

Norfolk Area Newsletter & Walks Programme

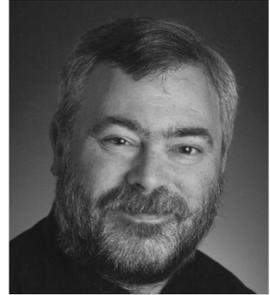
December 2024 - March 2025

UPDATE FROM THE CHAIR

It will soon be time for the Area AGM again, this time hosted by Sheringham group. All members of Norfolk Area are welcome to attend and contribute to the AGM. It is a great occasion to meet with members of other Norfolk groups, learn about our successes over the past year, find out which group has won the award for the most growth, contribute to our priorities for the year ahead, and most importantly enjoy some lovely cake.

Please put the 15th February in your diary, we'd love to see you there.

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



Area AGM is 15th February - See page 10 for info - everyone is invited.

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 February 2025. The deadline for copy for the following newsletter will be 7th June 2025.

The Area Council meetings in 2025 will be on 8th March, 12th July and 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>

Walking with St Oswald: Autumn 2024

Two members of Fakenham Ramblers recently completed this long-distance walk through Northumberland, starting in the north and heading first south, then south-west, until it meets the Hadrian's Wall Path at Chollerford. The 99-mile route traces the footsteps of St Oswald, the Anglo Saxon King who played a significant



role in the introduction of Christianity to England. It starts on the Holy Island of Lindisfarne, follows the spectacular Northumberland coastline to Warkworth before heading inland along the beautiful River Coquet to the ancient town of Rothbury. From there it heads south over heather-clad moors, through forest and rolling countryside, finishing at the World Heritage Site of Hadrian's Wall.

St Oswald's Way has everything: stunning coastal walking, wild expansive moorland, spectacular geology, quiet fishing villages and picturesque market towns. This route takes you through centuries of history, passing Neolithic rock art, Iron Age forts, Roman sites, medieval castles, eighteenth century limekilns, and coastal defences from World War Two.

It is a straightforward walk, with its highest point at just over 300m (990ft). It boasts a rich variety of birdlife, seals and dolphins, red squirrels, rare butterflies and plants.

While reluctant to wax too lyrical about Northumberland, (in case it attracts too many visitors!), it remains one of the most beautiful and varied English counties.

Variety is the hallmark of the walk. From Lindisfarne, the route follows a tidal causeway, (check the tide tables!), back to the mainland, then enters farmland, before meeting up with the England Coastal Path. The coastal path has been very recently upgraded and is now styled the 'King Charles 3rd England Coast Path', so signage is new and many sections are very well defined. It's easy navigating anyway – the only instruction being, 'keep the

sea on your left'. While north country weather can be unpredictable, we were blessed with clear, calm and sunny weather on all but one of the days, so the views were spectacular. Leaving Lindisfarne Priory behind, Bamburgh Castle looms in the distance, followed by the ruins of Dunstanburgh, before the route takes in the small fishing ports of Craster and Seahouses.

The coastal path leads to the pretty village of Alnmouth, before starting to turn inland towards Warkworth. Here, another castle dominates the skyline and provides further testimony of turbulent former times, when the whole area was constantly fought over by the Scots and English.

The longest section of the route lies beyond Warkworth, with an 18-mile stretch to Rothbury, over farm- and moorland. The next section, to Kirkwhelpington, offers a little more challenging walking, as it leads through moorland up to the highest point of the route., and then through areas of forestry. The reward for reaching the summit – on a suitably clear day – was an all-round view that took in the Simonside Hills, clothed in purple heather, the Cheviot and, in the far distance, the Scottish mountains. Beyond Kirkwhelpington, the route heads to Heavenfield, where it joins up with the Hadrian's Wall Path. At times, the sections between Rothbury and Heavenfield are less well defined and some signs are missing, so our GPS device was called into action on a handful of occasions, particularly where woodland had been cleared and pathways had been lost.

So, in short, St Oswald's Way offers coast, farmland, forestry, river valleys and moorland. Without being too strenuous, it runs through a beautiful part of the country that is rich in history and wildlife. Highly recommended – and if you fancy going a bit further, you can keep going for another 50-odd miles along Hadrian's Wall, until you get to Bowness on Solway and the Irish Sea. We did!

