

West Norfolk Walking for Health

Schedule of Free Walks

Jan-April 2021



Your legs were made for walking, a natural exercise that can keep you healthier, live longer – and put a smile on your face!



***West Norfolk Walking for Health
Registered Charity No. 1170052***

January 2021

Well, 2020 has been a really difficult year for everyone and this might be my first opportunity to wish you all a Happy New Year – so, HAPPY NEW YEAR.

There is great hope that a multiplicity of vaccines will be available to combat Covid 19 and that everyone will be able to avail themselves of one of those. Without it, we risk being in and out of lockdown for quite a while, which will continue to create economic and mental stresses.

Exercise, particularly with friends, can make a tremendous difference and we hope that, whatever actually happens, the powers that be recognise this so that our walking group can remain integral in the welfare of so many participants.

January to April is a period of great climatic change with the chills of winter giving way to the vagaries of Spring. So much to look forward to.

The thanks of the trustees go to the walk leaders, both old and new (or should that be long term and recently started) without whom we could not function. Our catering teams have been severely restricted last year and we longingly await the return of the scrumptious cakes and hot drinks which contribute so much to the social environment of our walks.

Happy walking!

David Mace

***Vacancies.** Why not become a **Walk Leader?** We are stretched at times to meet the needs of the programme. Common sense is the main requirement, appropriate training will be given and you can offer as many or as few days as you want. If interested, please contact John Priddle to find out more. We would also like to hear from any regular walkers willing to act as a **Mentor** to new walkers, making them feel welcome and included. Leaders cannot do this themselves when walker numbers are as high as recently.*

If you have any suggestions, or questions about anything to do with this work, we are ready to listen and would welcome your input.

David Mace Chairman & Secretary

Other Charity Trustees:

Sue Collier	Treasurer
Lyn Barker	
Simon Tearle	
John Priddle	Walk Coordinator

Our new website is www.west-norfolk-walking-for-health.org

This programme will be included on the website.

This programme will be subject to any COVID 19 restrictions that may be in force with variations as detailed by HM Government from time to time. Keep up to date on the News page of our website.

Why Walk?

Regular walking is proven to;

- * Help your heart and lungs work better
- * Lower your blood pressure
- * Aid weight control
- * Keep your joints, muscles and bones strong
- * & Lighten your mood



Plus, of course, you can enjoy the fresh air and varied Norfolk landscape!

Short Walks for beginners * Trained Walk Leaders

Good Company * Safe & interesting routes

New Walks and Options

We try to maintain interest, and meet differing health needs, by offering a wide variety of walks. Your ideas, suggestions and comments are always welcome.

NOTES:

Castle Rising:

*Parking has now been arranged within the castle carpark. This carpark does not open until 10.00am and parking along the road is not appreciated so please do not arrive before 10.00am. Parking will be **JUST** inside the carpark gate **ON THE LEFT** against the hedge.*

If the Castle is not open please park alongside the road by old Alms Houses.

Sandringham:

Parking charges have been introduced from March 2020. Because these parking charges have been introduced, it is proposed that walkers may park in Double Lodge Road.

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Organisations with whom we work and liaise.:

Active Norfolk, www.activenorfolk.org/walking

Big C Norfolk Cancer Charity kingslynncentre@big-c.co.uk

Breathe Easy, West Norfolk Support Group, rogersmith56@hotmail.com 01553 763313

Chatterton House, NHS jane.robinson@nsft.nhs.uk

Diabetes Service, Norfolk Community Health Care, St James Surgery, Kings Lynn PE30 5NU

Libraries, Kings Lynn and Dersingham, Kerry.Lingwood@norfolk.gov.uk
Gaywood and Hunstanton, Helen.Senior@norfolk.gov.uk

LILY asklily@west-norfolk.gov.uk 01553 616200

Macmillan Cancer Information & Support QE Hospital miss@qehkl.nhs.uk

Occupational Therapy, Samphire Ward, Chatterton House, emily.a.dorrington@nsft.nhs.uk

Pulmonary Rehabilitation Service claire.murphy1@boc.com

Ramblers Short Group Walks (South) lucy.everett@ramblers.org.uk
Ramblers Walking for Health walkingforhealth@ramblers.org.uk

Warm Hearts Kings Lynn Heart Support Group richardconquest@gmail.com

Wellbeing Service Gary Freeman, josh.elms@wellbeingnandw.co.uk 07341867105

West Norfolk Deaf Association, info@wnda.org.uk 01553 773399

Our Health walks are free and there is no need to book. Walk leaders with appropriate training and knowledge of the route guide at the front and also bring up the rear. On popular walks there may also be leader(s) in the middle.

Please arrive in good time for the walk, with clothing and footwear appropriate for the weather conditions. Other than Grade 1 walks, puddles and muddy ground can be met most of the year in Norfolk! Carry some water in hot weather, and on longer walks.

All walk locations have car parking at or nearby. After a walk, many go for refreshments together. References to buses have been dropped from this issue due to the imminent cessation of many services, alas. Car sharing does take place and is to be encouraged.

