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Ramblers

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



Norfolk Area Newsletter & Walks Programme

August - November 2025

UPDATE FROM THE CHAIR

Firstly I would like to thank the contributors who submitted articles for this edition of Area News, it is really starting to feel like a newsletter now. Please feel free to send me an article if you have a story you'd like to share.

When I am writing this I am looking forward to Norfolk Area's party day to celebrate 90 years of the Ramblers, but by the time you are reading this the event will have happened.

However, please remember that the 90th celebrations are a year, not just a day. Why not use the milestone as an excuse to publicise the Ramblers to the wider walking community. We all know that the Ramblers are critical to protecting and promoting our path network, and we could do so much more if lots more walkers joined us, so please spread the word.

*Richard. 24 Swanton Avenue, Dereham, NR19 2HJ 01362 709044
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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 10th October 2025. The deadline for copy for the following newsletter will be 13th February 2026.

The remaining Area Council meeting in 2025 will be on 8th 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>

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

Dick Groves a blind walker's winter walk with the Sheringham Ramblers

Dick lives in London but loves coming up to N Norfolk and walking but first a little background. He says; 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.

A year ago, I asked Sheringham Ramblers for the assistance of a guide when visiting North Norfolk last year, when I was in the area on my own. Graham Cross and his wife Christine met me on that occasion and guided me over an eight and a half mile walk on the Morston and Cley marshes. A memorable walk and two new friends made.

A February country walk from the tiny village of Gresham and around the grounds of Felbrigg Hall was this year's walk. Linda my normal companion is now back on her feet and was raring to go and I was keen to build on my links with the Sheringham Ramblers. It had been a week of rain beforehand, so it was heavy boots and gaiters for us. Expecting only a few fellow walkers we were delighted to see 25 others.

After a comprehensive briefing by the walk leader Paul, we easily felt at home as part of the group. Linda has blond hair, or so I am told. I do have a tiny pinhole of sight in one eye but was confused and delighted to see about a dozen other blondes on the walk! When you can't see well you have to use your imagination. Enough of that. Paul had warned us about the mud and he was not wrong. It was the very wet, dark, treacly sort of mud. I had once fallen deeply into something similar when crossing the Brancaster marshes. But that's another story. With my trekking poles I was able to keep my balance with no problems this time.

This walk was a figure of eight, through country footpaths and the Felbrigg estate. I am a bit of a history buff and had the idea that Anne Boleyn had been born there. I was wrong, her birthplace, was, of course, in nearby Blickling Hall. She is reputed to haunt that building on the anniversary of her execution. Now there's an idea for a midnight walk. I think that I would have to take my own spirits to steady my nerves though. By comparison our walk was uneventful. Paul pointed out the 350 yard V shaped avenues of mature beech trees, planted by the last squire to commemorate his only brother who was killed during WW2. A fitting memorial close to the lakes. By way of contrast the lakes were bustling with noisy wildfowl.

Linda and I add interest to our walks by visiting some of the many ancient churches in North Norfolk and I have enjoyed researching and writing up their often bizarre and fascinating stories. Before leaving the area, we visited Gresham church, a real gem, with a 900 year old round tower of brick and flint, set within a beautiful graveyard. We spotted one gravestone that was more than 300 years old. The occupant was indeed resting in peace. But the real treasure was the church font, with its magnificently carved frieze of the seven sacraments. Being Roman Catholic in origin they were plastered over by the disapproving Puritans during our 17th century civil war. This preserved them until more enlightened times revealed them again. They get a good write up online, complete with photographs.

We enjoyed our day out and chatting with other members of Sheringham Ramblers and look forward to joining you again when next we visit.

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/>

Legstretchers Walks

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

Hike Norfolk

Hike Norfolk is organised by a group of relaxed, friendly, and inclusive volunteers.

Our walks range from 5 to 15 miles at varying paces, with 8 to 12 miles being typical. Some walks offer an optional cake stop, or a pub stop at the end, and sometimes both! These are a great way to get to know people better and make new friends.

Walks are generally on a Sunday but sometimes on a Saturday, plus the occasional midweek / evening walk during summer months.

To see our programme of walks, go to www.meetup.com/hikenorfolk, where you can also sign up to let us know you are coming.

In addition to walking, we offer regular social events, these range from monthly meals and pub nights, to trips away, both in the UK and abroad.

