BY A MEAL WILL BE ON SUNDAY 3RD DECEMBER . DETAILS WILL AVAILABLE FROM CAROL IN OCTOBER . PHONE 01493 304225

THIS MUST BE PREBOOKED AND PAID FOR BY SUNDAY 19TH NOVEMBER

The following paragraph relates to all walks advertised in this guide:

All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being the paramount concern, accidents will occasionally occur. It is important, therefore, that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise.

WENSUM GROUP

Secretary: Tony Smith, 3 Priors Drive, Old Catton, Norwich, NR6 7LJ. Tel: 01603 423085

Please Note. All walks on Thursdays start at 10.30 am unless otherwise stated.

If there is doubt about a walk taking place (e.g. due to adverse weather), please contact the walk leader or the Secretary. **Please note the change of meeting point for coach rambles.**

Date	Venue	Grid Ref	Miles	Leader
AUG	3rd REEPHAM (Kerri's Farmhouse Pine – park at far end please)	E238/L 133 102235	6 [NR 10 4LJ]	Gill & Simon W 01603 748390
	10th ERPINGHAM (Village Hall, The Street)	E252/L 133 190320	5½ [NR 11 7QB]	Diana 01603 423085
	17th COACH TRIP (Bawsey, Grimston Warren, Kings Lynn) 9 8.45am from B&Q , off Hall Road: [book via Rod 01379 677267 or 07881 524406]			Ann 01603 451930
	20th CAISTOR ST EDMUND (Sunday 2.00 pm) (Roman Town Car Park)	E237/L 134 232033	5 [NR 14 8QL]	Richard & Sally 01603 437560
	24th WORSTEAD (Queen Elizabeth Hall behind the church)	OL40/L 134 301260	5½ [NR 28 9RW]	Pauline & Vic 01603 898804
	31st SHARRINGTON (Village Hall)	E251/L 133 035371	6½ [NR 24 2AB]	Teresa 01263 861633
SEP	7th MUNDESLEY (Coronation Hall, Cromer Road)	E252/L 133 311369	6 [NR 11 8BE]	Kay 01603 782425
	14th MORSTON (Morston Quay National Trust Car Park)	E251/L 133 007441	6 [NR 25 7BH]	David 01603 897817
	17th CRINGLEFORD (Sunday 2.00 pm) (Willow Centre, Willowcroft Way)	E237/L 134 190059	4¾ [NR 4 7JY]	Pauline & Vic 01603 898804
	21st COACH TRIP (Balsham & Haverhill) 8.45am from B&Q , off Hall Road: [book via Rod 01379 677267 or 07881 524406]		9	Malcolm 07531 306456
	28th LENWADE (The Bridge Inn)	E238/L 133 102184	6¼ [NR 9 5SE]	Trevor & Margaret 01603 453338
OCT	5th BROME STREET (Brome & Oakley Village Hall)	E230/L 144 154767	6 [IP 23 8AE]	Sue A 01379 676654
	12th ALBURGH (Village Hall)	E230/L 156 267872	5¼ [IP 20 0BZ]	Pauline & Barbara 01508 498960
	15th NORTH WALSHAM (Sunday 2.00pm) (Weavers Way Car Park, Station Road)	E252/L 133 275300	4½ [NR 28 0BW]	Sue W & Gillian 01603 411679

	19th COACH TRIP (Cranwich, Mundford & Lynford Hall)	9½	Sue W
	8.45am from B&Q , off Hall Road: [book via Rod 01379 677267 or 07881 524406]		01603 411679
	26th MARTHAM	OL40/L134 457180	5½
	(Around the Green and back of Village Hall)	[NR29 4PG]	Sue W
			01603 411679
NOV	2nd MORNINGTHORPE	E237L134 218926	5½
	(Church Car Park)	[NR15 2QN]	Rod & Janet W
			01379 677267
	9th BERGH APTON	OL40/L134 308013	5½
	(Village Hall on road between Alington & Thurton)	[NR15 1AA]	Janet N & Mary
			01603 413265
	-followed by Wensum Group AGM (see below)		
	16th HONING	OL40/L133 326277	6
	(Village Hall)	[NR28 9AB]	Lesley
			01692 630605
	19th ALDERFORD	E238/L133 128185	4
	(Sunday 2.00pm) (Alderford Common Car Park, off Reephams Road)	[NR9 5NQ]	Rod & Janet W
			01379 677267
	23rd BRACON ASH	E237/L134 183999	5½
	(Bracon Ash & Hethel Village Hall on B1113)	[NR14 8EL]	Malcolm
			07531 306456
	30th DEREHAM	E238/L132 989135	5¼
	(Cherry Tree Car Park, Theatre Street)	[NR19 2AX]	Penny
			07802 356920

The Annual General Meeting of the Wensum Group will be held in Bergh Apton Village Hall following the ramble on Thursday 9 November 2017 from approximately 1.30 pm. Bring a packed lunch. Tea and coffee will be provided. Any motions from members or nominations to the Committee are to be passed to the Secretary by 30th September 2017 at the latest.

