

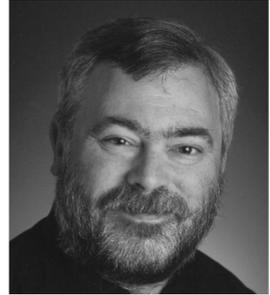
## Norfolk Area Newsletter & Walks Programme

August - November 2024

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### UPDATE FROM THE CHAIR

In compiling this edition of Area News, it was tempting to feel a bit deflated; excluding the dark days of Covid lockdown, this booklet probably contains the smallest number of advertised walks. **However**, I remind myself that the walks in this booklet are far from the sum and total of walks being led by Norfolk Area Ramblers groups. There are plenty of other walks on offer from our groups, and all members are welcome on these walks. Please see the handy list on page 27, for a guide as to where to find all of these other walks.



I am also heartened that my request for news articles to publish has been heeded by two members, so I hope that you enjoy the stories on pages 2 to 5. Please consider sending me an article or photos for inclusion in future editions.

*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 12th October 2024. The deadline for copy for the following newsletter will be 8th February 2025.

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

Our Area Secretary role is Richard Potts, his email address is [potts6655@icloud.com](mailto: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](mailto:norfolkramblersafps@gmail.com). Please also send Ian anything sent to the council.

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### 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](mailto:ramblers@ramblers.org.uk) *Web* <http://www.ramblers.org.uk>

## **A day on the marshes with the Sheringham and District Ramblers By Dick Groves**

I have been a lifelong walker, especially enjoying the Lake District, Snowdonia and the sharp ridge walks of Glencoe and the Cuillin mountains of Skye. As age and increasing loss of sight catch up with me, I have had to adapt to my changing circumstances. I am now registered blind, although I do have a pinhole of sight in one eye. Provided I have a competent leader I can walk on my own using two trekking poles, thus ensuring that I have three points of balance at all times. My partner Linda and I have a 'party piece', of me following blindfold, with Linda having a set of tiny cat bells attached to her rucksack. I confidently follow the sound of the bells. All goes well until she zigs around a tree and I turn just that little bit too quickly into the tree! But no serious injuries so far. I can again enjoy the physical exercise and the countryside sounds and smells. Above all I am able to experience the independence of freely walking on my own. For more than 20 years I have walked the lanes and the open marshes of North Norfolk. Earlier this year Linda was unable to assist me due to a hip injury and I was suffering from the 'cabin fever', of a long winter. Having an elderly friend in Sheringham I wanted to visit her, and if possible, get a days walking whilst in the area. I therefore contacted the Sheringham Ramblers and asked for help. Thankfully, Graham Cross agreed to take me out for a hike.

So, in late February Graham and his wife, Christine met me in Sheringham and whisked me off to Morston, on the north Norfolk coastal path. There conditions could not have been better, dry but cold with a hint of a breeze. I could hear the rattle of the shrouds on the masts of local boats and smell the sea. A few minutes, and it really only took a few minutes, of simple instruction on my walking needs had Graham and Christine at ease. I knew immediately that I was in for a good day out. Snug and warmly dressed we set off, chatting and taking in the surroundings. In no time at all we were approaching the lovely village of Blakeney, with its red brick cottages. Too early to stop at one of the cosy pubs with its roaring fire for a plate of chips. A pity.

Then came my favourite part of the walk, the stretch across Cley marsh with the white windmill on the far rise. I have a print of it at home. This was real walking heaven with the lonely calls of marsh birds and the wind rustling through the reeds. Graham was keen to point out the contrast of a white egret against a background of mud flats and meandering water. We were all delighted when one flew up and I was able to see it for myself. Not many of those in my part of London. I did ask about geese but none were around at that time. The windmill grew larger and I was gradually able to see more of it. Entering the quaint village of Cley next the Sea, we avoided the traffic snaking slowly down the street. We stopped for coffee at the George, very good coffee too. Then back on the path, up and around the windmill, then down onto the crunch, crunch of the shingle beach at Salthouse marsh. My other senses of sound and touch coming to the fore. A steady tramp up the marsh path and the final slope brought us near to the end of our walk, when Graham pointed upwards to a skein of geese approaching us overhead. This was followed by a larger second group honking and forming the V shape of flight, so typical of geese. My day was made. A quick check at the bus timetable showed that we just had enough time for a coffee and an enormous fresh fruit scone at the Cley Marshes Visitors Centre before travelling back to the car at Morston. At the end of an eight and a half mile walk, taste was the last of my five senses to be tested that day.