You can see all our events, past and present, at www.meetup.com/hikenorfolk.

To help promote Hike Norfolk and grow ours, and the Ramblers, membership we also run our own website at www.hikenorfolk.org.uk.

We are active on social media namely, Facebook and Instagram, where photos from events are often posted. 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 **Hike Norfolk** are doing.

New members are very welcome, so please book on to a walk or a social event, to check us out...

Should you have any questions or feedback, please contact me, Adrian Johnson, the Hike Norfolk Chair at hikenorfolk@gmail.com.

If you would like to get even more involved, then we are looking for additional walk leaders, people to help with social events, and a Social-Media Officer. If you are interested in getting involved, then please get in touch with me 😊



What did Area Ramblers ever do for us....?



Richard Potts, Area Secretary writes:

OK, so I'd be the first to admit that not everyone is inspired by meetings. Ramblers is about walking, right? Not sitting around a table, as three hours of a perfectly good rambling day slip by.

I've previously written about the threats to the footpath network and how our choice of walking freedoms depends on ensuring that paths are not lost through neglect or encroachment. There is another consideration: what do we do about keeping paths in a usable condition?

That's why the Area Meetings are so valuable, because they bring together group representatives from across the County, alerting the Area team to footpath issues

and supplementing Norfolk's own reporting system.

In the last Newsletter and Walks Programme, I described the sterling work of our Area Footpath Officer, Ian Mitchell, who keeps a careful eye on planning developments and how they affect the footpath network. Now it's time to highlight the dedication and commitment of Peter James, our Footpath Maintenance Officer. Peter, together with his small group of fellow volunteers, works with the County Council, landowners and others on maintenance and improvement projects across Norfolk.

Each year, there are significant issues: broken stiles, rotten boardwalks, marshy ground, unsafe bridges – the list goes on. While the responsibility for footpath maintenance lies squarely with either the landowner or County Council, Peter's team is constantly called upon to supplement the work of contractors. The cost of materials is met from a variety of sources: the County, landowners, occasionally parish councils and other bodies such as the Forestry Commission – but is also supplemented by Area Ramblers and by local groups. It is Peter, however, who arranges to purchase, store and transport the materials to the site, who maintains the tools and equipment, and who pulls together the volunteers to get the work done.

Some projects are more significant than others. In early April, I joined Peter and his team at Mannington Hall, where they are replacing a boardwalk. Forty metres may not sound much, if said quickly, but when it's being pre-fabricated by hand in 2.4 metre sections, it represents a sizeable challenge. We worked all day and managed to complete seven sections – around seventeen out of the forty metres. We felt a little better, after we calculated that we'd cut and fixed 175 cross pieces with 1050 screws – with only another 10 sections to go!

So, next time you cross the Mannington boardwalk, or pass through kissing gates at Aldborough or Brampton, or notice the improved netting on bridges at Banham or Honingham – spare a thought for Peter, his team and Area Council, who had a hand in making your walk safer and more enjoyable.



Peter (The Guv'nor)

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

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 usually 17+ miles in length. Last 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

August 3 rd	Vicky & Adrian leading
September 7 th	Steve leading
October 5 th	Maria leading
November 2 nd	Richard 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, crazy golf, Norwich ghost walk, 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

Wensum Group Holiday to Hull and the Yorkshire Wolds.



We were joined by several other area group members. A great time was had by all. Our first stop on the journey after a surprise visit by the Red Arrows, was lunch in Lincoln.

With three full days to fill with a choice of short or long walks or sightseeing day options. Following History trails and visiting museums and churches. The Pilgrimage Grace Heritage Trail, a beautiful experience, was enjoyed by all, with wonderful countryside, delicious cakes at Kilnwick Percy Hall Buddhist Centre World Peace Cafe. Then

finishing in Pocklington.

Next day the group was split approximately in half, with a visit to Hull with all its history trails and wonderful buildings, especially a visit to the Deep maritime attraction and the Minster. And about an eight-mile countryside walk, round Skidby to the beautiful Risby fishing lakes (another great café) ending at the Skidby windmill.

Beverley was the location of our final full walking day. With opportunities to walk on the common land on either side of the town, including encountering cattle ambling across roads and paths! The Minster and St Mary's were two beautiful places of worship. And of course further opportunities for rest and refreshment in the old Market Place.