The Wensum Group Christmas Lunch will take place at the Salhouse Lodge following a short ramble on Thursday 7 December 2017. Bookings will be taken from 1st October by Helen (01508 493917).

NORFOLK RAMBLERS HOLIDAY IN 2017

Autumn Ramblers Holiday

To Willersley Castle Hotel, Derbyshire

Sunday 10th – Friday 15th September 2017

Contact Joyce for availability on 01603 880783

SOUTHERN NORFOLK GROUP

August – November 2017

Secretary : Margaret Wilde Tel 01953 788268 Email jamwilde@hotmail.com
Walks Sec. Janet Stevens. Tel 01953 602457 Email janetstevens44@gmail.com

Start time. All walks start at 10.00 am unless stated otherwise

In the event of extreme weather, please contact the Walk Leader.

Leaders may have to alter planned routes if footpaths are not maintained.

Use of car parks. A fee (£1 per car) will normally be collected to donate to the owners.

Packed lunch stops are normally only made for walks over 6-7 miles, but please always carry a drink and snack.

Explorer map references are given unless another map series is stated but grid references are the same for all series

Dogs are welcome, especially on Thursday walks, unless otherwise stated. They are the sole responsibility of their owners.

<u>Date & Time if</u> not 10am	<u>Venue</u>	<u>Grid ref</u>	<u>Miles</u>	<u>Leader & Tel.no</u>
Thursday August 10th	Bunwell Church NR16 1SN	237 125928	6	Sheila 01953 860156
Sunday August 20 th	Mulbarton Village Car Park, The Common NR14 8AE	237 195008	12	John P 01953 425918 07443 571778
Saturday Sept. 2nd	Stow Bedon Pingo Trail Car Park on A1075 Lunch may be had at The Chequers, Thompson, phone the pub (01953 483360) to book	229 940965	7	John & Margaret 01953 788268 07570 898666
Saturday Sept. 9th	Eye – Cross Street Car Park to left of Queen's Head PH – toilets. <i>Catch bus to Mendlesham – walk back via Mid Suffolk Footpath.</i>	230 144738	10	Steve 01379 676602 07762 159279

IMPORTANT TO PHONE LEADER DURING WEEK BEFORE WALK TO CONFIRM BUS TIME FROM EYE
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Sunday Sept. 17th	Old Buckenham , Crown Road NR17 1SD. Park carefully on verge	237 065912	9	John P 01953 425918 07443 571778
Thursday Sept. 21st	Bridgham Lane Park off West Harling Road. Post 76	230 967837	5.5	Sheila 01953 860156
Sunday October 1st	Harleston – park Bullock Fair Close car park – 20p for toilets <i>To Fressingfield, returning via Mendham Marshes.</i>	230 245835	12	Steve 01379 676602 07762 159279

Date & Time if not 10am	Venue	Grid ref	Miles	Leader & Tel.no
October 7th. Walks due in for the next programme				
Sunday October 8 th 10.30	Shelton Church. NR15 2SD <i>Via Morningthorpe, Fritton, Hardwick</i> Shorter route led by Geoff Later start time. Leisurely pace	237 221910	8	Janet and Geoff 01953 602457
Sunday October 15 th	Trowse – Roadside parking on Kirby Road past Crown Point PH. <i>Please allow time to locate parking and get to the start point on time. Please respect residents.</i>	237 251066	11	John P 01953 425918 07443 571778
Thursday October 19 th	Forncett St Peter church NR16 1HX <i>via Tharston</i>	237 165928	6	Sheila 01953 860156
Saturday October 21 st	Mulbarton Village Car Park, The Common NR14 8AE	237 195008	6	Janet and Sue 01953 602457
Sunday October 29 th	Caistor St. Edmund Roman Town CP	237 232033	5.5	Terry 01953 789270
Wednesday November 1 st	Pulham St Mary – Pennoyers Centre car park <i>Lunch is available at the centre after the walk – please phone leader before the day if you wish to stay for lunch</i>	230 210852	5	Steve 01379 676602 07762 159279
Sunday Nov. 12 th	Burston Park at Diss Rd public car park <i>via Winfarthing & Gissing</i>	230 136832	9	John & Margaret 01953 788268 07570 898666
Thursday Nov. 16 th	Banham meet on the Green near church NR16 2HN	230 063882	5	Sheila 01953 860156
Sunday Nov. 19 th	Pulham Market Memorial Hall After the walk lunch will be provided at approx. 12 noon (soup, bread and cheese, plus Sheila's famous treacle tart!) This will be followed by the Group AGM at 1 pm	230 197863	4.5	Sue and Steve 01379 676602 07762 159279

Your committee is looking for new members – if you would like to join us or just find out what is involved contact Margaret – details at the start of this programme.

