

Norfolk Area Newsletter & Walks Programme

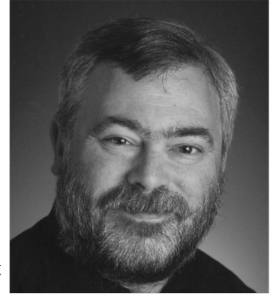
April - July 2024

UPDATE FROM THE CHAIR

Those of you who were at the AGM will recall that we had a lively and productive discussion about the future of Norfolk Area News. Whilst I understand that some groups no longer want to function within the timing constraints of publishing in Area News, it is also recognised that for some groups, this booklet is still an essential publication.

Now that some walk listings are missing from Area News, lets fill the pages with articles from the groups that will be of interest to other members. I will welcome articles from any members for publication, how about a report on your favourite walk, or an article about how important or loved, a particular footpath is to you. I also invite the groups who no longer publish in these pages to perhaps publicise one or two walks in each edition, which might be of interest to the wider membership.

*Richard. 24 Swanton Avenue, Dereham, NR19 2HJ 01362 709044
richard@inter-logic.co.uk*



GDPR statement: You're receiving this communication because we believe that it would be of interest to you. If you'd rather not receive similar information in future, please let us know. You can contact the editor using the contact information above.

NEXT MEETING AND DEADLINES

The next deadline for copy for the newsletter is 8th June 2024. The deadline for copy for the following newsletter will be 12th October 2024.

The remaining Area Council meetings in 2024 will be on 13th July and 9th November at 10:00 at Honingham Village Hall.

Our Area Secretary role is Richard Potts, his email address is potts6655@icloud.com

The area phone number is 01603 339024

PATH PROBLEMS

For preference, please report path problems online via the map at <http://maps.norfolk.gov.uk/highways/>.

If you can't do this, they can be reported to the Rights of Way Team, Planning Dept, Norfolk County Council, County Hall, Martineau Lane, Norwich, NR1 2SG. (Telephone: 0344 800 8020.)

Where a member is unsure, or the problem is not clear, report the problem to Ian Mitchell, 5 Montcalm Road, Norwich, NR1 4HX. 01603 622539, email address: norfolkramblersafps@gmail.com. Please also send Ian anything sent to the council.

RAMBLERS CENTRAL OFFICE

The address of the Ramblers' Central Office is:

13 Dirty Lane, London SE1 9PA

Tel: 020 3961 3300

email ramblers@ramblers.org.uk *Web* <http://www.ramblers.org.uk>

How to find walks for all groups in the area

All walks will show on the Norfolk area Rambler's page.

<https://www.ramblers.org.uk/go-walking/ramblers-groups/areas/norfolk-area>

Norwich Group Walks

<https://www.ramblers.org.uk/go-walking/ramblers-groups/norwich-group>

King's Lynn Group walks

<https://www.ramblers.org.uk/go-walking/ramblers-groups/kings-lynn-group>

Fakenham Group Walks

<https://www.ramblers.org.uk/go-walking/ramblers-groups/fakenham-group>

Great Yarmouth Group Walks

<https://www.ramblers.org.uk/go-walking/ramblers-groups/great-yarmouth-group>

Wensum Group Walks

<https://www.ramblers.org.uk/go-walking/ramblers-groups/wensum-group>

Sheringham Group Walks

<https://www.ramblers.org.uk/go-walking/group-walks/sheringham>

Mid Norfolk Group Walks

<https://www.ramblers.org.uk/go-walking/ramblers-groups/mid-norfolk-group>

Breckland Walkers Walks

<https://www.ramblers.org.uk/go-walking/ramblers-groups/breckland-walkers-group>

Hike Norfolk Walks

<https://www.meetup.com/hikenorfolk/events/>

Legstretchers Walks

<https://www.meetup.com/legstretchers/events/>

Hike Norfolk

Hike Norfolk is run by a bunch of relaxed, friendly, inclusive volunteers.

Our walks range from 5 – 15 miles in distance, and if our leaders have done their homework when choosing the route, should include a cake / pub stop at the end. Of course, eating cake or visiting the pub is not compulsory.

They are held at weekends, generally on Sunday but with an increasing number of walks now on Saturday as well, plus the occasional midweek / evening walk during summer months.