Richard Potts



Summary of Ramblers' Insurance

Even seasoned Ramblers members have often said that they are unsure of the insurance position, so this is a summary of what – and who – is covered, when participating in Ramblers activities. This is intended as a summary description only, so anyone wishing to see a full copy of the cover should request one from the company which provides the Ramblers insurance: Howden Insurance Brokers Ltd, One Creechurch Place, London EC3A 5AF.

Volunteers

What is a volunteer?

Volunteers are all **Ramblers members**, comprising, among others, walk leaders, path maintenance team members, group and Area committee members, footpath wardens and footpath researchers. Volunteers must be registered on the Ramblers database.

What are volunteers insured for?

Ramblers insurance provides **personal accident insurance** for all volunteers aged under 90 years and are UK residents. This means that volunteers are covered in the unlikely event that they are seriously injured while volunteering for the Ramblers. Volunteers are only covered when carrying out an official role, (so, for example, on a group walk, only the walk leader is covered).

Certain conditions need to be met to qualify for this insurance. The main one is that activities must be official Ramblers events. This means that the event has been organised by the group committee and has been advertised either:

- On the group or Area website

- On the Ramblers website and App via Walks Manager

- In a printed programme

- On a public social media page (not a closed or private page)

When leading and organising events, volunteers must assess possible risk in advance and take such steps as is necessary to reduce it. Ramblers has created guidance, training programmes and templates to help with this.

Should an incident or a 'near miss', occur, it must be reported – using the incident report form – within ten days. If the incident is serious, it should be reported to Ramblers as soon as possible.

Volunteers are also covered by **liability insurance**. This provides cover for damages or legal costs against a volunteer if someone is injured or property is damaged, because the volunteer did something wrong – as long as those actions weren't either deliberate or reckless.

There is separate guidance for **walk leaders** and **path maintenance teams**, but basically, they are also covered by both personal accident and liability insurance.

Is any volunteer activity not covered?

Travel to and from an event is not covered by the liability insurance.

What about back- and mid- markers?

Back markers and, when required, mid-markers, are often nominated on the day and are not therefore identified “officially” like the walk leader/s. They must be Ramblers members and are therefore covered by the public liability insurance, but, unlike the designated walk leader, are not covered for personal accident.

Ramblers Members

What if I’m not a registered volunteer, but an ordinary member?

All Ramblers members are covered by the **liability insurance**. This includes non-members who are taking part on the three ‘taster’ walks, (but for not more than three, after which they must join). It also includes children under 18, if they are properly supervised by a responsible adult who is covered. Insurance extends to volunteer carers of another person present, as long as that person is covered.

Who isn’t covered by the liability insurance?

Any non-member, after they have had their three ‘taster’ walks.

Non-UK residents, unless they have a permanent UK address where they spend 6 months of the year, or are students with temporary UK residence.

Any professional carer of another person present. These individuals should be covered by their employer’s insurance.

What does the liability insurance provide?

This insurance provides cover for damages or legal costs against you if someone is injured or property is damaged for up to £10 million

What about personal accident insurance?

In respect of personal accident insurance, the Ramblers insurance cover only applies to registered volunteers, undertaking official duties, as described above. The maximum amount of cover varies, according to the nature of the injury and is detailed on the Ramblers website, (“Your Guide to Ramblers Insurance”), but as an example, an injury resulting in permanent disablement from the ability to work attracts a benefit of £25000, while a broken bone results in a benefit of up to £500.

Further reading: More detail on Ramblers insurance can be found by logging on to your ‘My Ramblers’ account, then scrolling down to the ‘Document Library’, which is in the “Your Volunteering” section and then clicking on the ‘Insurance’ folder

SHERINGHAM RAMBLERS WHERRY TRIP

On a gloriously sunny July day, twenty two eager Sheringham Ramblers congregated at the Norfolk Wherry Trust base at Womack Water to board the Wherry Albion. This amazing vessel was built near Lowestoft, for a firm of Bungay Maltsters, and launched in 1898. Measuring 58 foot long, she weighs 23 tons and is made mainly of oak. The Wherry was acquired by the Norfolk Wherry Trust in 1949, and has been at Ludham since 1981. Her original job was to carry freight up to 42 tons, including beet or manure, but today her load was much lighter.