Programme of Walks – August 2017 – November 2017

Group Sec: Vic – 01263 713613 : Walks Sec: Alison – 01328 712155

WEEKEND walks start at 10.30 am and WEDNESDAY walks start at 10.00 am, unless otherwise stated. Packed lunches required for walks over 6 miles. In case of inclement weather, please contact the Walk Leader.

Date & Time	Venue	Grid Ref & Miles	Leader(s)
August			
Wednesday 9 th	Syderstone Common Meet/park St Mary's Church	250/830326 PE31 8SD 5 miles	Paul 01485 578218
Saturday 12 th	Aylsham Meet at rear of St Michaels and All Saints Church by lychgate and steps (Cromer Road)	239/193271 NR11 6EL 9 miles	Iris & Richard 01362 860825
Saturday 26 th	Thornham Meet/park All Saints Church	250/734435 PE36 6LY 4 or 8 miles	Jenny and Vic 01263 713613
September			
Saturday 9 th	Sheringham/Holt/Sheringham Meet Sheringham Station at 10.15am for 10.30am Poppy Line steam train to Holt. £7.50 single fare. Walk back to Sheringham.	252/159429 NR26 8RA 7 miles	Sue and John 01328 710138
Wednesday 13 th	Baconsthorpe Meet/park Baconsthorpe Castle	251/121380 NR25 6LN 5.5 miles	Judith 01328 864061
Saturday 23 rd	Whissonsett Meet/park St Mary's Church	238/918233 NR20 5AP 5.5 miles	Margaret and Stuart 01328 864727
Following this walk a Walks Planning Meeting will take place at: 162 Norwich Road, Fakenham NR21 8AN. We hope you will be able to attend but if not and you can offer a walk, please contact Alison on 01328 712155. Bring your lunch. Liquid refreshment will be provided.			
October			
Saturday 7 th 12.00 pm	AGM at Binham Village Hall followed by 'Lunch and Linger'. Contact Sue about what to bring by end of September	251/982398 NR21 0DR	Sue and John 01328 710138
Wednesday 11 th	Itteringham Meet/park Bure Valley Community Centre	252/145309 NR11 7AX 5 miles	Sandra and Philip 01603 755121
Saturday 21 st	Overstrand Meet/park Beach CP, Pauls Lane	252/248410 NR27 0PE 8.5 miles	Barbara and Alan 01328 855352
November			
Saturday 4 th	Litcham – The Lexhams Meet/park Litcham Common CP, Dunham Road	238/887173 PE32 2LJ 9.5 miles	Lily 01328 851124
Wednesday 8 th	Binham Meet/park Village Hall	251/982398 NR21 0DR 4.25 miles	Sue and John 01328 710138
Saturday 18 th	Blickling Park/meet NT CP	252/180296 NR11 6NF 7.5 miles	Barbara and Richard 01328 862834
Wednesday 29 th	Helhoughton Meet/park All Saints Church	238/869265 NR21 7BP 6 miles	Alison and Sandra 01328 712155

BRECKLAND SHORT BRISK WALKS

Our walks in Breckland are short but brisk. We encourage walkers to walk at their own pace with a front and back marker. We do not stop during the walk, but there is usually a welcome stop for coffee or tea at the end of the walk. There is no need to book – just ensure you have your membership card with you and arrive in good time to hear the pre-walk introduction. You are welcome to come for a taster walk first to see you like it! A good pair of walking shoes and adequate outdoor clothing is all that is needed as on occasions it can be wet and muddy. Postcodes shown on the schedule are as near as we can get them. Grid references have been provided in some cases. In very wet weather we might have to change the normal routes for safety reasons. However, the meeting places will be the same. Walks may have to be cancelled in very bad weather...please phone or email on the morning if in doubt.