Very kindly, Graham and Christine drove me back to Sheringham after a wonderful day out, with two new friends made. I did mention my love of walking this particular route in December, as a prelude to Christmas. Maybe I can do so this year and we can meet up again. With a little jiggle of the route, we may even be in Blakeney in time for a pint and a plate of chips!



**Fakenham Ramblers Anniversary Walking Break  
Lincolnshire Wolds  
May 2024**

Arrangements to celebrate the 25<sup>th</sup> anniversary of Fakenham Ramblers' foundation were well advanced in 2020, when all planning shuddered to a halt and a hitherto little-used word entered our vocabulary: pandemic.

Almost five years later, 16 members made the journey to Lincolnshire for a three-day break in the Wolds, taking in the area around Louth, Tealby and Tetford. 'Why Lincolnshire?', questioned a number of our members. Well, for a start, the Wolds offer a topography that's very different to our normal Norfolk rambles, and while hardly mountainous, presented a challenge that the members eagerly accepted. Secondly, it's around two hours' drive from home, which is eminently manageable. Thirdly, although most paths are generally well signed, many are also hardly used, so there is a real sense of peaceful isolation. And finally, we found a really good hotel that offered excellent value for money!

Unlike some of the other Norfolk groups, Fakenham does not routinely organise residential trips. The previous one was pre-pandemic and based in the Derbyshire town of Cromford, so this was a new experience for the majority of the participants. We were also delighted that three of the founder members joined the group.

Highlights? Climbing out of Tetford village, up to the ridge that afforded distant views of Lincoln Cathedral and the Humber Bridge supports; visiting the "Ramblers' Church" in Walesby; ... and sampling the triple-chocolate brownie with caramel sauce in the hotel. Well, it's not all about walking, is it?





**“Ramblers Church” window  
Walesby, Lincolnshire**



## Wensum

**Secretary:** Heather Ware. Email [hjware57@yahoo.co.uk](mailto: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 September coach trip will be taken from 4th July 2024.

**AGM:** to be held at Great Witchingham Village Hall on Thursday November 7th 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

Date/Time	Venue	Grid Ref & Miles	Leader(s)
Thurs 1st August 10.30 AM	HINDOLVESTON Millennium Pavillion The Street, NR20 5DD	E238 TG041294 6 miles	Mike 07746 764076

Thurs 8th August 10.30 AM	<b>BACTON ON SEA</b> Cubbit Memorial Playing Field North Walsham Road NR12 0LY	<b>E252 TG 343334</b> 6 miles	<b>Sue W</b> <b>01603 411679</b>
Thurs 15th August 10.30 AM	<b>DILHAM</b> Dilham Village Hall The Street, NR28 9PT	<b>E252 TG332254</b> 5.85 miles	<b>David L</b> <b>07760 205831</b>
<b>SUN 18th</b> August 14.00 PM	<b>SAXLINGHAM NETHERGATE</b> St Mary The Virgin Church Church Hill NR15 1TD <i>Please bring an item for the food bank as payment for parking</i>	<b>E237 TM231972</b> 4.4 miles	<b>Chrissy</b> <b>077467 64076</b>
Thurs 22nd August 10.30 AM	<b>NORWICH</b> The Forum Millenium Plain Norwich, NR2 1TF <i>Followed by lunch at Assembly Rooms at 1 pm (N.B there will be no short walk on this date)</i>	<b>E237 TG229084</b> 2 - 4.5 miles	<b>Book for walk and Assembly Rooms via Vernon</b> <b>01493 741004</b>
Thurs 29th August 10.30 AM	<b>BRISLEY</b> Brisley Village Hall Gateley Road, NR20 5LR	<b>E238 TF950216</b> 6 miles	<b>Simon W</b> <b>01603 748390</b>
Thurs 5th Sept 10.30 AM	<b>WORSTEAD</b> Queen Elizabeth Hall Ruin Road, NR28 9WH	<b>OL40 TG302261</b> 5.75 miles	<b>Maureen</b> <b>01692 500353</b> <b>Pauline W</b> <b>01603 898804</b>