We publicise our 4-week rolling walk programme on **Meetup.com** (just search for Hike Norfolk), to give everyone a view of what we have planned for the month ahead.

In Addition to walking, we also offer regular social events, these range from monthly meals and pub nights to trips away, both in the UK and abroad. Again, these are advertised on Meetup.com our booking platform.

To help promote Hike Norfolk and grow ours and the Ramblers membership we run our own website: **hikenorfolk.org.uk**.

We are also active on social media namely: Facebook and Instagram. To find us, just search for Hike Norfolk. When you find us, why not like and follow us! This way you can keep up to date with all the great things the volunteers at Hike Norfolk are doing.

We are always on the lookout for new members and walk leaders, so please book on to a walk or social events, to check us out...

Should you have any questions about our group, please feel free to contact me (Steve Bunn | Hike Norfolk Chair) at smbunn@icloud.com or 07506 710450.

Wensum

Secretary: Heather Ware. Email hjware57@yahoo.co.uk

Chairman: Mike Stopp. Tel 07746 764076

Wensum also has a WhatsApp group: please contact Pauline Brookes (07905 867764) for details.

Please Note. All walks on Thursdays start at 10.30 am unless otherwise stated. If there is a doubt about a walk taking place (e.g. exceptionally hot or cold/windy adverse weather conditions), please contact the walk leader or the Secretary.

Short & Leisurely Walks. Each of the Thursday walks listed below will usually have a short (typically 3-4 mile) option available at a more leisurely pace. These walks will be from the same venue at 10.30 a.m. Please contact the Secretary or the walk leader for more details of the walks if required.

If you wish to bring a dog on any walk, please phone the leader beforehand. A voluntary donation of 50 pence minimum is requested when parking or using the facilities of village halls, pubs etc.

Coach Trips. Collection of monies for the May coach trip will be taken during March 2024.

Date/Time	Venue	Grid Ref & Miles	Leader(s)
Thurs 4th April 10.30 AM	AYLSHAM Woodgate Nursery, Cawston Road, Aylsham NR11 6UH	E238 TG181261 5 miles	Pat 01603 405767 Trish 01603 429004
Thurs 11th April 10.30 AM	FELBRIGG National Trust Car Park Felbrigg Hall, NR11 8PR	E252 TG196393 5.5 miles	Brian 01603 405975

<p>Thurs 18th April 10.30 AM</p>	<p>BUNGAY Bungay Sports Pavilion Car Park, Pirnhow St, Ditchingham Bungay, NR35 2RU</p>	<p>OL40 TM341904 6 miles</p>	<p>David D 07557 794552</p>
<p>SUN 21st April 10.30 AM</p>	<p>BOWTHORPE Car park at far end of Wendene by the roundabout, near Medical Centre NR5 9HA</p>	<p>E237 TG177091 4 miles</p>	<p>Marie 07708 232885</p>
<p>Thurs 25th April 10.30 AM</p>	<p>PRETTY CORNER Pretty Corner Car Park, Upper Sheringham NR26 8TW, signed off the A148 and A1082</p>	<p>E252 TG152413 5.5 miles</p>	<p>Sue W 01603 411679</p>
<p>Thurs 2nd May 10.30 AM</p>	<p>BLICKLING (BLUEBELL WALK) National Trust Car Park, Blickling Hall, NR11 6NJ <i>(park in overflow car park, charge for non-members)</i></p>	<p>E238 TG176286 5.5 miles</p>	<p>Mike 07746 764076</p>
<p>Thurs 9th May 10.30 AM</p>	<p>BANHAM Banham Zoo Car Park Kenninghall Road, Banham NR16 2HE</p>	<p>E230 TM058875 6 miles</p>	<p>Marie 07708 232885 Sue LW 07917 668025</p>
<p>Thurs 16th May 10.30 AM</p>	<p>WOODBIDGE (COACH TRIP) 9.00 a.m. Sir George Morse Par Laundry Lane, NR7 0XG <i>Pick up also on B1332 lay-by on the way into Brooke at NR15 1AB</i></p>	<p>E237 TG269094 5.75 & 2.5 miles</p>	<p>Book via Richard/Sally 07914 204584 Cost £10</p>