ATTLEBOROUGH Mondays

Contact John Parker on 01953 425918 or crookitbawbee@gmail.com or Brenda Clabburn on 01953 456909 or bremelon@hotmail.com

Date	Time	Town and Start Point	Walk Name	Distance (Miles)
7-Aug-2017	10:30	Great Hockham. Hockham Picnic Site, Off A1075, Great Hockham IP24 1PA	Hockham Picnic Site	3.85
14-Aug-2017	10:30	Morley St. Peter. Parking area opposite Morley St. Peter Church, Attleborough Road, NR18 9TU	Morley St. Peter	3.30
21-Aug-2017	10:30	Great Ellingham. The Crown Public House, 30 Church Street, NR17 1LE	Bow Street	4.35
28-Aug-2017	10:30	Garboldisham. Car park at Village Hall, Church Road, IP22 2SE	Garboldisham Village Walk	3.65
4-Sep-2017	10:30	Carleton Rode. Jubilee Hall, Mill Road, NR16 1NQ	Carleton Rode/Bunwell Circular Take 2	3.45 or 4.60
11-Sep-2017	10:30	Rocklands All Saints. Playing Field, Green Lane, NR17 1UA	Rockland All Saints Walk	3.75
18-Sep-2017	10:30	East Harling. Sports & Social Club, Recreation Ground, Church Road, NR16 2NB	East to West	4.50
25-Sep-2017	10:30	Mulbarton. Village Hall Car Park, The Common, Mulbarton, NR14 8AE	Mulbarton Medieval Walk	4.15
2-Oct-2017	10:30	Shadwell. Forest Retreat Reception Centre park on the Distribution and Maintenance Car Park IP24 2RX	Thorpe Forest Walk	4.00
9-Oct-2017	10:30	Attleborough. Queen's Square, Attleborough, NR17 2AE	Fiddler's Loop	4.45
16-Oct-2017	10:30	Old Buckenham. Old Buckenham Country Park, Doe Lane, NR17 1PP <u>NEW WALK</u>	Stacksford Walk	4.20
23-Oct-2017	10:30	Spooner Row. Primary School, Station Road, NR18 9JR	Guiler's Walk	3.75
30-Oct-2017	10:30	Hethel. Potash Lane, NR14 8EZ <u>NEW WALK</u>	Hethel via East Carleton	4.05
6-Nov-2017	10:30	Old Buckenham. Old Buckenham Church, The Green, NR17 1RP	Old Buckenham Stud	2.00 or 4.65
13-Nov-2017	10:30	Great Ellingham. The Crown Public House, 30 Church Street, NR17 1LE	Great Ellingham & Rocklands	4.50
20-Nov-2017	10:30	Snetterton. Visitor Centre Car Park, World Horse Welfare, Hall Farm, Ada Cole Avenue, Snetterton, NR16 2LP (Turn off A11 to Snetterton and follow signs to WHW).	World Horse Welfare	4.15
27-Nov-2017	10:30	Winfarthing. St. Mary's Church. IP22 2ED	Winfarthing Country Walk	4.10

MUNDFORD Mondays - choice of a long or shorter walk (subject to availability of walk leaders)

Contact Colin Hipwell on 01842 879191 or mail@colinhipwell.me.uk or Monroe on 01842 755207 or monroedg@

Date	Time	Town and Start Point	Post Code	Walk Name	Miles
14-Aug-2017	10:00	Mundford Cricket Club	IP26 5ED	Lynford Arboretum and Lakes or Lynford Lake Bottom	3.5 or 2.5
21-Aug-2017	10:00	Mundford Cricket Club	IP26 5ED	Lynford Hall and Lakes or Lynford Lake Bottom	4.5 or 2.5
28-Aug-2017	10:00	No Walk		BANK HOLIDAY	
4-Sep-2017	10:00	Mundford Cricket Club	IP26 5ED	Colin's Walk with optional Lynford Lake extension	2.0 or 3.5
11-Sep-2017	10:00	Mundford Cricket Club	IP26 5ED	Lynford Mystery Tour or Lynford Sequoia	4.5 or 2.4
18-Sep-2017	10:00	Brandon Country Park	IP27 0SU	Purple Route or Tree Walk	3.5 or 1.5
25-Sep-2017	10:00	Mundford Cricket Club	IP26 5ED	Lynford Arboretum and Lakes or Lynford Lake Bottom	3.5 or 2.5
2-Oct-2017	10:00	Mundford Cricket Club	IP26 5ED	Warplane Crash Site or Mundford Woods and West Hall	3.5 or 2.5
9-Oct-2017	10:00	Mundford Cricket Club	IP26 5ED	Colin's Walk with optional Lynford Lake extension	2.0 or 3.5
16-Oct-2017	10:00	High Lodge	IP27 0AF	High Lodge Yellow Long Walk or Pine Walk	3.5 or 1.1
23-Oct-2017	10:00	Mundford Cricket Club	IP26 5ED	Lynford Hall and Lakes or Lynford Lake Bottom	4.5 or 2.5
30-Oct-2017	10:00	Mundford Cricket Club	IP26 5ED	Quarry Site Walk or Village Walk	4.75 or 1.5
6-Nov-2017	10:00	Mundford Cricket Club	IP26 5ED	Lynford Mystery Tour or Lynford Sequoia	4.5 or 2.4
13-Nov-2017	10:00	Mundford Cricket Club	IP26 5ED	Warplane Crash Site or Mundford Woods and West Hall	3.5 or 2.5
20-Nov-2017	10:00	Mundford Cricket Club	IP26 5ED	Lynford Hall and Lakes or Lynford Lake Bottom	4.5 or 2.5
27-Nov-2017	10:00	Mundford Cricket Club	IP26 5ED	Colin's Walk with optional Lynford Lake extension	2.0 or 3.5
4-Dec-2017	10:00	Brandon Country Park	IP27 0SU	Blue Route or Tree Walk	4.3 or 1.5
11-Dec-2017	10:00	Mundford Cricket Club	IP26 5ED	Quarry Site Walk or Village Walk	4.75 or 1.5
18-Dec-2017	10:00	Mundford Cricket Club	IP26 5ED	Lynford Arboretum and Lakes or Lynford Lake Bottom	3.5 or 2.5