<b>Thurs 12th Sept 10.30 AM</b>	<b>LUDHAM AND HOW HILL</b> Ludham Village Hall Norwich Rd, NR29 5PB	<b>OL40 TG381182</b> 5 miles	<b>Pat</b> 01603 405767 <b>Trish</b> 01603 429004
<b>SUN 15th Sept 10.30 AM</b>	<b>FRITTON (off the B1527)</b> At Red Telephone Box at start of the common on slip road to the right at end of The Street NR15 2QW	<b>E237 TM225926</b> 4 - 4.5 miles	<b>Marie</b> 07708 232885
<b>THURS 19th Sept 10.30 AM</b>	<b>BURY ST EDMUNDS (COACH TRIP)</b> 8.45 am Bowthorpe Shopping Centre Car Park, NR5 9HA and 9.05 am Ketts Park, London Road, Wymondham, NR18 0WP	<b>E211 TL865622</b> 6 and 3 miles	<b>Book via Anna</b> from 4th July 01603 662304 07747 804771  <b>Cost £10</b>
<b>THURS 26th Sept 10.30 AM</b>	<b>BARNHAM BROOM</b> Barnham Broom Village Hall Norwich Road, NR9 4BU	<b>E237 TG088074</b> 5.7 miles	<b>David F</b> 07757 713624
<b>THURS 3rd Oct 10.30 AM</b>	<b>BRACON ASH</b> Bracon Ash Village Hall The Street, NR14 8EL	<b>E237 TM182999</b> 5.4 miles	<b>Malcolm</b> 07531 306456
<b>THURS 10th Oct 10.30 AM</b>	<b>NORTH WALSHAM</b> Victory Swim and Fitness Centre Station Road, NR28 ODZ	<b>E252 TG281299</b> 6 miles	<b>Judith</b> 07762 732971

<p><b>THURS 17th</b>  <b>Oct</b>  <b>10.30 AM</b></p>	<p><b>TACOLNESTON</b>                  Tacolneston Village Hall                  West Way, Forncett End                  NR16 1BZ</p>	<p><b>E237 TM141945</b>                  6 miles</p>	<p><b>David D</b>                  07557 794552</p>
<p><b>SUN 20th</b>  <b>Oct</b>  <b>10.30 AM</b></p>	<p><b>ACLE</b>                  Acle Recreation Centre                  War Memorial, NR13 3RA</p>	<p><b>OL40 TG402108</b>                  4.5 miles</p>	<p><b>Hilary</b>                  07968 558103</p>
<p><b>THURS 24th</b>  <b>Oct</b>  <b>10.30 AM</b></p>	<p><b>HEMPNALL</b>                  Hempnall Village Hall                  Bungay Road, NR15 2NG</p>	<p><b>E237 TM243943</b>                  5.25 miles</p>	<p><b>Barbara</b>                  07779 587255  <b>Pauline B</b>                  07905 867764</p>
<p><b>THURS 31st</b>  <b>Oct</b>  <b>10.30 AM</b></p>	<p><b>TASBURGH</b>                  Tasburgh Village Hall                  Grove Lane, NR15 1LR</p>	<p><b>E237 TM201963</b>                  5.5 miles</p>	<p><b>Heather</b>                  07877 189080</p>
<p><b>THURS 7th</b>  <b>Nov</b>  <b>10.30 AM</b></p>	<p><b>GREAT WITCHINGHAM</b>                  Great Witchingham Village Hall                  Hubbards Loke, NR9 5AZ  <i>Followed by AGM (see above)</i></p>	<p><b>E238 TG099185</b>                  6 miles</p>	<p><b>Mike</b>                  07746 764076</p>
<p><b>Thurs 14th</b>  <b>Nov</b>  <b>10.30 AM</b></p>	<p><b>LINGWOOD</b>                  Lingwood Village Hall                  Station Road, NR13 4AZ</p>	<p><b>OL40 TG364082</b>                  6 miles</p>	<p><b>Peter R</b>                  07885 142001</p>