SUN 19th May 10.30 AM	BUCKENHAM Railway Station car park Station Road, NR13 4HW	OL40 TG351056 4.3 miles	John R 07477 570205
THURS 23rd May 10.30 AM	HAPPISBURGH Wenn Evans Centre, Blacksmiths Ln, NR12 0QY	E252 TG377312 6 miles	Mike 07746 764076
THURS 30th May 10.30 AM	THURTON Ashby and Thurton Village Hall Ashby Road, Thurton, NR14 6AX	OL40 TG328014 5.4 miles	Heather 07877 189080
THURS 6th June 10.30 AM	ASHWELLTHORPE Thorpe Hall, Muskett Road NR16 1FD	E237 TM139976 5.25 miles	Malcolm 07531 306456
THURS 13th June 10.30 AM	MANNINGTON Mannington Estate Car Park Mannington Hall, NR11 7BB	E252 TG143322 5.8 miles	Judith 07762 732971
SUN 16th June 10.30 AM	KETTERINGHAM Ketteringham Village Hall High St, Ketteringham, NR18 9RU	E237 TG162033 4.5 miles	Mike 07746 764076
THURS 20th June 10.30 AM	DICKLEBURGH Village Hall, Harvey Lane Diss, IP21 4NL	E230 TM170822 5 miles	Ian M 01603 622539

THURS 27th June 10.30 AM	SYLEHAM AND WINGFIELD Village Hall, Hoxne Road Syleham, Suffolk, IP21 4LT	E230 TM212779 5.7 miles	Barbara 01953 861199 Sue A 01379 676654
THURS 4th July 10.30 AM	CANTLEY The Reedcutter Inn Station Rd, Cantley, NR13 3SH	OL40 TG 381034 5.5 miles	Vernon 01493 741004
THURS 11th July 10.30 AM	BROOKE Village Hall, Norwich Road, NR15 1AB	OL40 TM285994 6 miles	Jane Y 01508 538703
THURS 18th July 10.30 AM	NEATISHEAD New Victory Hall, Street Hill, Neatishead, NR12 8XG	OL40 TG340209 6 miles	Anna 01603 662304
SUN 21st July 10.30 AM	MARSHAM Top Farm, Kittles Lane, NR10 5QF	E238 TG182243 4 miles	Richard 07914 204584
THURS 25th July 10.30 AM	BERGH APTON Bergh Apton Village Hall, Cooke's Road, NR15 1AA	OL40 TG308013 5.7 miles	Chrissy 077467 64076

Mid Norfolk

Secretary – Jenny Atterwell 07887 604040

Walks coordinator - Sheila Bulmer 07749 523089

All walks start at 10am unless otherwise stated.

For walks of 7 miles and over bring a packed lunch.

New leaders always welcome, please contact Sheila Bulmer

In the event of adverse weather being forecast contact the walk leader to find out if walk is still going ahead.

APRIL 2024

Sunday 7th

Walk leader – Sheila Burns 07513 953912

Start point – Great Dunham village hall Exp 238 872 144

8 miles £1 per car donation

Sunday 14th

Walk leader – Carole 01362 637752

Start point – Burnham Thorpe church Exp 251 852 418

8 miles

Sunday 21st

Walk leader – Sheila Bulmer 07749 523089

Start point – Wells – Holkham. Park around Wells, meet at Buttlands 9 miles

Exp 251 916 436

Sunday 28th

Walk leader – Cherry 07771 554923

Start point – Marsham – layby, old Norwich Road Exp 238 198 242

8 miles

MAY

Sunday 5th

Walk leader – Virginia 07526 716077

Start point – Mattishall, All Saints church Exp 238 054 111

Limited parking around the church so park considerably around the village,
meet at church 7 miles