The first eleven Ramblers boarded, while the remainder set off on their five mile walk to meet us at How Hill. We sat on the sides of the Wherry, and watched the 1200 square foot black pitch sail being raised by the winch – not a job for the faint hearted – until the 42 foot high Columbian pine mast, which itself weighs 3 tons, stood proudly on the Broads. The four crew kept a watchful eye out as we sailed serenely along (with a little help from the dinghy engine), gathering admiring glances from the many holiday makers with their modern Broads cruisers and day boats. A few sailing boats were spotted, but nothing to beat the sheer size and presence of the Albion. On board there was plenty to see, from dragonflies to lilies, and of course much banter exchanged between boats. Cameras were in abundance from the day trippers, and we all joked our faces would be on many a holiday picture! When we reached Ludham Bridge, the mast and sail was lowered so we could go under the average headroom of 8 foot 6 inches, and then raised again straight afterwards, as we tried to catch the wind. When there was a breeze, the sail billowed out and was a magnificent sight.

A very pleasant three hours later, we reached How Hill, where the Wherry was docked beautifully by our trusty crew. We met up with our fellow Ramblers, and ate our picnic lunches and much needed ice creams. There were plenty of lovely green spaces here to eat your picnic, or you could sit and watch more boats going past! Then it was time to swap over, and we set off on our journey back, walking along easy paths with the Broads at our side. In the distance we could see the sail of the Albion, but with no wind, the walkers were definitely faster! At Ludham Bridge we took a break, popping in to Dollies Tearooms for cakes and coffees and of course, more ice creams. We then continued our walk and returned to Ludham after a thoroughly enjoyable day. With all the fresh air and rambling, a good night's sleep was no doubt had by all.



Lucy Miller

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.

Christmas Lunch: will take place at the Old Feathers Public House on Thursday 5th December following the ramble from there. Bookings are being taken by Gareth on 07546 124433

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.

Date/Time	Venue	Grid Ref & Approx. Miles	Leader(s)
Thurs 5th Dec 10.30 AM	FRAMINGHAM PIGOT The Old Feathers Public House, Fox Road, Framingham Pigot, NR14 7QB (followed by Wensum Ramblers Christmas Lunch - see above)	E237 TG273046 5 miles	Heather 07877 189080

Thurs 12th Dec 10.30 AM	LONG STRATTON Long Stratton Leisure Centre, 41 Swan Lane, Long Stratton, NR15 2UY	E237 TM193930 5.5 miles	Peter 07885 142001
Sun 15th December	NO WALK		
Thurs 19th Dec	NO WALK PROVIDED AT TIME OF PRINTING		
Thurs 26th Dec	NO WALK		
Thurs 2nd Jan 10.30 AM	BRUNDALL Brundall Memorial Hall, 19 Links Ave, Brundall, NR13 5LL	OL40 TG325085 6.5 miles	David Yeates 01508 538703
Thurs 9th Jan 10.30 AM	NORTH ELMHAM King's Head Hotel, 2 Holt Road, NR20 5JB	E238 TF985206 6 miles	Anna 01603 662304
Thurs 16th Jan 10.30 AM	THURNE Lion Inn, The Street, Thurne, NR29 3AP	OL40 TG404159 6.5 miles	Vernon 01493 741004
Sun 19th Jan 10.30 AM	OLD CATTON Lavare Park car park Austin Way, Buxton Road, Old Catton, NR6 7GD	OL40 TG238132 4 miles	Marie 07708 232885

Thurs 23rd Jan 10.30 AM	WHITWELL Whitwell & Reepham Railway Str Whitwell Road, Reepham, NR10 4GA	E238 TG092217 5.7 miles	William 07815 638812
Thurs 30th Jan 10.30 AM	NORTH WALSHAM JR's Bowling & American Diner, Tungate Road, NR28 0JQ	E252 TG269299 6.25 miles	Sue W 01603 411679
Thurs 6th Feb 10.30 AM	RINGSFIELD Ringsfield Village Hall, Church Road, Ringsfield Corner, Beccles, NR34 8NT	E231 TM409873 6 miles	David D 07557 794552
Thurs 13th Feb 10.30 AM	CORPUSTY Corpusty and Saxthorpe Village H Heydon Road, NR11 6QQ	E252 TG112300 6.3 miles	Mike 07746 764076
Sun 16th Feb 10.30 AM	COLTISHALL (Spot the Snow Drop W Coltishall Village Hall Rectory Road, NR12 7HL	OL40 TG271201 4.5 miles	Mike 07746 764076
Thurs 20th Feb 10.30 AM	HARDINGHAM Hardingham Memorial Hall Hingham Road, NR9 4AE	E237 TG044039 6.5 miles	Simon W 01603 748390
Thurs 27th Feb 10.30 AM	MULBARTON Mulbarton Village Hall The Common, NR14 8AE (Toilets at Worlds End pub from 10 am)	E237 TG193007 6 miles	Kevin 07787 503509