<b>SUN 17th</b> Nov 10.30 AM	<b>SALHOUSE</b> All Saints Church, Bell Lane NR13 6HD	<b>OL40 TG303149</b> 4 miles	<b>Richard</b> <b>07914 204584</b>
<b>Thurs 21st</b> Nov 10.30 AM	<b>MARTHAM</b> Martham Village Hall White Street, NR29 4PG	<b>OL40 TG457180</b> 6 miles	<b>Hilary</b> <b>07968 558103</b>
<b>Thurs 28th</b> Nov 10.30 AM	<b>BERGH APTON</b> Bergh Apton Village Hall Cooke's Road, NR15 1AA	<b>OL40 TG307012</b> 6 miles	<b>Jane Y</b> <b>01508 538703</b>

## **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

Due to the lack of walks offered for this programme any walks offered will be placed on the website on a monthly basis. Any one offering a walk contact Sheila Bulmer with details preferably with 2 weeks notice.

Following Mid Norfolk AGM which will be held on Sunday 17th November 2024 1pm at the Meeting Point in Dereham there will be a vacancy for the secretary position. Contact current secretary Jenny to enquire about the role

# Fakenham

## Programme of Walks – August 2024 to November 2024

**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.

<b>Date &amp; Time</b>	<b>Venue</b>	<b>Grid Ref &amp; Miles</b>	<b>Leader(s)</b>
Saturday 10th August  <i>Moderate Pace</i>	Costessey Park/Meet Richmond Road, Costessey Object. Wooden. Bunny <i>Tracks and Woods</i>	6.5 miles TG174103 NR5 0PQ  appx. end 1.45pm	Anne 07798 664815
Wednesday 14th August  <i>Leisurely Pace</i>	Binham Meet Binham Village Hall  Crisper. Midwinter. Relishes <i>Country Paths and lanes</i>	5 miles 251/982398 NR21 0DR  appx. end 12.30pm	Barbara and Alan 01328 830809
Saturday 24th August  <i>Moderate Pace</i>	Gt Massingham and Rougham Park/Meet opposite the church  Ordering. Jiggle. Inspected <i>Country Paths and lanes</i>	9 miles 132/798229 PE32 2HN  appx. end 3pm	Alison 01328 712155
Wednesday 28th August  <i>Leisurely Pace</i>	Old Beetley and East Bilney Park/Meet at St. Mary Magdalene church in Beetley. £1 donation per car Newlywed. Reds. Rider <i>Country tracks and meadows</i>	6 miles 238/973185 NR20 4AB  appx. end 1pm	Jane & Dave 07790 642185
Saturday 7th September  <i>Moderate Pace</i>	Priories and Castle Acre Meet at entrance to St James church Park on road around village green Fondest. Status. Dreamers <i>Wooded river valley, open fields</i>	6.4 miles 238/816151 PE32 2AE  appx. end 1.30pm	Sue M 07854 754851
Wednesday 11th September  <i>Leisurely Pace</i>	South Creake Park/meet S. Creake Village hall £1 p.p. Conjured. Rosette. Gifts <i>Country lanes/ tracks.</i>	6 miles 251/862355 NR21 9PD  appx. end 1pm	Lily and Christine 07899 941989
Saturday 21st September  <i>Moderate Pace</i>	Bale – Briningham Park/ meet on verge opposite Lavender Cottage 17 Sharrington Road Bale Landscape. Topical. Deprives <i>Country lanes, tracks, paths</i>	10.4 miles 251/016369 NR21 0QX  appx. end 3.30pm	Bridget 07866 034378