Sunday 12th

Walk leader – Sheila Burns 07513 953 912

Start point – Slipper Chapel near Great Walsingham Exp 251 921 352 7 miles

£1 per car donation. Lunch at end of walk in grounds of Slipper Chapel

Sunday 19th

Walk leader – Cherry 07771 554 923

Start point – Blickling Hall car park Exp 238 175 286 8 miles

Parking charge for non National Trust members

Sunday 26th

Walk leader – Sheila Bulmer 07749 523 089

Start point – Morton on the Hill, The Street Exp 238 125 169 8.5 miles

Please park away from houses

JUNE

Sunday 2nd

Walk leader – Sheila Burns 07513 953 912

Start point – Sheringham Esplanade by boating lake Exp 252 155 437 8.5 miles

Sunday 9th

Walk leader – Carole 01362 637752

Start point – Buxton, Bure Valley railway car park Exp OL40 233 229 7.5 miles

Sunday 16th

Walk leader – Sheila Bulmer 07749 523089

Start point – Felbrigg Hall main car park Exp 252 194 393 8.5 miles

Parking charge for non National Trust members

Sunday 23rd

Walk leader – Cherry 07771 554 923

Start point – Guestwick Village Hall Exp 238 061 269 9.4 miles

Sunday 30th

Walk leader – Sheila Bulmer 07749 523089


Start point – Great Massingham village Hall Exp 250 798 232 8.5 miles

NO WALKS HAVE BEEN OFFERED FOR JULY. PLEASE CHECK WEBSITE NEARER THE TIME. IF ANYONE WOULD LIKE TO OFFER A WALK FOR JULY PLEASE CONTACT SHEILA BULMER

Norwich Group

Secretary: Peter James, e mail: pdjames.ramb@ntlworld.com or  07905565740

Sunday Walks Co-ordinator: Gerald Brooker,  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

For the latest information on our organised trips away to other parts of the UK see the Norwich website link here <http://www.norwichra.org.uk/trips.php>

Due to the changeover with how walks are uploaded to the Ramblers National website we have been unable to publish a list of all the Norwich groups walks available to all members of the Rambler organisation, please see the Norwich website for the current situation

4 New Walk Books Available

North Norfolk East

12 walks

Along the coast
Sheringham To
Happisburgh

Inland to Aylsham
5.5 Miles to 8.5 Miles

North Norfolk West

12 Walks

Along the Coast
Snettisham to Burnham
Overy

Inland to Castle Acre
3.5 Miles to 9 Miles

North Norfolk Central

12 Walks

Along the coast
Burnham Overy to
Weybourne Inland to
Litcham

4.5 Miles to 8.5 Miles

Country Walks Around

Norwich

These walks are
all within a
15 Mile radius of
Norwich

Norfolk Ramblers have produced 4 new walk books
3 covering the coast from Hunstanton down to
Happisburgh

These books are in full colour with OS Maps

Other books through out the county to follow

Norfolk Ramblers' : Walks Finder

April 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 G	3	4 SW	5	6 F	7 GLM
8	9	10 F	11 W	12	13	14 M
15	16 G	17 S	18 W	19	20 F	21 MW
22	23	24 F	25 W	26	27	28 MS
29	30					

May 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 S	2 W	3	4 F	5 GLM
6	7 G	8 F	9 W	10	11	12 MS
13	14	15 S	16 W	17	18 F	19 MW
20	21 G	22 F	23 W	24	25	26 M
27	28	29 S	30 W	31		

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, M: Mid Norfolk, N: Norwich, S: Sheringham, W: Wensum,

Calendar : December 2023 to March 2024

June 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Ff	2 LM
3	4 G	5	6 W	7	8	9 GM
10	11	12 S	13 W	14	15 F	16 MW
17	18 G	19 F	20 W	21	22	23 MS
24	25 Gg	26 S	27 W	28	29 F	30 M

July 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 G	3 F	4 W	5	6	7 LS
8	9	10 S	11 W	12	13 F	14 S
15	16 G	17 F	18 W	19	20	21 W
22	23	24 S	25 W	26	27 F	28 s
29	30	31 F				

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

: Hike Norfolk, L: Legstretchers, B: Breckland Walkers

Sheringham and District Group

Group Secretary Lucy Miller, 9 Conway Road, Sheringham. NR26 8DD
07979 928408

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

Website <https://www.ramblers.org.uk/sheringham-district>

Walks start at 10am unless otherwise stated.

Wednesday and Sunday 5 - 7 miles walks are morning only with a brief snack break.

For Sunday walks of 8+ miles please bring a packed lunch.