Evenings were filled with good meals and home-grown entertainment, including poems, readings, magic tricks and quizzes. Much fun was had by all.

Returning home by Springfield's Garden Walks and a bit of outlet shopping. Arriving home safely and talking about 'next time'. Watch this space...!!



A Step Too Far

Most of Fakenham's group walks vary between five and twelve miles, but some of the harder members tackle longer routes, both within Norfolk and beyond. The more ambitious have undertaken long-distance routes, including the Coast to Coast, Lady Anne's Way, St. Oswald's Way, Hadrian's Wall, Offa's Dyke and St Cuthbert's Way. I confess to being a little smug about having walked a number of these myself.

But there are limits! I've never done the entire length of the Pennine Way and I'm not sure the ageing bones will now allow me to do it. So when I passed a small wooden sign, next to a pathway leading to a lookout point by Great Falls, on America's Potomac River, saying 'Appalachian Trail', the knees definitely went weak.



Great Falls, Maryland USA

The Appalachian Trail extends some 2,200 miles, from Georgia's Springer Mountain to Mount Katahdin in Maine, passing through 14 American states. Much as many of our UK long-distance paths owe their origin to the determination of a single individual – Alfred Wainwright – the Appalachian Trail was the brainchild of a forester called Benton MacKaye, who planned the route in 1921, shortly after his wife's death. MacKaye's original idea was to connect a series of farms and workcamps, that would allow city-dwellers to experience the wilderness, and hiking was an incidental focus of the plan. It wasn't until 1937 that the Trail was completed but it sustained major hurricane damage a year later and work to maintain and restore the route was restricted when workers were called up for active duty in the Second World War.

In 1948, a hiker named Earl Shaffer claimed that he had completed the first 'thru-hike' – that is, walking the full length of the Trail in a single season, although this was discredited by the use of shortcuts and car rides! Chester Dziengielewski was

We are very sad to announce the death of John Parker, who has been a long term volunteer for the group. A memorial walk will be planned in the future.



ATTLEBOROUGH WALKS

Mondays 10:30 am

Contact John Parker on 01953 425918 or email crookitbawbee@gmail.com OR
Mervyn and Carolyn Beales on 01953 454604 or email mjbeales53@gmail.com

DATE	TOWN & START POINT	POST CODE	WALK	MILES
AUG				
Mon 4th	HETHERSETT. Park Farm Hotel, Norwich Road, Hethersett	NR9 3DL	Suckling Lane	4
Mon 11th	GREAT HOCKHAM. Hockham Picnic Site on A1075, Great Hockham	IP24 1SQ	Hockham Picnic Site	3.9
Mon 18th	GREAT ELLINGHAM. The Crown Public House, 30 Church Street NR17 1LE	NR17 1LE	Great Ellingham & Rocklands	4.5
Mon 25th	ROCKLAND ALL SAINTS. Playing Field, Green Lane, Rockland All Saints	NR17 1UA	Over Rook Grove	4.7
SEPT				
Mon 1st	THELNETHAM. Village Hall, School Lane, Thelnetham (50p per person contribution to the village hall)	IP22 1LD	Thelnetham Fen	4
Mon 8th	FUNDENHALL. St. Nicholas' Church, Church Lane, Fundenhall	NR16 1AH	Ketts Country Walk Revised	4.25
Mon 15th	BANHAM. Near Entrance to St. Mary the Virgin Church, The Village Green, Banham	NR16 2AA	Banham Alternative	4.35
Mon 22nd	WRENINGHAM. Bird in Hand Freehouse, Church Road, Wrenningham	NR16 1BJ	Wrenningham via Long's Wood	4.3
Mon 29th	HINGHAM. Sports & Social Club, Watton Road, Hingham (50p per person contribution to the Sports & Social Club)	NR9 4HJ	Hingham Via Manson Green	4.1
OCT				
Mon 6th	SOUTH LOPHAM. Redgrave @ Lopham Fen Visitor Centre, Low Common Road, South Lopham, Diss.	IP22 2HX	Redgrave & Lopham Fen	4
Mon 13th	OLD BUCKENHAM. Old Buckenham Church, The Green, Old Buckenham	NR17 1RN	Old Buckenham Stud Revised Route	4.65
Mon 20th	BARNHAM BROOM. Golf Club, Honingham Road, Barnham Broom (Please use overspill car park)	NR9 4DD	Colton	4
Mon 27th	MULBARTON. Village Hall Car Park, The Common, Mulbarton	NR14 8AE	Mulbarton Medieval Walk	4.15
NOV				
Mon 3rd	TACOLNESTON. Village Hall, West Way, Tacolneston	NR16 1BZ	Tacolneston	4
Mon 10th	BUNWELL. Bunwell Village Hall, 10 The Turnpike, Bunwell	NR16 1SW	Bunwell	3.55
Mon 17th	KENNINGHALL. Village Hall, School Close, Kenninghall (50p per person contribution to the village hall)	NR16 2FE	Countryside & Millennium Wood Walk	3.75
Mon 24th	HETHEL. Potash Lane, Hethel	NR14 8EZ	Hethel via East Carleton	4.05

