

# West Norfolk Walking for Health

Schedule of Free Walks

May-Aug 2021



*Not only the weather has a spring in its step*

*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*

*May 2021*

**Chairman's Remarks**

***This programme is being published in full so that as soon as possible we can resume walking.***

***In the meantime it is vital we all adhere to the advice to minimise the risks of spreading the virus. None of us can be happy with the restrictions imposed on us, but already we are seeing the effects they are having: I cannot help thinking of the consequences if they had not been introduced. We all know the benefits of walking so it is to be hoped that everyone has been continuing to get out and about locally, possibly finding new routes.***

*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	
John Priddle	

**Our new website is [www.west-norfolk-walking-for-health.org](http://www.west-norfolk-walking-for-health.org)**

**This programme will be included on the website but may obviously be subject to any Covid – 19 avoidance measures.**

# 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!

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**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.*

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Organisations with whom we work and liaise.:

Active Norfolk, [www.activenorfolk.org/walking](http://www.activenorfolk.org/walking)

Big C Norfolk Cancer Charity [kingslynncentre@big-c.co.uk](mailto:kingslynncentre@big-c.co.uk)

Breathe Easy, West Norfolk Support Group, [rogerssmith56@hotmail.com](mailto:rogerssmith56@hotmail.com) 01553 763313

Chatterton House, NHS [jane.robinson@nsft.nhs.uk](mailto: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](mailto:Kerry.Lingwood@norfolk.gov.uk)  
Gaywood and Hunstanton, [Helen.Senior@norfolk.gov.uk](mailto:Helen.Senior@norfolk.gov.uk)

LILY [asklily@west-norfolk.gov.uk](mailto:asklily@west-norfolk.gov.uk) 01553 616200

Macmillan Cancer Information & Support QE Hospital [miss@qehkl.nhs.uk](mailto:miss@qehkl.nhs.uk)

Occupational Therapy, Samphire Ward, Chatterton House, [emily.a.dorrington@nsft.nhs.uk](mailto:emily.a.dorrington@nsft.nhs.uk)

Pulmonary Rehabilitation Service [claire.murphy1@boc.com](mailto:claire.murphy1@boc.com)

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

Warm Hearts Kings Lynn Heart Support Group [richardconquest@gmail.com](mailto:richardconquest@gmail.com)

Wellbeing Service Gary Freeman, [josh.elms@wellbeingnandw.co.uk](mailto:josh.elms@wellbeingnandw.co.uk) 07341867105

West Norfolk Deaf Association, [info@wnda.org.uk](mailto: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! Optional refreshments available at the end, or possibly during the walk. All start at **10:30am**

These walks are unlikely to occur due to lockdown programming.

Date	Meeting Point	Grade	Information
Wed 5 <sup>th</sup> May 2021	<b>The Walks</b> main entrance, opposite Library PE30 5EZ	<b>Starter</b>	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 12 <sup>th</sup> May	<b>Sandringham</b> Visitor Centre Car Park PE35 6EH <b>£3 parking fee</b>	<b>Starter</b>	Woodland paths. Flat surfaces.
Wed 19 <sup>th</sup> May	<b>LynnSport</b> at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 6 <sup>th</sup> May	<b>Hunstanton</b> Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 2 <sup>nd</sup> June	<b>The Walks</b> main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 9 <sup>th</sup> June	<b>Sandringham</b> Visitor Centre Car Park PE35 6EH <b>£3 parking fee</b>	Starter	Woodland paths. Flat surfaces.
Wed 16 <sup>th</sup> June	<b>LynnSport</b> at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 23 <sup>rd</sup> June	<b>Hunstanton</b> Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 30 <sup>th</sup> June	<b>The Walks</b> main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 7 <sup>th</sup> July	<b>Sandringham</b> Visitor Centre Car Park PE35 6EH <b>£3 parking fee</b>	Starter	Woodland paths. Flat surfaces.
Wed 14 <sup>th</sup> July	<b>LynnSport</b> at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 21 <sup>st</sup> July	<b>Hunstanton</b> Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 28 <sup>th</sup> July	<b>A History Walk</b> starting at The Custom House. PE30 1ET.	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 4 <sup>th</sup> August	<b>The Walks</b> main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 11 <sup>th</sup> August	<b>Sandringham</b> Visitor Centre Car Park PE35 6EH <b>£3 parking fee</b>	Starter	Woodland paths. Flat surfaces.
Wed 18 <sup>th</sup> August	<b>LynnSport</b> at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 25 <sup>th</sup> August	<b>Hunstanton</b> 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! The worst that can happen is that you end up sitting and having your coffee before everyone else. The best is that 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 are on the third Tuesday of each month.