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

A brief description of each walk can be found on the website

Dates	Venue	Grid ref	Miles	Leaders
April 2024				
THURSDAY				
4th	Plumstead Church Nr Holt Parking on road	133/132348 Exp 252	4.7	David, Stuart, Geoff 07917 866 775
Sun 14th	See website for possible walk			
Wed 17th	Trimingham Village Hall £1 car parking donation	133/ 273388 Exp 252	5.6	Graham Cross 07957813862
Sun 28th	High Kelling linear walk back to Sheringham Sheringham Community Centre (9.20am briefing) See NOTE 1	133/156422 Exp252	5.7m	David / Stuart / Geoff 07917 866 775
May				
Weds 1st	Aldborough Community Centre. Car parking at Community Hall rather than around the green. The hall is just round the corner from the pond. Parking- £1 donation please	133/185343 Exp.252	5.2	Mike & Jane 01263 824885 Mobile 07845236964
Sun 12th	Mannington Hall £2 per car for parking	133/141320 Exp 252	8.5	Peter and Sue 01263 825804.
Wed 15th	Buxton Brampton	133/ 232228 Exp252	5.6	Graham Cross 07957813862
Sun 26th	See website for possible walk			
Wed 29th	Wiveton Hall Café Free parking	133/037439 Exp 251	4.2	Jim Gallagher 07752642913
June				
Sun 9th	See website for possible walk			
Wed 12th	Binham Memorial Hall £1 parking donation	133/ 982398 Exp251	5	Judith 01263 588920 Mobile 07771363176

Sun 23rd	Blakeney Village Hall – free parking	133/026438 Exp 251	8.5	Peter and Sue 01263 825804.
Wed 26th	Hevingham Church (St Mary and the Virgin and St Botolph) lay by Free parking	238/201222 Exp 252	5	Mike & Jane 01263 824885 Mobile 07845236964
July				
Sun 7th	Southrepps Village Hall Car Park Donation £1	133/256365 Exp252	5	Stuart / Geoff 07818 453 379
Wed 10th 5.15pm start	Cromer Meadow Car park (next to information centre). Walk followed by fish and chips at Mary's Jane at 7.30pm. Non walkers welcomed but please contact Graham before the date. SEE NOTE 2	133/217420 Exp 252	4.3	Graham and Brenda 01263 570084
Sun 14th	Southrepps Village Hall Car Park Donation £1	133/256365 Exp252	8.9	Graham Cross 07957813862
Wed 24 th	Common Farm, Sustead Road, Lower Gresham. Car park free.	133/180380 Exp.252	5.6	Steve and Ruth 01263 824546 Mobile 07789143246
Sun 28th	Wherry Trip YOU MUST HAVE A RESERVATION TO GO ON THIS TRIP, SEE NOTE 3 BELOW	TG395177 OL40 NR29 5QG	5	Mike and Graham Cross Mike 01263 824885, Graham 07957813862

Note 1 Parking at Sheringham Community Centre / Sanders bus (remember bus pass) to High Kelling Bus leaves at 9.30. Option to park at Pine Heath Road (NR25 6QF) & meet at bus stop (9.40am). Return to High Kelling can be on Sanders bus from Sheringham (12.49pm)

Note 2 Park in Meadow Car Park in the centre of town next to info centre. You will need to pay for just 1 hour parking as free after 6.00pm.
Non walkers welcome at 19.30ish at Mary Janes. Please let me know if you are just coming for F & C as I need to let them know numbers as we start walk. 01263 570084

Note 3 Trip on the Spirit of the Broads Wherry.
YOU MUST HAVE A RESERVATION TO GO ON THIS TRIP.
Places will be allocated on a first come first served basis so please contact Stuart on 01263 823818 to book a place. Places are limited and will only be guaranteed on payment of £20 to Stuart Meakin. Half of you will walk the 5 miles from the Wherry base to How Hill and the other half will travel on the wherry. After lunch (you need to bring a picnic) the walkers will return on the wherry and those who travelled on the wherry will walk back. Dogs or other pets are not allowed.

Fakenham

Group Sec: Richard – 01328 862834: Walks Sec: Jane – 07790 642185

SATURDAY walks start at 10.30 am and WEDNESDAY walks (rather more leisurely) start at 10.00 am, unless otherwise stated. Packed lunches required for Saturday walks. In case of inclement weather, please contact the Walk Leader. Please arrive in plenty of time to park as some of our locations have very little parking space and you may need to walk to the meeting point.