Wednesday 25th September	Walsingham Park/Meet Mill Road Car Park Pay and Display Mulled.Clumped.Bookshelf	5 miles 251/TF933368 NR22 6DH	Lesley and Christine 07875 177210
<i>Leisurely Pace</i>	<i>Country Lanes</i>	appx. end 12.30pm	
Saturday 5th October	Bintree Park/meet church car park  Messaging.Factor.Boasted	5.5 miles 238/016234 NR20 5NJ	Jane and Dave 07790 642185
<i>Leisurely Pace</i>	<i>woodland and country lanes</i>	appx. end 1.30pm	
Following this walk on 5th October, 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 12 October 2024			
Wednesday 9th October	Ringstead Park/Meet at small car park by Ringstead Common sofas.wiring.rewarded	6.5 miles 132/722405 PE36 5LQ	Alison 01328 712155
<i>Leisurely Pace</i>	<i>Country lanes &amp; tracks</i>	appx. end 1.30pm	
Saturday 19th October	Reepham - Figure of 8 Park/meet Stimpson's Piece, Bartles Court workbook.delay.froth	9 miles or 5 miles 238/101233 NR10 4LL	Barbara and Richard 01328 862834
<i>Moderate Pace</i>	<i>Country lanes &amp; tracks</i>	appx. end 1.30pm	
Wednesday 23rd October	Nelson and the Burnhams Park/Meet at Burnham Thorpe church  waistcoat.glassware.juices	5.3 miles 251/TF852418 PE31 8FL	Paul & Daniela 07368 124000
<i>Leisurely Pace</i>	<i>Country lanes and paths</i>	appx. end 1pm	
Saturday 2nd November	Brisley Meet Brisley Village Hall. Park along the track opposite Bandstand.Barrel.Clean	7.5 miles 238/950217 NR20 5LR	Sue and John 01328 710138
<i>Moderate Pace</i>	<i>Country lanes and paths</i>	appx. end 2.30pm	
Wednesday 6th November	Wiveton and Great Hulver Hill Park/Meet at Cley Village Hall  Speared.Perch.Improve	6 miles 251/047437 NR25 7RJ	Vic and Jenny 01263 713613
<i>Leisurely Pace</i>	<i>Quiet Lanes and tracks with coast view</i>	appx. End 1pm	
Saturday 16th November	Sheringham Park/meet Sheringham Esplanade near boating lake vocal.pills.clipboard	9 miles 252/155435 NR26 8LQ	Barbara and Richard 01328 862834
<i>Moderate Pace</i>	<i>Coastal paths, quiet lanes and paths</i>	appx. end 3pm	

Wednesday 20th November <i>Leisurely Pace</i>	Reepham & Whitwell Park/meet Whitwell station £1/hour unless using the café after walk Driveway.Charts.Toolkit <i>Country paths and old railway</i>	5 miles NR10 4GA 238/TG091216 appx. end 12.30pm	Lesley and Christine 07875 177210
Saturday 30th November <i>Leisurely Pace</i>	Ringstead, Courtyard Farm Park/Meet at small car park by Ringstead Common sofas.wiring.rewarded Country lanes & tracks	5.9 miles 132/722405 PE36 5LQ appx. end 1.30pm	Roger 01485 518182

## Norwich Group

**Secretary:** Peter James, e mail: [pdjames.ramb@ntlworld.com](mailto: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**