Apologies for the poor quality of the above grid. This version was sent on rather low resolution, and as John produced these, we obviously can't get a better version.

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 email crookitbawbee@gmail.com Mervyn & Carolyn Beales on 01953 454604 or email cabeales63@gmail.com

Facebook “Attleborough Ramblers” 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

later named as the first, true, 'thru-hiker'. The first woman to walk the entire Trail was 67-year-old Emma Gatewood, who completed it in 146 days in 1955. In 2017, 715 hikers completed the Trail, heading south to north, while 133 managed it in the opposite direction. The north to south route is the more challenging, as it involves setting off in part of the country that is still in the grip of winter.

Quite apart from the challenge of extreme distance, the Trail offers other hazards that we rarely have to countenance in Britain; bears, venomous snakes, moose, bobcat and wild boar. For most hikers, the most persistent pests along the route are poison ivy, ticks, mosquitos and blackflies – oh, and the mice that inhabit the shelters!

Despite these potential drawbacks, the Trail offers stunning scenery, which includes everything from low-lying river valleys to alpine regions in the mountains – and what a sense of achievement! Of course, there are those who take the challenge to ridiculous lengths; In 2015, a lady called Heather Anderson completed the entire route in 54 days, (41 miles each and every day, by my reckoning), while a little girl called Juniper Netteburg is credited as the youngest person to complete the Trail, 'under her own power' – aged 4!!

The oldest person? That was M.J. Eberheart, in 2021, who managed the 'thru-hike' aged 83. Mmmm. Still time. Perhaps I might give it a go.....not sure about the rattlesnakes, though.

(Richard Potts, Fakenham Ramblers)

Wensum Ramblers Walk and Charity Cream Tea

Once a month Wensum Ramblers organise a Sunday walk, and on May 18th the walk from Eaton United Reform church to the marshes at Keswick, was followed by a cream tea. Funds were raised for research into Motor Neuron Disease, prompted by the death of Susie Bloomfield from this cruel disease. Susie was a long standing and very much valued member of Wensum Group Ramblers, who was diagnosed with the disease in the summer of 2024 and quickly succumbed to its destructive prognosis. Sadly, Susie died on 29th March and her funeral, attended by many Rambler friends, was held at Hethersett church on May 2nd. She was a real Norfolk girl, having been born in Bintree and spent her childhood in the fields and lanes of North Norfolk, and was never more happy than when walking with friends on the footpaths across the County and beyond. She will be dearly missed by many.

The event was very well attended and raised £759 for the Charity with many of the donations having been 'gift aided' adding further to the funds. I would like to extend sincere thanks to the United Reform Church Norwich for offering the use of their hall for the tea, to Sue Walker for leading the walk, to all those who helped in any way and of course to the generosity of all contributors. It was very much a team effort. The success of the event was a reflection of the affection and high regard Susie was held in by her walking friends. May she rest in peace.

Barbara Cattermole

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. PLEASE BRING YOUR RAMBLERS ICE CARDS ON WALKS

Annual General Meeting: will be held at Brooke Village Hall following the ramble on Thursday 6th November from approximately 1.30 p.m. 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 2025 at the latest please.