Date & Time	Venue	Grid Ref & Miles	Leader(s)
Saturday 6th April	Northrepps Park/Meet at Northrepps Village Hall School Close. £1 parking donation manages.broccoli.clustered	9 miles 252/TG244393 NR27 0LB	Phil 07784 340458
<i>Moderate Pace</i>	<i>Country paths and lanes</i>	end time 3pm	
Wednesday 10th April	Brancaster & Branodunum Park/Meet in layby by Burnham Deepdale Church. Café at end. remarking.bootleg.wobbles	4.5 miles 250/TF803443 PE31 8FB	Lesley and Christine 07875 177210
<i>Leisurely Pace</i>	<i>Country paths and lanes</i>	appx. end 12.30	
Saturday 20th April	Itteringham Park/Meet at Itteringham Community Centre. rezoning.exonerate.snares	8.5 miles 252/TG145309 NR11 7AX	Barbara and Richard 01328 862834
<i>Moderate Pace</i>	<i>There maybe bluebells!</i>	appx. end 3pm	
Wednesday 24th April	Great Bircham Park/Meet round triangle cabbages.earmarked.poker	5 miles 250/TF768321 PE31 6GX	Lily and Christine 07899 941989
<i>Leisurely Pace</i>	<i>Quiet lanes and paths</i>	appx. end 12.30	
Saturday 4th May	Barney circular Park/Meet at Old School Hall Car Park Barney Road splinters.subsystem.butternut	8 miles 251/TF993309 NR21 0NX	Bridget 07866 034378
<i>Moderate Pace</i>	<i>Country lanes</i>	appx. end 2.30	Contrib to CP - £10 group total
Wednesday 8th May	Morston Park/Meet at Morston Quay NT Car Park twinkling.skimmers.instincts	5.5 miles 251/TG006442 NR25 7DJ	Sue and John 01328 710138
<i>Leisurely Pace</i>	<i>Coastal</i>	appx. end 12.45pm	
Saturday 18th May	Burnham Overy Staithe Park/Meet East Harbour Way Free Parking (Optional 7 Mile loop) sunflower.ankle.saddens	9 miles 251/TF845443 PE31 8FF	Lesley and Christine 07875 177210
<i>Moderate Pace</i>	<i>Coastal and Country</i>	appx. end 2.30pm	

Wednesday 22nd May	Nelson and the Burnhams Park/Meet at Burnham Thorpe church waistcoat.glassware.juices <i>Country lanes and paths</i>	5.3 miles 251/TF852418 PE31 8FL appx. end 1pm	Paul & Daniela 07368 124000
Saturday 1st June	Gressenhall Park/meet at Rural life museum car park profited.choppers.relished <i>farm lanes and Wensum Way</i>	6.5 miles 238/TF975171 NR20 4DR appx. end 1.45pm	Jane & Dave 07790 642185
Following this walk on 1st June, a Walks Planning Meeting will take place. Bring your lunch – drinks provided. If you cannot attend and have a walk please let Jane know. Print deadline 8 June 2024			
Wednesday 5th June	Felbrigg & Sustead Park/Meet at Felbrigg NT car park crest.nerves.aviation <i>Woodland</i>	5.5 miles 252/TG195393 NR11 8PR appx. end 1pm	Vic and Jenny 01263 713613
Saturday 15th June	East and West Rudham Park/Meet at grass triangle by East Rudham village sign buildings.ogre.connector <i>Rural Norfolk</i>	9 miles 251/TF827281 PE31 8RD appx. end 3pm	Alison 01328 712155
Wednesday 19th June	Felthorpe Park/Meet in Paddock adjacent to 14 Bilney Lane positives.abacus.project <i>Woodland and Lanes</i>	6.5 miles 238/TG173182 NR10 4ED appx. end 1.45pm	Sandra and Judith 01603 755121
Saturday 29th June	Holt and Baconsthorpe Park/Meet at Mackeys car park Hempstead Road spit.unstated.seasons <i>Country paths and castle ruins</i>	8 miles 251/TG088382 NR25 6ER appx. end 2.30pm	Jane & Dave 07790 642185
Wednesday 3rd July	Burnham Overy Staithe Park/Meet East Harbour Way Free Parking sunflower.ankle.saddens <i>Coastal</i>	5 miles 251/TF844443 PE31 8FF appx. end 12.30pm	Sue M 07854 754851
Saturday 13th July	Hindolveston Figure of Eight Park/Meet at Old School diets.embedded.option <i>Country paths and lanes</i>	8 miles 238/TG037294 NR20 5FA appx. end 2.30pm	Barbara and Richard 01328 862834