These walks are unlikely to occur due to lockdown programming.

Date	Meeting Point/Walk	Miles/ Grade	Information
Mon 3 <sup>rd</sup> May 2021 <b>BH</b>	<b>Leziate Village Hall PE32 1EN</b>	3.2m/G3	Woods and lakeside, paths and tracks
Fri 7 <sup>th</sup> May	<b>KL Ferry Corn Exchange PE30 1JW</b>	G2	Riverside. Good views of KL waterfront.
Mon 10 <sup>th</sup> May	<b>Castle Acre Castle Car Park, Pye's Lane PE32 2XB</b>	2.8m/G3	Paths, riverside, lanes. Can be damp. River, Castle and Priory views.
Fri 14 <sup>th</sup> May	<b>Roydon Common.</b> On right, 1km from Knights Hill OS681230	2.8m/G2	Footpaths through heather heathland. 3 stiles but they can be avoided. No roads.
Mon 17 <sup>th</sup> May	<b>Brancaster Staithe Quay, PE31 8BW</b>	3.3m/G3	Up to and around Barrow Common. Great views. Return via Coastal Path
Tues 18 <sup>th</sup> May 2.00 pm	<b>Snettisham beach N, RSPB car park PE31 7RA (£2 parking fee per car)</b>	2.8m/G3	Paths, tracks, sea wall. Water birds.
Fri 21 <sup>st</sup> May	<b>Gaywood Community Centre, PE30 4EL</b>	3m/G2	Foot & cycle paths, pavements, river bank.
Mon 24 <sup>th</sup> May	<b>Ringstead Courtyard Farm</b> On left, 1 mile along Burnham Rd. nearest <b>PE36 5LQ</b>	3.8m/G3	Fields, tracks and minor road. Good view over the coast.
Fri 28 <sup>th</sup> May	<b>Grimston Woods</b> easterly end of Low Road, <b>PE32 1AF</b>	2.8m/G2	Interesting route through woods, no roads.
Mon 31 <sup>st</sup> May <b>BANK HOLIDAY</b>	<b>Little Massingham, St Andrews Church, Church Lane. PE32 2JT</b>	3.5m/G3	Country lanes, tracks and fields.
Fri 4 <sup>th</sup> June	<b>Snettisham Mill Village Hall, Old Church Road. PE31 7LX</b>	3m/G3	Streets, field tracks, Lover's Lane.
Mon 7 <sup>th</sup> June	<b>Thornham Village Hall, Main Rd PE36 6LX</b>	3m/G3	Permissive field edge, Coastal Path and village street.
Fri 11 <sup>th</sup> June	<b>Wolferton Social Club, PE31 6HA</b>	2.6m/G3	Woods, boardwalk & road. Some steepish slopes.
Mon 14 <sup>th</sup> June	<b>Bircham Windmill, Gt Bircham PE31 6SJ</b>	G2	Tracks, paths, country lane.
Tues 16 <sup>th</sup> June 2.00 pm	<b>Sandringham Visitor Centre Car Park PE35 6EH</b>	2.8m/G2	Woodland tracks and paths.
Fri 18 <sup>th</sup> June	<b>Roydon Common.</b> On right, 1km from Knights Hill OS681230	3m/G2	Footpaths through heather heathland. 3 stiles but they can be avoided. No roads.
Mon 21 <sup>st</sup> June	<b>Hunstanton Community Centre PE36 5BW</b>	3m/G3	Streets, field tracks, Lovers Lane.
Fri 25 <sup>th</sup> June	<b>Congham The Anvil Inn, PE32 1DU</b>	2.7m/G2	Track, paths, woods and road.
Mon 28 <sup>th</sup> June	<b>Holme White Horse Pub PE36 6LH</b>	3.2m/G3	Holme Dunes via path and beach.
Fri 2 <sup>nd</sup> July	<b>Dersingham Heath</b> Coach & Horses PH, Manor Rd, <b>PE31 6LN</b>	3.3m/G3	Heath, woods & minor roads.
Mon 5 <sup>th</sup> July	<b>Snettisham Ken Hill.</b> Meet at Village Hall, Old Church Road. <b>PE31 7LX</b>	3.2m/G3	Woodland, footpaths & village streets. Short incline.
Fri 9 <sup>th</sup> July	<b>Grimston Circuit,</b> easterly end of Low Road, <b>PE32 1AF</b>	3m/G2	Farm & woodland tracks, minor roads and fields.
Mon 12 <sup>th</sup> July	<b>Burnham Overy Staithe Harbour PE31 8JE</b>	3.5m/G3	Coastal path, tracks & fields.
Fri 16 <sup>th</sup> July	<b>Roydon Village - Playing Field car park PE32 1BP</b>	2.8m/G2	Tracks and paths through grassland & trees.
Mon 19 <sup>th</sup> July	<b>Hunstanton Lighthouse. PE36 6EL</b>	3.5m/G3	Paths, dunes and beach.