Thurs 6th Mar 10.30 AM	WROXHAM Wroxham Barns, Tunstead Road Hoveton, NR12 8QU	OL40 TG306205 6.3 miles	Judith 07762 732971
Thurs 13th Mar 10.30 AM	FORNCETT ST MARY Forncett Village Hall Low Road, NR16 1JG	E237 TG165939 6 miles	Colin T 01508 530933
Sun 16th Mar 10.30 AM	HORNING Horning Village Hall Mill Hill, NR12 8LF	OL40 TG343175 4 miles	Richard 07914 204584
Thurs 20th Mar 10.30 AM	HINGHAM Hingham Sports and Social Club Watton road, NR9 4HD	E237 TG016023 6 miles	Marie 07708 232885 Sue LW 07917 668025
Thurs 27th Mar 10.30 AM	BOWTHORPE Bowthorpe Shopping Centre Car NR5 9HA (pub end away from shops)	E237 TG177093 6 miles	John R 07477 570205

Area AGM - 15th February 2025

The AGM will take place at Upper Sheringham Village Hall, Church Lane, Upper Sheringham NR26 8TF

There will be a short walk starting at 11:00 from the above address, then the meeting will start at 14:00.

Bring your own lunch, tea/coffee and cakes will be served after the meeting.

All members are welcome to attend and vote, so please come along to show your support for your area.

Agendas will be available at the AGM, or just before by request to the chair.

Mid Norfolk

Secretary – Jenny Atterwell 07887 604040

Walks coordinator - Cliff Patterson 07743 690879

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 Cliff Patterson

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 Cliff Patterson with details preferably with 2 weeks notice.

Mid Norfolk group will hold their AGM on Sunday 17th November 1pm at Dereham Meeting Point 4 St Withburga Lane, Dereham NR19 1ED Exp 238 989 234 Walk Leader Sheila Bulmer 07749 523089

A walk of 5.5 miles starting from the Meeting Point at 10 30am will precede the meeting. Please bring your own food and drink for lunch before the meeting starts.

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

Programme of Walks – December 2024 to March 2025

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)
Wednesday 4th December	Aldborough Park/Meet around the Village Green Playground end transcribes.impaired.manages	6.3 miles 252/18393421 NR11 7NX	Jane and Dave 07790 642185
<i>Leisurely Pace</i>	<i>Country Paths and lanes</i>	appx. end 1.15pm	
Saturday 14th December	Sheringham and Beeston Park/Meet at Sheringham Boating Lake fuzzy.evaporate.smart	9 miles 252/155435 NR26 8LQ	Ann 07798 664815
<i>Moderate Pace</i>	<i>Coastal and parkland</i>	appx. end 3pm	
Wednesday 18th December	Morston and Cockthorpe Park/Meet at Morston Quay NT Car Park twinkling.skimmers.instincts	6 miles 251/006442 NR25 7DJ	Vic and Jenny 01263 713613
<i>Leisurely Pace</i>	<i>Coastal</i>	appx. end 1pm	
Wednesday 1st January	Glandford Manor Barns Park/Meet at Manor Farm Barns. Drive past Café and park in field on left quicker.weekends.delays	5 miles 251/042414 NR25 7JP	Vic and Jenny 01263 713613
<i>Leisurely Pace</i>	<i>Country paths and lanes</i>	appx. end 12.30pm	
Saturday 11th January	Around and about Fakenham Park/Meet Aldiss Park Car Park by the Gas museum trace.tweed.reception	5 miles 238/920292 NR21 7LA	Barbara and Richard 01328 862834
<i>Leisurely Pace</i>	<i>Riverside and country paths</i>	appx. end 1.45pm	
Following this walk on 11th Jan, 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 February 2025			
Wednesday 15th January	Blakeney Park/meet at Blakeney Village Hall received.blink.hence	5 miles 251/026437 NR25 7PG	Lesley and Christine 07875 177210
<i>Leisurely Pace</i>	<i>Country Paths and lanes</i>	appx. end 12.30pm	