Date/Time	Venue	Grid Ref & Approx. Miles	Leader(s)
Thurs 7th August 10.30 AM	ALDBOROUGH Aldborough Community Centre The Green, NR11 7AA (Please also park around The	E252 TG186344 6.3 miles	Mike 077467 64076
Thurs 14th Aug 10.30 AM	SAXLINGHAM NETHERGATE Sports ground Car Park, Church Hill NR15 1TE	E237 TM233969 6 miles	David D 07557 794552
Sun 17th Aug 10.30 AM	HETHEL BRIDGE (old B1113, now a lay-by between Wymondham Road and Cranes Road) NR14 8ET	E237 TM172993 4 miles	Chrissy 07746 764076

Tuesday 18 November 2025

Leaders – Jackie 01493 852818 07941 105372

Meeting Point Stokesby, park around the green

NR29 3EX OL40 431 105

5-6 miles

Please note the walk starts at 10 AM. Our AGM will start at 1PM in the Stokesby Village Hall. Tea and cakes will be served before the meeting.

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

Tuesday 07 October 2025

Leader – Mary 07957292418

Meeting Point Loddon Staithe Pay and Display car park

NR14 6EZ OL40 361 989

5-6 miles

Tuesday 21 October

Leader – Michael 01493 308099 07712779671

Meeting Point Carlton and Oulton Marshes Visitor Centre, Burnt Lane,
Carlton Colville

NR33 8HU OL40 580 922

OS134 550 920

5.75 miles £3 donation, please

Tuesday 04 November 2025

Leader – Margaret 07917715674

Meeting Point Winterton Playing Field, Somerton Road, Winterton

NR29 4AW OL40 489 194

5-6 miles

Sunday 09 November 2025

Leader – Maureen 01692 500353 07818 873271

Meeting Point South Repps Village Hall, Chapel Street

NR11 8NW Exp252 256 366

///boast.dustbin.proposes

8 miles

Thurs 21st August 10.30 AM	STOKE HOLY CROSS Stoke Holy Cross Community Hall Long Lane, NR14 8LY	E237 TG237018 5.9 miles	Heather 07877 189080
Thurs 28th Aug 10.30 AM	ASHWELLTHORPE Ashwellthorpe Village hall Muskett Road, NR16 1FD	E237 TM138976 6 miles	Kevin 07787 503509
Thurs 4th Sept 10.30 AM	ITTERINGHAM Bure Valley Community Centre The Street, NR11 7AX	E252 TG145309 5.1 miles	David F 07757 713624
Thurs 11th Sept 10.30 AM	GLANDFORD Park/meet at Manor Farm Barns NR25 7JP <i>(coming from Holt, on left just off Blakeney Road, drive through to field on left)</i>	E251 TG042414 6 miles	Colin T 01508 530933
Thurs 18th Sept 10.30 AM	HOLT COUNTRY PARK Edgefield Hill, NR25 6SP <i>(£2.50 charge for car park)</i>	E251 TG083378 6 miles	David L 07760 205831
Sun 21st Sept 10.30 AM	SWANTON MORLEY Car park next to Darbys Public House Ellington Rd, NR20 4NZ <i>(No dogs allowed on walk)</i>	E238 TG019171 3.9 miles	John R 07477 570205
Thurs 25th Sept	WICKEN FEN AND ELY (Coach Trip) 8.45 a.m. Bowthorpe Shopping Centre Car Park NR5 9HA 9.05 a.m. Kett's Park, London Rd Wymondham. NR18 0WP	E237 TG178093 6 and 3 miles (afternoon 3 - 4miles)	From 14th Aug book via Anna 07747 804771 01603 662304 Cost £12
Thurs 2nd Oct 10.30 AM	OLD BUCKENHAM COUNTRY PARK Doe Lane, NR17 1PP	E237 TM074903 6 miles	Marie 07708 232885 Sue LW 07917 668025