# Norfolk Ramblers' : Walks Finder

## August 2024

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

## September 2024

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

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 : August to November 2024

## October 2024

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

## November 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2 F	3 GL
4 B	5 G	6 F	7 W	8	9	10 S
11 B	12	13 S	14 W	15	16 F	17 W
18 B	19 G	20 F	21 W	22	23	24 S
25 B	26	27 S	28 W	29	30 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
<b>August 2024</b>				
Sun 18 <sup>th</sup> BBQ	Pre BBQ walk 10.00 followed by BBQ at 1pm. Upper Sheringham Village Hall. Free parking <b>See NOTE 1</b>	133/143418 Exp 252	6	Graham and Paul 01263 570084
Wed 21st	Aylmerton Church car park £1 car park donation	133/182400 Exp 252	5.7	Steve and Ruth 01263 824546, 07789143246
<b>September</b>				
Weds 4th	Northrepps Village Hall £1 car park donation	133/244393 Exp 252	5.3	Jim and Debbie 07752642913
Sun 15th	Kelling Heath Holiday Park, main car park	133/ 110414 Exp 252	8.5	Peter and Sue 01263 825804.
Wed 18th	Mackey's Hill car park Holt Country Park. Off Hempstead Road free parking	133/ 089383 Exp 252	5.	Judith 01263 588920 Mobile 07771363176
Sun 29th	Coach trip to Ely <b>SEE NOTE 2</b>	CB7 4BS Exp 226	5.5	Graham 01263 570084
<b>October</b>				
Wed 2nd	Heydon Village car park (behind Earle Arms pub)	133/ 113273 Exp 252	5.5	Mike & Jane 01263 824885 Mobile 07850 441724
Sun 13th	Southrepps Village Hall £1 car park donation	133/256365 Exp 252	5	Stuart/Geoff 07818 453379
Wed 16th	AGM Upper Sheringham Village Hall. Optional walk 10.00, AGM 12.30 followed by a light lunch Free parking	133/143418 Exp 252	5	Graham and Paul 01263 570084
Sun 27th	Bus stop opposite Catholic Church, Cromer Road, Sheringham for briefing at 9.25 before bus to Cromer at 9.35 and walk back. <b>SEE NOTE 3</b> re parking	133/159429 Exp 252	6.0	Stuart/Geoff 07818 453379
<b>November</b>				
Sun 10th	Top car park at Pretty Corner, just off Holt Road. Free parking	133/ 153412 Exp 252	6.5	David Stebbens 07917866775

Wed 13th	Upper Sheringham Village Hall. £1 car park donation	133/143418 Exp 252	4.5	Mike & Jane 01263 824885 Mobile 07850 441724
Sun 24th	Sheringham Esplanade meet at top of slope to the beach. Free parking	133/ 155435. Exp 252	8.75	Peter and Sue 01263 825804.
Wed 27 <sup>th</sup>	Wiveton Downs car park. The car park is midway between Langham and Wiveton on the Langham Road. Free parking	133/031423 Exp 252	5.0	Jim and Debbie 07752642913

**Note 1:** Our annual BBQ will be on Sunday August 18 at 13.00 at Upper Sheringham Village Hall. For those interested there will be an optional 6 mile walk starting at 10.00. Family and friends are welcome to come to the BBQ. The cost will be £8 payable in advance. If you do not have the form enclosed with this brochure, please contact Stuart Meakin on 01263 823818 or [stuartmeakin@btinternet.com](mailto:stuartmeakin@btinternet.com) to book your place.

**Note 2** You must have a reservation to go on this trip. Please contact Stuart Meakin to see if places are available. Cost is £25

**Note 3** October 27<sup>th</sup> Free parking at Wykeham, Morley Road North NR26 8JB (home of Stuart) 5 minutes walk to briefing point

## **Great Yarmouth and District**

**Secretary:** Jean 01493 667718 email: [jean.grist@gmail.com](mailto:jean.grist@gmail.com)

**Walks Co-ordinator:** Sue 01692 671744 email: [enscurtis@gmail.com](mailto:enscurtis@gmail.com)

Tuesday walks start at 10.00AM unless stated otherwise. Saturday/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.