Date	Meeting Point/Walk	Grade	Information
<b>Tues 20<sup>th</sup> July</b> <b>2.00 pm</b>	<b>Leziate Village Hall PE32 1EN</b>	3.2m/G3	Woods and lakeside, paths and tracks.
Fri 23 <sup>rd</sup> July	<b>Little Massingham</b> , St Andrews Church, Church Lane. PE32 2JT	3.5m/G2	Country lanes, tracks and fields.
Mon 26 <sup>th</sup> July	<b>West Acre Church PE32 1TR</b>	G2	Tracks, roads, woods, fields. Can be muddy!
Fri 30 <sup>th</sup> July	<b>Sandringham</b> Visitor Centre Car Park <b>PE35 6EH</b>	3m/G2	Woodland tracks and paths.
Mon 2 <sup>nd</sup> Aug	<b>Great Massingham</b> The Green <b>PE32 2HN</b>	2.9m/G3	Road, track and fields.
Fri 6 <sup>th</sup> August	<b>Snettisham Beach North</b> - RSPB car park <b>PE31 7RA (£2 parking fee per car)</b>	3m/G3	Heading north into the coastal nature park and return along the shore.
Mon 9 <sup>th</sup> Aug	<b>Burnham Thorpe</b> Village Hall <b>PE31 8HS</b>	3m/G3	Fields, tracks and village paths.
Fri 13 <sup>th</sup> August	<b>Castle Rising</b> - Castle car park <b>PE31 6AH</b>	2.4m/G2	Tracks, paths and country lanes. <b>Carpark open at 10am</b>
Mon 16 <sup>th</sup> August	<b>Snettisham Beach South</b> - RSPB car park <b>PE31 7RA (£2 parking fee per car)</b>	3m/G2	Paths, tracks, sea wall. Water birds.
<b>Tues 18<sup>st</sup> Aug</b> <b>2.00 pm</b>	<b>Roydon Common.</b> On right, 1km from Knights Hill OS681230	3m/G2	Footpaths through heather heathland. 3 stiles but they can be avoided. No roads.
Fri 20 <sup>th</sup> Aug	<b>Roydon Village</b> - Playing Field car park <b>PE32 1BP</b>	2.8m/G2	Tracks and paths through grassland & trees.
Mon 23 <sup>rd</sup> August	<b>North Creake Abbey.</b> NR21 9LF	3.2m/G3	Fields, tracks and village lanes
Fri 27 <sup>th</sup> August	<b>Bircham Windmill</b> , Gt Bircham <b>PE31 6SJ</b>	G2	Tracks, paths, country lane.
Mon 30 <sup>th</sup> Aug <b>BANK HOL</b>	<b>Narborough</b> Junction of Main Rd & Narford Rd OS 758131	3.8m/G3	Road, track and bank of River Nar.