WEETING		Tuesdays			
Contact Linda and Keith on 01760 756455 or oldcoachhouse7@sky.com or Norman on 01842 810856 or 1943nking@gmail.com					
Date	Time	Town and Start Point	Post Code	Walk Name	Miles
1-Aug-2017	10:00	Saxon Pub Car Park	IP27 0QW	Fengate Drove/ Village Trail past Sunnyside Cottages figure of 8	2.75 or 6
8-Aug-2017	09:30	Brandon Leisure Centre Church	IP27 0JB	Brandon to Santon Downham return via Little Ouse /Gashouse Drove	6.4
15-Aug-2017	10:00	Saxon Pub Car Park	IP27 0QW	Emily's Wood	4.7
22-Aug-2017	10:00	Saxon Pub Car Park	IP27 0QW	Crescent Wood	4.6
29-Aug-2017	10:00	Saxon Pub Car Park	IP27 0QW	Fengate Drove/Cromwell Road figure of eight	2.75 or 3.3
5-Sep-2017	10:00	Saxon Pub Car Park	IP27 0QW	Ancient Cross Circular Walk	5.1
12-Sep-2017	09:30	Saxon Pub Car Park	IP27 0QW	Hockwold Brickkiln Farm - 9:43 bus to Kings Lynn - £2.10 or bus pass	4
19-Sep-2017	10:00	Saxon Pub Car Park	IP27 0QW	Village Trail past Sunnyside Cottages/Rectory Road figure of 8	3.25 or 4.5
26-Sep-2017	10:00	Saxon Pub Car Park	IP27 0QW	Lynn Road Covert and Wellington Plantation	5.97
3-Oct-2017	10:00	Saxon Pub Car Park	IP27 0QW	Emily's Wood	4.7
10-Oct-2017	10:00	Saxon Pub Car Park	IP27 0QW	Fengate Drove/Cromwell Road figure of eight	2.75 or 3.3
17-Oct-2017	09:30	Saxon Pub Car Park	IP27 0QW	Hockwold Brickkiln Farm - 9:43 bus to Kings Lynn - £2.10 or bus pass	4
24-Oct-2017	10:00	Saxon Pub Car Park	IP27 0QW	Ancient Cross Circular Walk	5.1
31-Oct-2017	10:00	Saxon Pub Car Park	IP27 0QW	Lynn Road Covert and Wellington Plantation	5.97
7-Nov-2017	10:00	Saxon Pub Car Park	IP27 0QW	Village Trail past Sunnyside Cottages/Fengate Drove	4.3
14-Nov-2017	10:00	Saxon Pub Car Park	IP27 0QW	Memorial Site of Wartime Plane Crash	5.8
21-Nov-2017	09:20	Saxon Pub Car Park	IP27 0QW	Brandon Little Ouse / Chalk Lane / Fengate Drove - 9.33 bus to Aldi's Car Park Brandon - £1.80 or bus	4.8
28-Nov-2017	10:00	Saxon Pub Car Park	IP27 0QW	Fengate Drove/ Village Trail past Sunnyside Cottages figure of 8	2.75 or 6
5-Dec-2017	10:00	Saxon Pub Car Park	IP27 0QW	Emily's Wood	4.7

SWAFFHAM Wednesdays and Sundays

Contact Keith Hardy on 07766708226 or keithhardy@hotmail.co.uk or Peter Carter on 01760 720256 or peter675:

Date	Time	Town and Start Point	Post Code	Walk Name	Miles
2-Aug-2017	09:30	SPORLE Community Centre	PE32 2DR	Sporle Farm Walk	5.1
6-Aug-2017	10:00	ASHILL Community Centre Hale Road	IP25 7AX	Figure of 8 Walk	2.3 or 3.3
9-Aug-2017	09:30	NORTH PICKENHAM Concrete Pad South Pickenham Rd PE37 8LG	PE37 8LG	Farm Walk	3.32
13-Aug-2017	10:00	Swaffham Buttercross car park	PE37 7AB	Lynn Road / Swafas lane walk	4.53
16-Aug-2017	09:30	BRADENHAM Cricket pitch car park IP25 7QL	IP25 7QL	Farm walk	2.9
20-Aug-2017	10:00	Cressenhall (rural life museum car park) NP20 4DR	NP20 4DR	Beetley walk	4.5
23-Aug-2017	09:30	NECTON Village Hall	PE37 8EH	Clay Pit Farm walk	3.36
27-Aug-2017	10:00	ICKBURGH Desert Rats Memorial Car Park	IP26 5BZ	Forrest Walk	3
30-Aug-2017	09:30	Home Hale Village Car Park	IP25 7DP	Village Walk	2.or 3
3-Sep-2017	10:00	Swaffham Buttercross car park	PE37 7AB	Farm Walk	2.97
6-Sep-2017	09:30	McDonalds Car Park A47	PE37 7TZ	Pettygards Farm Walk	4.6
10-Sep-2017	10:00	Great Fransham Village Hall at Station road	NR19 2JB	New Walk	4.25
13-Sep-2017	09:30	East Lexham Village Green (Buttercross)	PE37 7AB	Farm Walk	4.53
17-Sep-2017	10:00	Swaffham Buttercross car park	PE32 2AE	Historical Walk	2.86
20-Sep-2017	09:30	Castle Acre on the Green opp Ostrich pub	PE32 2AE	6 mile Walk	6
24-Sep-2017	10:00	NARBOROUGH The Ship Chinese Rest Car Park	PE32 1TE	River Walk	5.2
27-Sep-2017	09:30	SHIPDHAM meet at the Kings Cafe car park	IP25 7NA	Farm Walk	4.22
1-Oct-2017	10:00	Beachamwell Village Hall	PE37 8BB	Farm Walk	3.5
4-Oct-2017	09:30	Swaffham Buttercross car park	PE37 7AB	Dulgate Lane walk	3.13
8-Oct-2017	10:00	ASHILL Community Centre Hale Road	IP25 2AX	Panworth Hall Walk	2.4
11-Oct-2017	09:30	NECTON Village Hall	PE37 8EH	Village Walk	2.72
15-Oct-2017	10:00	Dereham Queen Mothers Garden car park	NR19 1XE	Rushmeadow walk	3.28
18-Oct-2017	09:30	Castle Acre on the Green opp Ostrich Pub	PE32 2AE	Historical Walk	2.86
22-Oct-2017	10:00	SWAFFHAM Buttercross Car Park (by Bandstand) PE37 7AB	PE37 7HT	Turbine Walk	3.26
25-Oct-2017	09:30	SWAFFHAM Eco/Green Britain Centre Tech Car Park	PE32 1JF	Farm Walk	3.19
29-Oct-2017	10:00	Narborough The Ship car park	PE32 1TE	River Walk	5.2
1-Nov-2017	09:30	Swaffham Buttercross car park	PE37 7AB	Lynn Road/Turbine Walk	4.14
5-Nov-2017	10:00	East Lexham Village Green (Buttercross)	PE32 2QP	Farm Walk	3.93
8-Nov-2017	09:30	CASTLE ACRE by the Green opp Ostrich Pub PE32 2AE	PE32 2AE	Mill Walk	3.75
12-Nov-2017	10:00	Dereham Queen Mothers Garden car park	NR19 1XE	Water Tower West Walk	3.75
15-Nov-2017	09:30	Swaffham Buttercross car park	PE37 7AB	Duck Pond/Swafas Way	3.09
19-Nov-2017	10:00	Beachamwell Village Hall	PE37 8BB	Village Walk	3.58
22-Nov-2017	09:30	Holme Hale Village Hall car park	IP25 7DP	Farm Walk	2.58
26-Nov-2017	10:00	Dereham Queen Mothers Garden car park	NP20 4DR	Rushmeadow walk	3.28
29-Nov-2017	09:30	Pentney Little Abbey Farm	PE32 1JF	Farm Walk	3.19