Saturday 25th January	Gt Massingham and Rougham Park/meet Great Massingham Village Hall plugs.unite.ranged	9 miles 250/797233 PE32 2HU	Alison 01328 712155
<i>Moderate Pace</i>	<i>Country Paths and lanes</i>	appx. end 3pm	
Wednesday 29th January	Harpley Common Very Limited Parking in the layby near the first of the Harpley Barrows fine.debt.galloped	4.6 miles 250/761283 PE31 6UD	Paul & Daniela 07368 124000
<i>Leisurely Pace</i>	<i>Country lanes and paths</i>	appx. end 12.30pm	
Saturday 8th February	Blakeney and Glandford Park/meet at Blakeney Village Hall lasts.grant.cringes	9 miles 251/026437 NR25 7PG	Bridget 07866 034378
<i>Moderate Pace</i>	<i>Lanes, tracks, paths, hills</i>	appx. end 3pm	
Wednesday 12th February	Blicking and Itteringham Park/Meet at main NT car park Blickling bypassed.could.woke	6.5 miles 238/17622864 NR11 6NT	Jane and Dave 07790 642185
<i>Leisurely Pace</i>	<i>Country Paths and lanes</i>	appx. end 1.15pm	
Saturday 22nd February	Syderstone Park on road side by church. conspired.inspects.correct	6.5 miles 251/833326 PE31 8RY	Lily and Christine 07899 941989
<i>Moderate Pace</i>	<i>Lanes and tracks</i>	appx. end 1.45pm	
Saturday 8th March	Roman Camp Park/Meet at Roman Camp Car Park gratitude.upon.replace	7.5 miles 252/183413	Sue and John 01328 710138
<i>Moderate Pace</i>	<i>Hilly, woodland and coastal</i>	appx. end 2.15pm	
Wednesday 12th March	Litcham Common Park at Litcham Common Car Park scaffold.marathons.than	5 miles 238/887173 PE32 2QQ	Lesley and Christine 07875 177210
<i>Leisurely Pace</i>	<i>Country Paths and lanes</i>	appx. end 12.30pm	
Saturday 22nd March	Sharrington Park at Sharrington Village Hall balanced.roosters.repeats	8 miles NR24 2AB 251/036371	Barbara and Richard 01328 862834
<i>Moderate Pace</i>	<i>Country Paths and lanes</i>	appx. end 2.30pm	
Wednesday 26th March	Gt Massingham Park/meet Great Massingham Village Hall plugs.unite.ranged	5.7 miles 250/797233 PE32 2HU	Alison 01328 712155
<i>Leisurely Pace</i>	<i>Country Paths and lanes</i>	appx. end 1pm	

Norfolk Ramblers' : Walks Finder

December 2024

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

January 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 FS	2 W	3	4	5 L
6 B	7 G	8	9 W	10	11 FfG	12 s
13 B	14	15 FS	16 W	17	18	19 W
20 B	21 G	22	23 W	24	25 F	26 S
27 B	28	29 FS	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 2024 to March 2025

February 2025

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

March 2025

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

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

F: Hike Norfolk, L: Legstretchers, B: Breckland Walkers, *: Area AGM

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.