## Walk and Talk

Arranged in collaboration with Norfolk Library Service. These are relatively easy walks, adjusted depending on who turns up! Tea or Coffee with hopefully a biscuit, provided in the Library afterwards. Do chat on the walk and afterwards, about anything you like! **All start at 2:00pm**

**These walks are unlikely to occur due to lockdown programming.**

<b>Tues 11<sup>th</sup> May</b> <b>2021</b>	<b>Hunstanton Library</b> Westgate, PE36 5AL (Bus Station ) <b>Repeated 2<sup>nd</sup> Tuesdays</b>	<b>G1 or 2</b>	<b>Leisurely Walk &amp; Talk up to 2 miles.</b>
Thurs 20 <sup>th</sup> May	<b>Dersingham Library</b> , Chapel Rd PE31 6PN <b>Repeated 3<sup>rd</sup> Thursdays</b>	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Tues 8 <sup>th</sup> June	<b>Hunstanton Library</b> Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Thurs 17 <sup>th</sup> June	<b>Dersingham Library</b> , Chapel Rd PE31 6PN	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Tues 13 <sup>th</sup> July	<b>Hunstanton Library</b> Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Thurs 15 <sup>th</sup> July	<b>Dersingham Library</b> , Chapel Rd PE31 6PN	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Tues 10 <sup>th</sup> August	<b>Hunstanton Library</b> Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Thurs 19 <sup>th</sup> August	<b>Dersingham Library</b> , Chapel Rd PE31 6PN	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.

## Downham Market and Southern Area Walks

These walks are unlikely to occur due to lockdown programming.

Date	Meeting Point/Walk	Grade	Information
Wed 5 <sup>th</sup> May 2pm 2021	Wiggenhall St Mary. Meet at St Germans Village Hall, PE34 3DZ	3m/G3	Paths, tracks, road and riverbank.
Thur 6 <sup>th</sup> May 10am	St Germans Village Hall, PE34 3DZ	3	River bank, footpaths and lane to Wiggenhall St Peters.
Wed 12 <sup>th</sup> May 2pm	Downham Market Methodist Church Paradise Rd PE31 8RD	2	Lanes, track and riverbank
Thur 13 <sup>th</sup> May 10am	Southery Old White Bell, 20 Ugate St	3	Fields, paths and pavements.
Wed 19 <sup>th</sup> May 2pm	Downham Market Leisure Centre, Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Thur 20 <sup>th</sup> May 10am	Upwell St Peters Church, PE14 9AA	2	Footpaths, lanes and roads.
Wed 26 <sup>th</sup> May 2pm	Downham Market Library The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Thur 27 <sup>th</sup> May 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 2 <sup>nd</sup> June 2 pm	Downham Market Playing Field, Lynn Rd	2	Footpaths, lanes and track.
Thur 3 <sup>rd</sup> June 10am	Shouldham Warren OS RF679104	3	Woodland tracks
Wed 9 <sup>th</sup> June 2pm	Southery Old White Bell, 20 Ugate St	3	Fields, paths and pavements.
Thur 10 <sup>th</sup> June 10am	Wimbotsham The Chequers PH, PE34 3QG	2	Track, lanes and road.
Wed 16 <sup>th</sup> June 2pm	Downham Market Methodist Church Paradise Rd PE31 8RD	2	Lanes, track and riverbank
Thur 17 <sup>th</sup> June 10am	Beachamwell Village Hall, Old Hall Rd	3	Road, track and paths. Some stiles.
Wed 23 <sup>rd</sup> June 2pm	Downham Market Leisure Centre, Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Thur 24 <sup>th</sup> June 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 30 <sup>th</sup> June 2pm	Downham Market Library The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Thur 1 <sup>st</sup> July 10am	Marham Fen, use Lay-by at bottom of Collin's Lane, Marham Rd. 729107	2	Paths, track and woods
Wed 7 <sup>th</sup> July 2pm	Downham Market Playing Field, Lynn Rd	2	Footpaths, lanes and track.
Thur 8 <sup>th</sup> July 10am	Oxborough Village Hall, PE33 9PS	3	. Paths, lanes. Three stiles.
Wed 14 <sup>th</sup> July 2pm	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads.
Thur 15 <sup>th</sup> July 10am	Magdalen, Car Park, Station Road, South side of bridge. OS 603113	3	Footpaths, tracks, roads and riverbank.
Wed 21 <sup>st</sup> July 2pm	Downham Market Methodist Church Paradise Rd PE31 8RD	2	Lanes, track and riverbank
Thur 22 <sup>nd</sup> July 10am	Denver Mill, 99 Sluice Rd, Denver PE38 0EG	2	Road, tracks and footpaths.