Whilst anyone can join us, those under 18 years must be with a Responsible Adult and those in need of a Carer must be accompanied by that carer.

Dogs are allowed on most walks, kept on a lead (not extendable). Owners must complete a Dog Disclaimer form and, of course, bring and use poop bags.

Walks are graded to suit varying fitness levels, as below. New walkers must complete a short health questionnaire (allow time for this on your first walk, or complete it online). Please do try a lower grade walk(s) before attempting a Grade 3 for the first time.

Starter See next page.

Grade 1 Short, slower walks for those returning to fitness. From 1 to 2 miles, 30-50 minutes, mainly on flat, firm surfaces.

Grade 2 From 2 to under 3 miles, up to 1hr. May have slopes, soft ground and gates/stiles. Ideal for those improving their fitness.

Grade 3 Slightly longer walks usually around 3 miles but could be up to 4 miles and 1 ½ hours and at a faster pace for the reasonably fit. Slopes and surfaces may be more challenging.

You should walk a little quicker than normal, getting warmer and with a faster pulse, while still being able to talk naturally. People have their own level of fitness, so a large group may break into smaller clusters; but you will never walk alone, unless by choice. One of the Walk Leaders will always be at the rear.

N.B. Leaders are there to assist and guide but you are responsible for your own health and safety!

Complete Beginner Walks (for the Less Physically Able)

No excuses! These walks are on flat even ground, at a gentle pace and with appropriate stops. Bring your sticks, your wheeled frame or even carry your Oxygen cylinder! . All start at 10:30am

Date	Meeting Point	Grade	Information
Wed 6 th Jan 2021	Hunstanton Community Centre PE36 5BW.	Starter	Flat even surfaces, paved and grass.
Wed 13 th January	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 20 th January	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces.
Wed 27 th January	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 3 rd February	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 10 th February	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 17 th February	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 24 th February	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 3 rd March	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 10 th March	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 17 th March	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 24 th March	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 31 st March	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 7 th April	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 14 th April	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 21 st April	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 28 th April	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.

Worried that you still will not be able to cope? It's unlikely, and there is only one way to find out. Come along and try one! No pressure and you get exercise in the fresh air, in good surroundings, meet other people in a similar situation, and feel better for it!

As the saying goes “What's not to like?”

Kings Lynn and Northern Area Walks

All walks **start at 10:30am** unless otherwise stated.

Tuesday walks (when active) are on the 3rd Tuesday of each month.

PopUp cafe may return at some point but when is currently uncertain.

Date	Meeting Point/Walk	Miles/ Grade	Information
2021	Our very best wishes for the NEW YEAR		HAPPY NEW YEAR TO ALL
Fri 1 st January	Castle Rising - Castle car park PE31 6AH	2.4m/G2	Tracks, paths and country lanes. Carpark open at 10am
Mon 4 th Jan	Thornham Village Hall , Main Rd PE36 6LX, Parking charges at the hall.	3+m/G3	Permissive field edge, Coastal Path and village street. Bus Coast Hopper.
Fri 8 th Jan	Roydon Village East Playing Field car park PE32 1AR OS 701229	2.8m/G2	Tracks and paths through grassland & trees.
Mon 11 th Jan	Dersingham Fen Coach & Horses PH, Manor Rd PE31 6LN	3.3m/G3	Woodland paths, pavements. 2 stiles that can be avoided.
Fri 15 th Jan	Wolferton , Social Club, PE31 6HA	2.6m/G3	Woods, boardwalk & road, some steep slopes.
Mon 18 th Jan	Great Massingham , The Green, PE32 2HN	2.9m/G2	Roads, tracks and fields.
Tues 19th Jan 2.00 pm	Continuing Tuesday walks to be assessed		
Fri 22 nd January	Sandringham – meet at Visitor Centre Car Park PE35 6EH.	2,8m/G2	Woodland tracks and paths. Parking fee or use Double Lodge Road.
Mon 25 th Jan	Burnham Overy Staithe, Hbr - PE31 8JE	3.5m/G3	HARBOUR. Coastal path, tracks & fields.
Fri 29 th Jan	Hunstanton , Community C'tre, PE36 5BW	3m/G3	Streets, field tracks, Lover's Lane.
Mon 1 st February	Snettisham beach S , RSPB car park PE31 7RA (£2 parking fee per car)	3m/G3	Paths, tracks, sea wall. Water birds.
Fri 5 th Feb	Leziate Village Hall PE32 1EN	3.2m/G3	Woods and lakeside, paths and tracks
Mon 8 th February	Brancaster Staithe Quay, PE31 8BW	3.3m/G3	Up to and around Barrow Common. Great views. Return via Coastal Path
Fri 12 th Feb	North Wootton , Nr Tesco, St Augustine's Way, PE30 3TE	2.8m/G2	Woodland paths, pavements. 2 stiles that can be avoided.
Mon 15 th Feb	Holme , White Horse Pub, PE36 6LH	3.2m/G3	Holme Dunes via path and beach
Tues 16th Feb 2.00 pm	Continuing Tuesday walks to be assessed		
Fri 19 th Feb	West Acre , Church, PE32 1TR	G2	Tracks, roads, woods, fields. Can be muddy.
Mon 22 nd Feb	East Rudham , The Green PE31 8RD	3.5m/G3	Tracks, fields and village road.
Fri 26 th Feb	Dersingham Fen Coach & Horses PH, Manor Rd PE31 6LN	3.3m/G3	Woodland paths, pavements. 2 stiles that can be avoided.
Mon 1 st March	Little Massingham , St Andrews Church, Church Lane. PE32 2JT	3.5m/G3	Country lanes, tracks and fields.
Fri 5 th March	Sandringham Visitor Centre Car Park PE35 6EH .	2.8m/G2	Woodland tracks and paths. Parking fee or use Double Lodge Road.
Mon 8 th Mar	Syderstone , Amy Robsart Hall, PE31 8SD	4m/G3	Footpaths and bridleways.
Fri 12 th March	Grimston Woods , easterly end of Low Road, PE321AF	3.5m/G2	Farm & woodland tracks, remaining within the woods.
Mon 15 th March	Snettisham Park Farm , meet at Village Hall, Old Church Road. PE31 7LX	3.6m/G3	Footpaths by the farm and onto the downs. Good views,
Tues 16th Mar 2.00 pm	Continuing Tuesday walks to be assessed		