More details of the walk may be found on the website

Dates	Venue	Grid ref	Miles	Leaders
December 2024				
Sun 8th	Blakeney Village Hall. Car park free	133/026438 exp251	5.5 or 4 if bad condi tions	Stuart/ David 07818453379
Wed 11th	Horsey walk to see the seals. See NOTE 1 for details 11.00 START	Grid Ref 498197 Exp OL40 Post code NR29 4AJ	4	Jim and Debbie 07752642913
January 2025				
Wed 1st New Year's Day Walk	Holgate Hill, Kelling Heath near Holt Garden Centre. Car park free	133/098416 Exp 251	5	Mike and Jane 01263 834885 07850441724
Sun 12th Festive Lunch	12.30 for 1pm. The Masonic Centre, 36 Cromer Road, Sheringham, NR26 8RR. Details enclosed for Sheringham and District members.	133/156429		Stuart Meakin 01263 823818.
Wed 15th	St Marys Church Erpingham Car park £1 donation	133/198313	5	Steve and Ruth 01263 824546 07789143246
Sun 26th	Start point not available at time of going to print. Details will be on our website and Ramblers app a few weeks before this date. Phone Peter or Sue or email pets.nelson@live.co.uk for details		8 to 9	Peter and Sue 01263 825804
Wed 29th	Common Farm, Sustead Road Lower Gresham Car park free	133/180380	5.5	Paul 07740869933

February				
Sun 9th	Start point not available at time of going to print. Details will be on our website and Ramblers app a few weeks before this date. Phone Peter or Sue or email pets.nelson@live.co.uk for details		8 to 9	Peter and Sue 01263 825804
Sun 23rd	Holgate Hill, Kelling Heath near Holt Garden Centre. Car park free	133/098416 Exp 251	5	Mike and Jane 01263 834885 07850441724
Wed 26th	Aldborough Community Centre. Parking at hall just round the corner from the pond. Car park £1 donation	133/185342 Exp 252	5.5	Paul 07740869933
March				
Sun 9th	Itteringham Village Hall £1 car park donation	133/145308 Exp252	6.75	David/ Stuart 07917866775
Wed 12th	Itteringham Village Hall £1 car park donation. This is a different walk from Sunday's	133/145308 Exp252	6	Jim and Debbie 07752642913
Sun 23rd	Start point not available at time of going to print. Details will be on our website and Ramblers app a few weeks before this date. Phone Peter or Sue or email pets.nelson@live.co.uk for details		8 to 9	Peter and Sue 01263 825804
Wed 26 th	Overstrand Village sign corner of Cromer Road and High Street. Parking on road	133/246406	4.5	Paul 07740869933

Note 1 Visit to see the seals at Horsey

Please see if you can car share and it would be helpful if you could contact Jim to let him know you are coming so we have some idea of numbers. We will be joined by a warden whilst we view the seals. **PLEASE NOTE NO DOGS.**

This **walk will start at 11.00** at the Horsey Gap car park near the beach. Grid Ref TG464242. The nearest Post code is NR29 4AJ which takes you to Winterton on Sea Village centre, follow the road down to the car park. The car park is pay and display with cars charged at £3.50 for up to 2 hours, £5 for up to 4 hours and £7 for the day. Both card and coin payments are accepted. There are no public toilets on the Horsey Gap car park site. The nearest toilet is for customers at Poppylands Tearooms and a little further away at the Nelson Head Public House. There is a toilet block open to the public at Horsey Windpump which is managed by the National Trust just over a mile away (NT).

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. *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.

Christmas Lunch, 03 December 2024, 12.30 for 1pm. Lunch must be prebooked and paid for with Jackie by 19 November.

Tuesday 03 December 2024

Leader – Jackie 01493 852818 07941105372

Meeting Point: Edgar Tennant Recreation Ground, Station Road,
Ormesby St Margaret

NR29 3NJ LR134 503 148

4-4.5 miles (followed by Christmas lunch)

Tuesday 17 December 2024

Leader - Margaret 07917715674

Meeting Point: Ranworth Staithe, park by the Staithe or on the road.

NR13 6HY OL40 523 102

5 miles

Tuesday 07 January 2025

Join us for mince pies and other goodies after this walk.

Leader – Tony 01493 843939 07563624930

Meeting Point: Bure Park, Caister Road, Main Car Park.

NR30 4AS OL40 523 102

5-6 miles

Saturday 11 January 2025

Leader – Christine 01493 300999 07941341895

Meeting Point: Marine Parade (south end) car park, Gorleston

OL40 531 021 W3W these eliminate developed

8 miles

Tuesday 21 January 2025

Leader – Jean 01493 667718 07999 864436

Meeting Point: Marine Parade, park on road near tennis courts.

NR31 6DY OL40 529 032

5 miles

Tuesday 04 February 2025

Leader – Ruth 01493 730720

Meeting point: Stokesby, park around the Green.