Date	Meeting Point/Walk	Grade	Information
Wed 28 <sup>th</sup> July <b>2 pm</b>	<b>Downham Market Leisure Centre,</b> Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Thur 29 <sup>th</sup> July <b>10am</b>	<b>Hilgay</b> Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 4 <sup>th</sup> Aug <b>2pm</b>	<b>Downham Market Library</b> The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Thur 5 <sup>th</sup> Aug <b>10am</b>	<b>Wretton Common</b> , Meet at far end of School Rd, Stoke Ferry	3	Footpaths and Roads.
Wed 11 <sup>th</sup> Aug <b>2pm</b>	<b>Downham Market Playing Field</b> , Lynn Rd	2	Footpaths, lanes and track.
Thur 12 <sup>th</sup> Aug <b>10am</b>	<b>St Germans Village Hall</b> PE34 3DZ	3	River bank, footpaths and lane to Wighenham St Peters.
Wed 18 <sup>th</sup> Aug <b>2pm</b>	<b>Shouldham Warren</b> OS RF679104	2	Woodland tracks
Thur 19 <sup>th</sup> Aug <b>10am</b>	<b>Southery</b> Old White Bell, 20 Upgate St	3	Fields, paths and pavements.
Wed 25 <sup>th</sup> Aug <b>2pm</b>	<b>Downham Market</b> Methodist Church Paradise Rd PE31 8RD	2	Lanes, track and riverbank
Thur 26 <sup>th</sup> Aug <b>10am</b>	<b>Hilgay</b> Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall



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](http://www.norfolkra.org.uk) or ring 020 7339 8500

This Schedule is available on-line at [www.activenorfolk.org/west-norfolk](http://www.activenorfolk.org/west-norfolk) and our own website which is [www.west-norfolk-walking-for-health.org](http://www.west-norfolk-walking-for-health.org) .



It can be picked up at most GP Surgeries; Public Libraries in Kings Lynn, Downham Market, Dersingham, and Hunstanton; Tourist Information Centres in Kings Lynn, Downham Market and Hunstanton; the Borough Council Office in Kings Lynn, or from Walk Leaders.

**Contact Details:**

**Main Contact:** David Mace Tel: 01553 773164 Email: [djm13@uwclub.net](mailto:djm13@uwclub.net)

**Walk Coordinator:** John Priddle Tel: 07850 914086

**Refreshments & Location Liaison:** Josie Allan Tel: 07722 195408 Email: [jo.allan58@btinternet.com](mailto:jo.allan58@btinternet.com)

**Programme Compiler:**



*Not only beautiful countryside but wildlife to watch as well.  
Downham Market Walking Group*