Wednesday 17th July <i>Easy Pace</i>	Roydon Common Park/Meet at Roydon Common Car Park disclose.butterfly.fine <i>Norfolk Wildlife Trust Common</i>	5 miles 132/680230 PE31 6XU appx. end 12.30pm	Colin 07415 891660
Saturday 27th July <i>Moderate Pace</i>	Hunworth Park/Meet at Hunworth Village Hall King Street. £1 parking donation twitching.diplomas.purple <i>Country paths and lanes</i>	9 miles 251/TG067354 NR24 2EH appx. end 3pm	Phil 07784 340458
Wednesday 31st July <i>Leisurely Pace</i>	Itteringham to Blickling Circular Park/Meet at Itteringham Community Centre. market.hence.matter <i>Country paths and lanes</i>	6 miles 252/TG145309 NR11 7AX appx. end 1pm	Vic and Jenny 01263 713613

King's Lynn & District

Kings Lynn ramblers walks are now published on the Ramblers website:

www.ramblers.org.uk/go-walking/ramblers-groups/kings-lynn-group

We offer walks of 3 to 8 miles on Tuesdays, Wednesdays, Thursdays and Saturdays. With longer walks 9 - 14 miles, with a lunch stop on Sundays.

The pace of walks are generally dictated by the walk leader, although noting Wednesday walks are considered leisurely whilst Sunday walks are normally more brisk with a pace of circa 3 mph. Please contact the walk leader if you require further guidance about any walk.

Walkers are advised to check the website for updates and amendments. In the event of inclement weather walkers are advised to contact the walk leader directly.

Walks will commence at 10:00 hrs unless otherwise stated.

Enquires for walks can be addressed to:
Programme Secretary Mark Harding 07751 025720

Legstretchers

Legstretchers is the long distance walking group of Norfolk Ramblers, aimed to offer members of the various county's groups a chance to get together for longer, challenging but fun walks. Our walks are 17+ miles in length. This summer we also had a couple of 20+ mile walks to take advantage of the longer days. Walks are varied around the county.

We walk the first Sunday of every month. Full details of our walks are posted a week before their date on the Legstretchers meetup page & our Legstretchers WhatsApp group. It is necessary to book places in advance through our meetup platform.

The programme for the next four months is:

April 7th	Steve leading
May 5 th	Richard leading
June 2 nd	Maria leading
July 7th	Heather leading

Our walk leaders are all competent & experienced, leading for other Ramblers groups.

We welcome new walkers on our walks. However, you will need to be confident that you can walk 17 miles at a good pace (3.5mph ie cover 7 miles in 2 hours)

We hold regular social events like bar billiards, pub quiz, pizza evenings. These are advertised via our WhatsApp group & meetup platform

If you would like to know more or to join our WhatsApp group email either:

Maria Holland or Stephen Bensley

stephenandjanet@btinternet.com or maria-belle-montagne@outlook.com

Great Yarmouth and District

Secretary: Jean 01493 667718 email: jean.grist@gmail.com

Walks Co-ordinator: Sue 01692 671744 email: enscurtis@gmail.com

Tuesday walks start at 10.00AM unless stated otherwise. Sunday walks start at 10.30AM.

In the event of inclement weather, please phone the walk leader to check if the walk is still taking place.

A donation is requested when parking at village halls and some other car parks.

Only registered assistance dogs on a short lead are allowed on walks.