THETFORD		Tuesdays and Fridays - choice of a long or shorter walk (subject to availability of walk leaders)		
Contact Monroe on 01842 755207 or email monroedg@msn.com or Anne Pearce on 01953 456222 or email anne-pearce@h				
Date	Time	Town & Start Point	Walk Name	Miles
01-Aug-17	10:00	THETFORD/2 Mile Bottom Picnic Site/A134 -Thetford/Mundford Road TL849 8	2 Mile Bottom/Santon Downham	4
04-Aug-17	10:00	THETFORD/Sainsburys Car Park London Road IP24 3QL	St Edmunds/Hereward Way	3
08-Aug-17	10:00	THETFORD/Riverside Kiosk IP24 2AG	BTO Nunnery Lakes	2.3
11-Aug-17	10:00	RISHBETH WOOD/WARREN LODGE (Thetford B1107 - Just after golf course) TL84	Rishbeth Wood/Warren Lodge	4.5
15-Aug-17	10:00	LYNFORD STAG A134 Thetford/Mundford Road TL815 916	Lynford Stag	3
18-Aug-17	10:00	KNETTISHALL HEATH COUNTRY PARK (West Car Park) IP22 2TQ	Knettishall Heath	3
22-Aug-17	10:00	SANTON DOWNHAM Forestry Commission Offices Car Park IP27 0AU	Santon Downham	2 or 4
25-Aug-17	10:00	Brandon Country Park IP27 0SU	Purple Route	3.5
29-Aug-17	10:00	THETFORD/Castle Street Car Park IP24 2DW	Willows or Kilverstone Riverside Walk	2.7
01-Sep-17	10:00	THETFORD/Riverside Kiosk IP24 2AG	Kingfisher Lake	4
05-Sep-17	10:00	THETFORD/Thorpe Forest Park (Post Code: IP24 2RX)	Thorpe Forest Park (Thetford)	3.2
08-Sep-17	10:00	THETFORD/Riverside Kiosk IP24 2AG	Barnham Common	4
12-Sep-17	10:00	THETFORD/2 Mile Bottom Picnic Site/A134 -Thetford/Mundford Road TL849 8	2 Mile Bottom Picnic Site	3
15-Sep-17	10:00	HIGH LODGE/Thetford Forest IP27 0AF	High Lodge	3.5
19-Sep-17	10:00	THETFORD/Sainsburys Car Park London Road IP24 3QL	St Edmunds/Hereward Way	3
22-Sep-17	10:00	SANTON DOWNHAM Forestry Commission Offices Car Park IP27 0AU	Santon Downham	2 or 4
26-Sep-17	10:00	THETFORD/East Wretham Nature Reserve Car Park on A1075 TL917 887	East Wretham Nature Reserve	3
29-Sep-17	10:00	THETFORD/Riverside Kiosk IP24 2AG	BTO Nunnery Lakes	2.3
03-Oct-17	10:00	THETFORD/Riverside Kiosk IP24 2AG	Priory/Haling Path	2
06-Oct-17	10:00	RISHBETH WOOD/WARREN LODGE (Thetford B1107 - Just after golf course) TL84	Rishbeth Wood/Warren Lodge	4.5
10-Oct-17	10:00	THETFORD/Castle Street Car Park IP24 2DW	Willows or Kilverstone Riverside Walk	2.7
13-Oct-17	10:00	THETFORD/Riverside Kiosk IP24 2AG	Kingfisher Lake	4
17-Oct-17	10:00	THETFORD/2 Mile Bottom Picnic Site/A134 -Thetford/Mundford Road TL849 8	2 Mile Bottom/Santon Downham	4
20-Oct-17	10:00	KNETTISHALL HEATH COUNTRY PARK (West Car Park) IP22 2TQ	Knettishall Heath	3
24-Oct-17	10:00	LYNFORD STAG A134 Thetford/Mundford Road TL815 916	Lynford Stag	3
27-Oct-17	10:00	THETFORD/Riverside Kiosk IP24 2AG	Barnham Common	4
31-Oct-17	10:00	THETFORD/Sainsburys Car Park London Road IP24 3QL	St Edmunds/Hereward Way	3
03-Nov-17	10:00	THETFORD/East Wretham Nature Reserve Car Park on A1075 TL917 887	East Wretham Nature Reserve	3
07-Nov-17	10:00	THETFORD/Thorpe Forest Park (Post Code: IP24 2RX)	Thorpe Forest Park (Thetford)	3.2
10-Nov-17	10:00	HIGH LODGE/Thetford Forest IP27 0AF	High Lodge	3.5
14-Nov-17	10:00	THETFORD/2 Mile Bottom Picnic Site/A134 -Thetford/Mundford Road TL849 8	2 Mile Bottom Picnic Site	3
17-Nov-17	10:00	THETFORD/Castle Street Car Park IP24 2DW	Willows or Kilverstone Riverside Walk	2.7
21-Nov-17	10:00	RISHBETH WOOD/WARREN LODGE (Thetford B1107 - Just after golf course) TL84	Rishbeth Wood/Warren Lodge	4.5
24-Nov-17	10:00	KNETTISHALL HEATH COUNTRY PARK (West Car Park) IP22 2TQ	Knettishall Heath	3
28-Nov-17	10:00	SANTON DOWNHAM Forestry Commission Offices Car Park IP27 0AU	Santon Downham	2 or 4