Date	Meeting Point/Walk	Grade	Information
Fri 19 th Mar	Great Massingham, The Green, PE32 2HN	2.9m/G2	Roads, tracks and fields.
Mon 22 nd Mar	North Creake Abbey NR21 9LF	3.2m/G3	Fields, tracks and village lanes
Fri 26 th Mar	Gaywood Community Centre, PE30 4EL	3m/G2	Foot & cycle paths, pavements, river bank
Mon 29 th Mar	Snettisham Mill Village Hall, Old Church Road. PE31 7LX	3m/G3	Farm, footpaths and village streets.
Fri 2 nd April BANK HOL	Roydon Common/Grimston Warren. On right, 1km from Knights Hill OS681230	2.8m/G3	Footpaths through heather heathland. 3 stiles but they can be avoided. No roads.
Mon 5 th April BANK HOL	Leziate Village Hall PE32 1EN	3.2m/G3	Woods and lakeside, paths and tracks.
Fri 9 th April	Bircham Windmill, Bircham, PE31 6SJ	G2	Tracks, paths, country lane.
Mon 12 th Apr	Ringstead Courtyard Farm On left, 1 mile along Burnham Rd. nearest PE36 5LQ	3.8m/G2	Fields, tracks and minor road. Good view over the coast.
Fri 16 th April	Castle Rising - Castle car park PE31 6AH	2.4m/G2	Tracks, paths and country lanes. Carpark open at 10am
Mon 19 th April	Castle Acre Castle Car Park, Pye's Lane PE32 2XB	2.8m/G3	Paths, riverside, lanes. Can be damp. River, Castle and Priory views.
Tues 20th April 2.00 pm	Continuing Tuesday walks to be assessed		
Fri 23 rd April	North Wootton, Nr Tesco, St Augustine's Way, PE30 3TE	2.8m/G2	Woodland paths, pavements. 2 stiles that can be avoided.
Mon 26 th April	Dersingham Heath, Coach & Horses PH, Manor Rd PE31 6LN	3.3m/G3	Woodland paths, pavements.
Fri 30 th April	Hunstanton, near Lighthouse, PE36 6EL	3.5m/G3	Paths, dunes and beach

Walk and Talk

Arranged in collaboration with Norfolk Library Service. These are relatively easy walks, adjusted depending on who turns up!

Do chat on the walk and afterwards, about anything you like! **All start at 2:00pm**

Tues 12 th January 2021	Hunstanton Library Westgate, PE36 5AL (Bus Station) Repeated 2nd Tuesdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 21 st January	Dersingham Library , Chapel Rd PE31 6PN Repeated 3rd Thursdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tues 9 th February	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 18 th February	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tues 9 th March	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 18 th March	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tues 13 th April	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 15 th April	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.



Feel like extending your abilities on more challenging walks? The “Sunday Strollers” are an informal group who arrange longer walks, of about 2 hours, in attractive scenery, on the 1st Sunday in the month, usually starting at 10:30am. If you are interested, contact Josie on 07722 195408 or John 07850 914086. Please note these walks are NOT covered by our scheme.

Alternatively, why not consider joining The Ramblers Association?
Norfolk Ramblers are at www.norfolkra.org.uk or ring 020 7339 8500

This Schedule is available on-line at www.activenorfolk.org/west-norfolk and our new website is www.west-norfolk-walking-for-health.org .

Contact Details:

Main Contact: David Mace Tel: 01553 773164 Email: djm13@uwclub.net

Walk Coordinator: John Priddle Tel: 07850 914086

Refreshments & Location Liaison: Josie Allan Tel: 07722 195408 Email: jo.allan58@btinternet.com

Programme Compiler: Simon Tearle Email: tearle845@btinternet.com