Tuesday 02 April 2024

Leader – Tony 01493 843939 07563 624930

Meeting Point Upton Dyke Car Park, NR13 6BL OL40 402 128
5-6miles

Sunday 07 April 2024 (10.30 start)

Leader – Christine 01493 300999 07941 341895

Meeting Point Great Plumstead V.H. Church Road, NR135AB OL40 301 102
8 miles

Tuesday 16 April 2024

Leaders – Sarah and Lesley 07707 905056

Meeting Point Winterton Playing Field, Somerton Road, NR29 4AW
OL40 489 194
5 miles

Sunday 05 May 2024 (10.30 start)

Leader – Jackie 01493 852818 07941 105372

Meeting Point Bacton Woods Car Park, minor road east of North Walsham

NR28 9UE LR133 317 312

7-8 miles

Tuesday 07 May 2024

Leader – Margaret 07917 715674

Meeting Point Martham, parking round the green, meet by the Co-Op

NR29 4PA LR134 455 179

5.5 miles

Tuesday 21 May 2024

Leader – Jackie 01493 852818 07941 105372

Meeting Point Kessingland Beach Car Park, Church Road, NR33 7SF

LR156 532 861

5 miles

Tuesday 04 June 2024

Leader – Mary 01502 731815 07957 292418

Meeting Point Fairhaven Water Gardens, South Walsham, NR13 6DZ

OL40 358 133 Trees Storming Orchids

(With kind permission and donations)

5.5miles

Sunday 09 June 2024 (10.30 start)

Leader – Maureen 01692 500353 07818 873271

Meeting Point Trunch Social Club, Gimtingham Road, Trunch
(Park at rear of car park), NR28 0PS (Donations, please)
Exp 252 287 350
8.5 miles with option to do 6 miles

Tuesday 18 June 2024

Leader – Ruth 01493 730720

Meeting Point How Hill Car Park, Ludham, NR29 5PG
LR134 371 189
5miles

Tuesday 25 June 2024

Summer Social – details to follow – short walk followed by lunch

Tuesday 02 July 2024

Leader – Jean 01493 667718 07999 864436

Meeting point Lound Plant Centre, Jay Lane, Lowestoft, NR32 5LH (by kind
permission of the owners)
LR134 522993
5-6miles

Tuesday 16 July 2024

Leaders – Sue & Erny 01692 671744 07379 400997

Meeting Point Coltishall, park by the Common, opposite the Kings Head Pub,
also on B1354, NR12 7EA
OL40 277 198
5-6miles

Breckland Walkers

There are two walking Groups within the Breckland Walkers Group located in the Thetford and Attleborough areas.

Thetford Group – Contact Wendy Clegg on 01953 451127

This Group meets every **Tuesday** morning and on the **third Friday** morning of the month at 10:00 am.

Attleborough Group – Contact John Parker on 01953 425918 or email crookitbawbee@gmail.com Mervyn & Carolyn Beales on 01953 454604 or email mjbeales53@gmail.com

This Group meets every **Monday** morning at 10:30 am.

The Breckland walks take place in and around the villages of Thetford and Attleborough and Thetford Forest. The Groups plan their walks on a rolling basis and the walks are entered on the Ramblers' website approximately a month in advance. The walks tend to be around 3.5 to 4.5 miles. We encourage walkers to walk at their own pace with a front and back marker. We do not stop during the walk. However, we usually meet for a coffee afterwards. A Christmas lunch is also normally arranged.

Please remember to wear a good pair of walking shoes and adequate outdoor clothing as it can be wet and muddy. Walk routes sometimes have to be changed due to various restrictions for safety reasons so be prepared for any changes. The walks may even have to be cancelled so contact the walk leader if in any doubt. If the walks need to be changed or cancelled and there is sufficient notice they will also be updated on the website.

On joining the Group a schedule of walks will be given in printed form for those with no access to the internet.

**The Walking
Partnership**



Supported by Ramblers Worldwide Holidays

Direct financial support for your local walking group



Travel with Ramblers Worldwide Holidays and support your walking group!
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Call us or go online for more information

01707 386804 www.thewalkingpartnership.org.uk

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Is your laptop or PC running slow?

Inter-Logic is experienced in giving old slow computers a new lease of life. Often, simply replacing the old hard drive with a new solid state drive is all that is needed to make a massive difference to the performance of an older computer. The upgrade normally costs £120 including parts and labour, and the assessment to see if the upgrade is suitable is free of charge.

Don't put up with slow computers, contact Inter-Logic to see how yours could be made much faster.

Index of Walks Programmes

BRECKLAND WALKERS	23	LEGSTRETCHERS	19
FAKENHAM	16 - 18	MID NORFOLK	8 - 10
GREAT YARMOUTH	20 - 22	NORWICH	10
HIKE NORFOLK	3	SHERINGHAM	14 - 15
KING'S LYNN	18	WENSUM	4 - 7