Thurs 9th Oct 10.30 AM	GREAT PLUMSTEAD Great Plumstead Village Hall Church Road, NR13 5AB	OL40 TG300101 5.5 miles	Peter R 07885 142001
Thurs 16th Oct 10.30 AM	LUDHAM Ludham Village Hall, Norwich Road NR29 5PB	OL40 TG382183 5.75 miles	Jane Y 07756 650097 01508 538703
Sun 19th Oct 10.30 AM	BEETLEY Beetley Village Hall High House Road, Dereham NR20 4BT	E238 TF971178 4.75 miles	Sue W 07756 849655
Thurs 23rd Oct 10.30 AM	HICKLING Car park, Staithe Road, NR12 0YW	OL40 TG409225 6 miles	Sue W 01603 411679
Thurs 30th Oct 10.30 AM	BLOFIELD HEATH Heathlands Community Centre Woodbastwick Road, NR13 4QH	OL 40 TG327117 5.5 miles	Hilary 07968 558103
Thurs 6th Nov 10.30 AM	BROOKE Brooke Village Hall Norwich Rd, NR15 1AB (followed by AGM - see above)	OL40 TM286992 5.5 miles	William 07815 638812
Thurs 13th Nov 10.30 AM	STOKESBY The Green, NR29 3EX (Park at Ferry Inn if you are eating there)	OL40 TG432104 5.6 miles	Vernon 01493 741004
Sun 16th Nov 10.00 AM	HEMPNALL AND FRITTON Hempnall Village Hall Bungay Road (B1527) NR15 2NG	E237 TM243943 4.5 miles	Marie 07708 232885

Tuesday 19 August 2025

Leader – Mary 07957292418

Meeting Point Blundeston Village Hall Car Park, Hall Lane, Blundeston

NR32 5BL OL40 517 974

5 miles

Tuesday 02 September 2025

Leader – Jean 01493 667718 07999 864436

Meeting Point Repps with Bastwick, park in the layby just past the petrol station .

NR29 5JH OL40 423 177

5miles

Tuesday 16 September 2025

Leader – Sue and Erny 01692 671744 07379 400997

Meeting Point Thurne Methodist Chapel, The Street, Thurne

NR29 3AP OL40 403 158

5-6 miles

Sunday 05 October 2025

Leader – Christine 01493 300999 07941 341895

Meeting Point Acle Recreation Centre Car Park

NR13 3RA OL40 402 108

7-8 miles

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. Please check the website for updates and additional walks.

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 assistance dogs on a short lead are allowed on walks.

Our AGM will be held on Tuesday 18 November, at Stokesby Village Hall, please see details below.

PLEASE BRING YOUR RAMBLERS ICE CARDS ON ALL WALKS (available from Jean)

NB Save the date – Christmas lunch is planned for 02 December – details to follow.

Sunday 03 August 2025

Leader – Bernard 07599 560636
 Meeting Point Aldborough Community Centre, End Green
 NR11 7AA Exp252 184 343
 7 miles

Tuesday 05 August 2025

Leader – Ruth 01493 730720
 Meeting Point How Hill Car Park, Ludham
 NR29 5PG LR134 371 189
 5 miles

Thurs 20th Nov 10.30 AM	FELBRIGG HALL AND ROMAN CAMP Felbrigg Hall NT Car Park NR11 8PP (Car park charge for non-members)	E252 TG193394 6 miles	Judith 07762 732971
Thurs 27th Nov 10.30 AM	SOUTHREPPS Southrepps Village Hall Chapel St, NR11 8NW	E252 TG256366 6 miles	Sue W 01603 411679 Mike 07746 764076

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

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 walks over 6.5 miles. 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.