**AGM** Our AGM will be on Tuesday 15 October, Stokesby Village Hall – please see details below.

NB Save the date – Christmas lunch is planned for 03 December – details to follow.

### **Tuesday 06 August 2024**

Leader – Michael 01493 308099 07712779671

Meeting Point Potter Heigham Village Hall

NR29 5LW OL40 413 196

5-6 miles

### **Tuesday 20 August 2024**

Leader – Ruth 01493 730720

Meeting Point Horsey Mill NT car park (Free for NT members)

NR29 4EE LR134 456 223

5 Miles

**Tuesday 03 September 2024**

Leaders – Richard and Lynda      07732936249

Meeting Point                      Moulton St Mary Garden Centre, park in overflow car park

NR13 3AP      LR134 398 075

5.5 miles

(With kind permission, donations for their charity)

**Sunday 08 September 2024**

Leader – Maureen                  01692 500535                  07818873271

Meeting Point                      Felbrigg Hall NT Car Park (Free for NT members)

NR11 8PR      Exp252 196 393

7 miles

**Tuesday 17 September 2024**

Leader – Sarah                      07707905056

Meeting Point                      Winterton Playing Field, Somerton Road, Winterton

NR29 4AW      OL40 489 194

5 miles

**Tuesday 01 October 2024**

Leader – Jean                      01493 667718                  07999 864436

Meeting point                      Hillfield Nursery, Mill Lane, Thorpe-Next-Haddiscoe

NR14 6PA                  OL40 421 974

5 miles

(by kind permission of the owners)

**Saturday 5 October 2024**

Leader - Christine      01493 300999    07941 341895

Meeting Point              Southwold Common - meet by the Water Tower  
IP8 6TB      Exp213 502762  
  
8 miles

**Tuesday 15 October 2024      Walk & AGM**

Leader – Margaret      07917715674

Meeting Point              Stokesby Green – park around the green  
NR29 3AL      OL40 431105  
  
5 miles

Walk starts at 10am, AGM starts at 1pm. Tea and cakes will be served before the meeting.

**Sunday 03 November 2024**

Leader – Jackie      01493 852818      07941105372

Meeting Point              Briggate Weavers Way car park  
NR28 9QX      OL40 316 275  
  
7-8 miles

**Tuesday 05 November 2024**

Leader – Mary      07957292418

Meeting Point              Lingwood village Hall, Station Road  
NR13 4AZ      OL40 364 081  
  
5-6 miles  
  
What3words - refutos wasps clubs

## **Tuesday 19 November 2024**

Leader – Jackie      01493 852818      07941105372  
Meeting point      RSPB Strumpshaw Fen Overflow car park  
NR13 4HS      OL40 341 065  
5 miles (donations please for RSPB)

## **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](http://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

# 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](mailto:crookitbawbee@gmail.com) Mervyn & Carolyn Beales on 01953 454604 or email [mjbeales53@gmail.com](mailto: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.



### THETFORD WALKS Tuesdays and Fridays 10:00 am For further details contact: Wendy Clegg on 01953 451127

DATE	TOWN & START POINT	POST CODE GRID REF	WALK	MILES
<b>AUG</b>				
Tue 13th	THETFORD Riverside Kiosk, School Lane, Thetford	IP24 2AG TL91875	BTO Nunnery Lakes & Extension	3.9



## ATTLEBOROUGH WALKS

**Mondays 10:30 am**

Contact John Parker on 01953 425918 or email [crookitbawbee@gmail.com](mailto:crookitbawbee@gmail.com) OR  
Mervyn and Carolyn Beales on 01953 454604 or email [mjbeales53@gmail.com](mailto:mjbeales53@gmail.com)