NR29 3EX OL40 431 105

5 miles

Sunday 9 February 2025

Leader – Jackie 01493 852818 07941105372

Meeting Point: Kessingland beach car park, Church Road, Kessingland.
NR33 7SF LR134 532 860

7 miles

Tuesday 18 February 2025

Leader – Sue & Erny 01692 671744 07379400997

Meeting Point: Womack Staithe in Horse Fen Road, Ludham
NR29 5QG OL40 393 180

5-6 miles

Tuesday 04 March 2025

Leader – Michael 01493 308099 07712779671

Meeting Point: Briggate, Weavers Way car park
NR28 9QX OL40 316 275

5-6 miles

Sunday 09 March 2025

Leader – Maureen 01692 500353 07818873271

Meeting Point: Barton Turf Staithe, Barton Turf
NR12 8AZ OL40 357 225

W3W joined argue perkily

7 miles

Tuesday 18 March 2025

Leader – Mary 07957292418

Meeting point: Sparrows Nest car park, Whapload Road, Lowestoft
NR32 1XG OL40 531 860

5 miles

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

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.



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
DEC				
Mon 2nd	GREAT ELLINGHAM. The Crown Public House, 30 Church Street, Great Ellingham	NR17 1LE	Great Ellingham & Rocklands	4.5
Mon 9th	HINGHAM Sports and Social Club, Watton Road, Hingham	NR9 4HJ	Hingham via Manson Green	4.1
Mon 16th	BANHAM. Near Entrance to St. Mary the Virgin Church, The Village Green, Banham	NR16 2AA	Banham Alternative	4.35
Mon 23rd	SPOONER ROW. Primary School, Station Road, Spooner Row	NR18 9JR	Guiler's Walk Alternative Route	3.75
Mon 30th	OLD BUCKENHAM. Old Buckenham Church, The Green, Old Buckenham	NR17 1RN	Old Buckenham Farm Walk	3
JAN				
Mon 6th	SHADWELL. Forest Retreat Reception Centre park on the Distribution and Maintenance Car Park, Shadwell	IP 24 2RX	Thorpe Forest Walk	4.1
Mon 13th	MULBARTON. Village Hall Car Park, The Common, Mulbarton	NR14 8AE	Mulbarton via Bracon Ash	4.05
Mon 20th	ATTLEBOROUGH, White Lodge, London Road, Attleborough	NR17 1AY	Hargham Woods Alternative	4
Mon 27th	WRENINGHAM Bird in Hand Freehouse, Church Road, Wreningham	NR16 1AG	Wreningham via Ashwellthorpe	4.35
FEB				
Mon 3rd	CARLETON RODE. Jubilee Hall, Mill Road, Carleton Rode	NR16 1RQ	Carleton Rode/Bunwell Circular 2	4.6
Mon 10th	FUNDENHALL. St. Nicholas' Church, Church Lane, Fundenhall	NR16 1AH	Ketts Country Walk Revised	4.25
Mon 17th	KENNINGHALL. Village Hall School Close, Kenninghall	NR16 2EL	Countryside & Millennium Walk	3.75
Mon 24th	MULBARTON. Village Hall Car Park, The Common, Mulbarton	NR14 8AE	Mulbarton via Swardeson	4.05
MAR				
Mon 3rd	OLD BUCKENHAM. Old Buckenham Country Park, Doe Lane, Old Buckenham	NR17 1PP	Stacksford Walk	4.7
Mon 10th	GREAT ELLINGHAM. The Crown Public House, 30 Church Street, Great Ellingham	NR17 1LE	Bow Street Walk	4.35
Mon 17th	SOUTH LOPHAM, Redgrave @ Lopham Fen Visitor Centre, Low Common road, South Lopham, Diss.	IP22 2HX	Redgrave & Lopham Fen	4
Mon 24th	ROCKLAND ALL SAINTS. Playing Field, Green Lane, Rockland All Saints	NR17 1UA	Over Rook Grove	4.7
Mon 31st	GREAT HOCKHAM. Hockham Picnic Site on A1075, Great Hockham	IP24 1FT	Hockham Picnic Site	3.9

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

December 1 st	Richard leading
January 5 th	Maria leading
February 2 nd	Steve leading
March 2 nd	Tracy 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

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**.

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 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/>

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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.

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