PLEASE BRING YOUR RAMBLERS ICE CARDS ON ALL WALKS

Date & Time	Venue	Grid Ref & Miles	Leader(s)
Saturday 9th August	Weston Longville and Lyng Park at Hall for All village car park using overflow car park call.sideline.worksheet	9 miles 238/TG11511594 NR9 5JU	Ann 07798 664815
<i>Moderate Pace</i>	<i>Country Paths. Lanes</i>	appx. end 3pm	
Wednesday 13th August	Salthouse Park/meet on the Green Limited parking cotton.slimmer.doghouse	4.5 miles 251/TG07434385 NR25 7AJ	Sue M 07854 754851
<i>Leisurely Pace</i>	<i>Country and Coastal</i>	appx. end 12.15pm	
Saturday 23rd	East & West Rudham Park/meet on the Village Green bluff.testing.escape	9 miles 238/TF827281 PE31 8RD	Lesley and Christine 07875 177210
<i>Moderate Pace</i>	<i>Country Paths. Lanes</i>	appx. end 3pm	
Wednesday 27th August	Ringstead, Courtyard Farm Park/Meet at small car park by Ringstead Common sofas.wiring.rewarded	5.9 miles 132/722405 PE36 5LQ	Roger 01485 518182
<i>Leisurely Pace</i>	<i>Country lanes & tracks</i>	appx. end 1.30pm	
Saturday 6th September	Overstrand Park/meet at Paul's Road car park [or park on road]	8.5 miles 252/247410 NR27 0PF	Barbara and Richard 01328 862834
<i>Moderate Pace</i>	<i>country paths and lanes</i>	appx. end 2.45pm	
Wednesday 10th September	Blickling Hall Estate Park/Meet NT car park Some stiles. Coffee afterwards bypassed.could.woke	4.5 miles 252/TG178286 NR11 6NG	Sandra 01603 755121
<i>Leisurely Pace</i>	<i>Historical Interest</i>	appx. end 12.15pm	
Saturday 20th September	Thornham Holme Circular Park/Meet at the Lifeboat Inn lands.schematic.pumps	8 miles 250/72924351 PE36 6LT	Paul & Daniela 07368 124000
<i>Moderate Pace</i>	<i>Coastal trail and roads</i>	appx. end 2.30pm	
Wednesday 24th September	Hunstanton lighthouse Meet at Hunstanton lighthouse Coffee stop at Bakery Café in Holme pebble.release.plankton	5.5 miles 250/676421 PE36 6EL	Sue and John 01328 710138
<i>Leisurely Pace</i>	<i>Coastal</i>	appx. end 1.30pm	

November				
Sun 9th	Renwick Park East (Top). West Runton, Parking on Road	133/183416 Exp 252	5.7	Stuart and Geoff 07818453379
Wed 12th	Sheringham Park National Trust Car Park Parking free for members otherwise £6.50	133/139411 Exp 252	4.6	Jim and Debbie 07752642913
Wed 26 th	Buxton Bure valley railway station car park. Parking free	133/231229 Exp 252	5.7	Graham Cross 07957813862

Note 1: Our annual BBQ will be on Sunday August 31st at 13.00 at Upper Sheringham Village Hall. For those interested there will be an optional 4.5 mile walk starting at **10:30**. Family and friends are welcome to come to the BBQ. The cost will be £10 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 to book your place.

Note 2 You must have a reservation to go on this trip.

The Sheringham Ramblers Away Day to Snape Maltings and Aldeburgh shall be on Sunday September 28th. If you would like to join us on this day, please contact graham@chriscross.co.uk or 079 5781 3862 for more details on the walk and an application form, if you haven't had one with this Walks Booklet. There will be a 5.8 mile walk from Snape Maltings to Aldeburgh. The walk will take the Sandlings Walk along the north bank of the River Alde then around Snape Warren to pick up the Sailors Path to Aldeburgh centre passing through Black Heath Wood. Non-walkers can spend time in Snape Maltings enjoying this beautiful heritage destination before the coach continues to Aldeburgh. Snape Maltings has converted Victorian buildings, home to independent shops, galleries, a restaurant and several performance venues. Snape Maltings is famous for the Snape Maltings Concert Hall, established by Benjamin Britten. The coach will leave Sheringham with a selection of pickups on the way arriving at Snape Maltings. The coach will depart late afternoon to travel back to Sheringham. Detailed timings and pick up points will be sent to those attending nearer the time. Please contact Stuart Meakin to see if places are available up to the 24 September and after that Graham Cross. The cost per head shall be £25-30 and shall be fixed at the beginning of July.

Mid Norfolk

Secretary – Rachel Chapman

secmidnorframblers@yahoo.co.uk 0771 9660878

Walks Coordinator - Cliff Patterson 07743 690879

All walks start at 10am unless otherwise stated

For walks of 7 miles or more please bring a packed lunch

New walk leaders are always most welcome. If you are interested, then please contact Cliff on the above number

All Mid-Norfolk group walks are now only placed on the website on a monthly basis. For anyone wishing to offer to lead a walk please contact Cliff with the details with at least two weeks notice.