DATE	TOWN & START POINT	POST CODE	WALK	MILES
<b>AUG</b>				
Mon 5th	SPOONER ROW. Primary School, Station Road, Spooner Row	NR18 9JR	Guiler's Walk Alternative Route	3.75
Mon 12th	GREAT HOCKHAM. Hockham Picnic Site on A1075, Great Hockham	IP24 1FQ	Hockham Picnic Site	3.9
Mon 19th	THELNETHAM. The Village Hall, School Lane, Thelnetham	IP22 1LD	Thelnetham Fen	4
Mon 26th	ROCKLAND ALL SAINTS. Playing Field, Green Lane, Rockland All Saints	NR17 1UA	Rockland All Saints Walk	3.75
<b>SEPT</b>				
Mon 2nd	BANHAM. Near Entrance to St. Mary the Virgin Church, The Village Green, Banham	NR16 2AA	Banham	3.75
Mon 9th	FUNDENHALL. St. Nicholas' Church, Church Lane, Fundenhall	NR16 1AH	Ketts Country Walk Revised	4.25
Mon 16th	GREAT ELLINGHAM. The Crown Public House, 30 Church Street, Great Ellingham	NR17 1LG	Wayland Walk	3.55
Mon 23rd	WRENINGHAM. Bird in Hand Freehouse, Church Road, Wreningham	NR16 1BH	Wreningham via Long Johns Wood	4.3
Mon 30th	HINGHAM. Sports & Social Club, Watton Road, Hingham	NR9 4HJ	Hingham Via Manson Green	4.1
<b>OCT</b>				
Mon 7th	SOUTH LOPHAM. Redgrave @ Lopham Fen Visitor Centre, Low Common Road, South Lopham, Diss.	IP22 2HX	Redgrave & Lopham Fen	4
Mon 14th	OLD BUCKENHAM. Old Buckenham Church, The Green, Old Buckenham	NR17 1RN	Old Buckenham Stud Revised Route	4.65
Mon 21st	CARLETON RODE Jubilee Hall, Mill Road, Carleton Rode	NR16 1RQ	Carleton Rode/Bunwell Circular 2	4.6
Mon 28th	MULBARTON. Village Hall Car Park, The Common, Mulbarton	NR14 8AE	Mulbarton Medieval Walk	4.15
<b>NOV</b>				
Mon 4th	SHADWELL. Forest Retreat Reception Centre park on the Distribution and Maintenance Car Park, Shadwell	IP24 2RX	Thorpe Forest Walk	4.1
Mon 11th	BUNWELL. Bunwell Village Hall, 10 The Turnpike, Bunwell	NR16 1SW	Bunwell	3.55
Mon 18th	KENNINGHALL. Village Hall, School Close, Kenninghall	NR16 2FE	Countryside & Millennium Wood Walk	3.75
Mon 25th	HETHEL. Potash Lane, Hethel	NR14 8EZ	Hethel via East Carleton	4.05

## **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, except for October which will be on the second ie on the 13<sup>th</sup> due to the local LDWA event challenge being held on the first Sunday. 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:

August 4<sup>th</sup> Vicky & Adrian leading

September 1<sup>st</sup> Jeremy leading

October 13<sup>th</sup> Judith leading

November 3<sup>rd</sup> Cas 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](mailto:stephenandjanet@btinternet.com) or [maria-belle-montagne@outlook.com](mailto:maria-belle-montagne@outlook.com)

## 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**

12Walks

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

## **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](http://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 [sembunn@icloud.com](mailto:sembunn@icloud.com) or 07506 710450.

**NOTE:** Following the Hike Norfolk 2024 AGM (date TBC) there will be a vacancy for the Chairperson position. If this is of interest to you, please contact me on the details above to enquire about the role.

## **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/>

**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!  
Receive group funding every time you holiday through the Walking Partnership initiative.

Call us or go online for more information

**01707 386804** [www.thewalkingpartnership.org.uk](http://www.thewalkingpartnership.org.uk)

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# Interlogic

**Tel:** 01362 709044 **Mobile:** 07802 270598

**Email:** [richard@inter-logic.co.uk](mailto:richard@inter-logic.co.uk) **Web:** [www.inter-logic.co.uk](http://www.inter-logic.co.uk)

## 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.

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