WATTON Tuesdays and Thursdays

Contact Peter Waterfield on 01953 881783 or Split-pin@hotmail.co.uk or Stevie-Easton on 01953 882004 or stevieeaster@yahoo.co.uk

Date	Time	Post Code	Town and Start Point	Walk Name	Miles
01-Aug-17	10:10	IP24 1PA	HOCKHAM PICNIC SITE (A1075)	Hockham Picnic Site Walk	3.75
03-Aug-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Wood Lane / Wayland Wood Walk	4.2
08-Aug-17	10:10	IP24 1PX	THOMPSON Thompson Village Hall	Thompson Tottington Road Long Walk	3.2
10-Aug-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Watton / Merton Curcular	3.75
15-Aug-17	10:10	IP25 7AX	ASHILL Community Centre Hale Road	Ashill / Cressingham Road Walk	2.8
17-Aug-17	10:10	IP26 5BZ	ICKBURGH Desert Rats Car Park TL812967	Desert Rats Walk	3.2
22-Aug-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Red Hill Lane Walk	3.8
24-Aug-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Sally's Walk	4.1
29-Aug-17	10:10	IP24 1PX	THOMPSON Thompson Village Hall	Thompson Church Walk	3.2
31-Aug-17	10:10	IP25 7HD	SAHAM TONEY Wells Cole Community Centre	Saham Toney Circular Walk	2.4 or 4
05-Sep-17	10:10	IP25 6QX	MERTON Merton Village Hall	Merton Peddars Way Walk	4
07-Sep-17	10:10	IP25 7AX	ASHILL Community Centre Hale Road	Ashill Figure Of 8 Walk	3.4
12-Sep-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Loch, Church and Town Green Walks	2.5 or 3.5
14-Sep-17	10:10	IP25 6SW	CARBROOKE Carbrooke Village Hall	Carbrooke 4 Mile Walk	3.75
19-Sep-17	10:10	IP24 1PX	THOMPSON Thompson Village Hall	Thompson Water Walk	4.2
21-Sep-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Town Green And Camp Walk	3
26-Sep-17	10:10	NR17 1TP	ROCKLAND ALL SAINTS Village Hall -	Rockland All Saints Walk	3.5
28-Sep-17	10:10	IP26 5BZ	ICKBURGH Desert Rats Car Park TL812967	Desert Rats Walk	3.2
03-Oct-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Wood Lane / Wayland Wood Walk	4.2
05-Oct-17	10:10	IP25 7AX	ASHILL Community Centre Hale Road	Ashill / Cressingham Road Walk	2.8
10-Oct-17	10:10	IP24 1PX	THOMPSON Thompson Village Hall	Thompson Church Walk	3.2
12-Oct-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Loch, Church and Town Green Walks	2.5 or 3.5
17-Oct-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Sally's Walk	4.1
19-Oct-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Watton / Carbrooke Circular Walk	3.75
24-Oct-17	10:10	IP24 1PA	HOCKHAM PICNIC SITE (A1075)	Hockham Picnic Site Walk	3.75
26-Oct-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Red Hill Lane Walk	3.8
31-Oct-17	10:10	IP24 1PX	THOMPSON Thompson Village Hall	Thompson Water Walk	4.2
2-nov-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Watton / Merton Curcular	3.75
07-Nov-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Wood Lane / Wayland Wood Walk	4.2
09-Nov-17	10:10	IP25 7AX	ASHILL Community Centre Hale Road	Ashill Figure Of 8 Walk	3.4
14-Nov-17	10:10	NR17 1TP	ROCKLAND ALL SAINTS Village Hall -	Rockland All Saints Walk	3.5
16-Nov-17	10:10	IP25 6SW	CARBROOKE Carbrooke Village Hall	Carbrooke 4 Mile Walk	3.75
21-Nov-17	10:10	IP24 1PX	THOMPSON Thompson Village Hall	Thompson Sparrow Hill Walk	3
23-Nov-17	10:10	IP25 7HD	SAHAM TONEY Wells Cole Community Centre	Saham Toney Circular Walk	2.4 or 4
28-Nov-17	10:10	IP25 6DA	WATTON Community Car Park (Queens Hall)	Town Green And Camp Walk	3
30-Nov-17	10:10	IP25 6QX	MERTON Merton Village Hall	Merton Peddars Way Walk	4

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