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 5 to 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
August 2025				
Sun 3rd	Southrepps Village Hall. Walk to Trunch and then Paston Way Bring Packed lunch. £1 car park donation	133/256365 Exp 252	7.43	Graham Cross 07957813862
Wed 6th	Beach Car park, Water Lane, West Runton. Car park charge £4.50	133/183431	5.5	Paul 07740869933
Sun 17th	Roman Camp NT car park (no charge CP)	133/184413 Exp 252	5.5	Mike 01263 824885 07850 44172
Sun 31st	Pre BBQ walk Note Walk starts at 10.30 followed by BBQ at 1pm. Upper Sheringham Village Hall. Free parking See NOTE 1	133/143418 Exp 252	5	Mike 01263 824885 07850 44172
September				
Weds 3rd	Wiveton Hall café, free parking	133/037439 Exp 251	4.2	Jim and Debbie 07752 642913
Sun 14th	Cley Village Hall Free parking	133/047436 Exp 251	5.6	Stuart and Geoff 07818453379
Wed 17th	Holgate Hill, Kelling Heath near Holt Garden Centre. Car park free	133/098416 Exp 2515	5	Tina 07925 589962 and Julia 07766 516476
Sun 28th	Coach trip to Snape Maltings and Aldeburgh See NOTE 2	TM391574	5.8	Graham Cross 07957813862
October				
Sun 12th	Old Norwich Road beside The New Inn PH in Roughton free parking	133/219369 Exp 252	5	Mike 01263 824885 07850 44172
Wed 15th	AGM Upper Sheringham Village Hall. NOTE Optional walk starts at 10.00, AGM 12.30 followed by a light lunch Free parking	133/143418 Exp 252	5.2	Stuart Meakin 07818453379
Sun 26th	Sheringham station car park. Parking charge. Bring packed lunch	133/157430 Exp 252	8.69	Graham Cross 07957813862
Weds 29 th	Bure Valley Community Centre, Itteringham. £1 car park donation	133/145309 Exp 252	4.9	Steve and Ruth 01263 824546 07789143246

Saturday 4th	Old Beetley and East Bilney	6 miles	Jane & Dave
October	Park/Meet at St. Mary Magdalene church in Beetley. £1 donation per car Newlywed.Reds.Rider	238/973185 NR20 4AB	07790 642185
<i>Moderate Pace</i>	<i>Country tracks and meadows</i>	appx. end 1.30pm	
Following this walk on 4th 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 10th October 2025			
Wednesday 8th	Wells	6 miles	Alison
October	Meet Butlands	251/916434 NR23 1EZ	01328 712155
<i>Leisurely Pace</i>	pops.conclude.aimlessly <i>Stately home and woodlands</i>	appx. end 1pm	
Saturday 18th	Elsing	9.8 miles	Bridget
October	Park/meet at grass car park beside St Mary's Church Elsing masterpiece.whom.lights	238 /051166 NR20 3EA	07866 034378
<i>Moderate Pace</i>	<i>Paths,lanes & Wensum Way</i>	appx. End 3.20pm	
Wednesday 22nd	Cromer, Inceborough Hill	5.5 miles	Jane & Dave
October	Meet at Runtun Road CP by café Possible Fish & chips afterwards desktops.thing.tickets	252/TG212424 NR27 9AU	07790 642185
<i>Leisurely Pace</i>	<i>Woodland and Coastal</i>	appx. end 12.45pm	
Saturday 1st	Burnham Thorpe & the Creakes	8 miles	Ann
November	Park Burnham Thorpe Church	251/TF85294165 PE318HL	07798 664815
<i>Moderate Pace</i>	blotchy.stuff.interests <i>Country Paths. Lanes</i>	appx. end 2.30pm	
Wednesday 5th	Helhoughton/Raynham	6.5 miles	Lily and Christine
November	Meet at Helhoughton Church	238/TF868265 NR21 7BW	07899 941989
<i>Leisurely Pace</i>	lunged.sulk.enchanted <i>Lanes and quiet roads</i>	appx. end 1.15pm	
Saturday 15th	Harpley	8 miles	Lesley and Christine
November	Car Parking behind Dogotel	250/TF77172537 PE31 6UD	07875 177210
<i>Moderate Pace</i>	reclining.position.purse <i>Country Paths. Lanes</i>	appx. end 2.30pm	
Wednesday 19th	Croxford & Broomsthorpe	5.5 miles	Alison
November	Park/Meet near Manor Mews	238/849295 PE31 8RS	01328 712155
<i>Leisurely Pace</i>	eagles.candy.buckling <i>Country Paths. Lanes</i>	appx. end 12.45pm	

Norfolk Ramblers' : Walks Finder

August 2025

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

September 2025

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

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

Calendar : August to November 2025

October 2025

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

November 2025

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

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