

**BOOKING**

You don't have to book, but it helps if you contact us before a project to let us know you're coming.

**MEETING POINTS**

Maps can be provided showing the meeting points. If you would like one, or directions to the site, please contact us. Minibus transport is available from stated pick-up points ONLY.

**WE PROVIDE**

All tools and refreshments. If a site has toilets this is indicated below by 'WC'.

**PLEASE WEAR**

Old clothes suitable for the weather. Sturdy shoes or boots and waterproofs if you have them.

**TETANUS**

Please ensure that your tetanus inoculation is up to date.

**Mobile number on the day:**

**07843 069 567**



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# North Norfolk Workout Project

# October 2010

Sessions start at 1pm and last until 4pm. All timings approximate.

Date	Site	Activity	Meeting Points
Friday 1st	<b>** NO TASK **</b>	<b>*** NO TASK ***</b>	<b>*** NO TASK ***</b> [BTCV team meeting]
Monday 4th	<b>Holt Gravel Pit Lane</b>	Mowing the meadow	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 7th	<b>North Walsham Sadlers Wood</b>	Reconstructing the picnic table	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, North Walsham Nelson Road / Tenison Road junction 1pm.
Friday 8th	<b>Catfield Sandholes</b>	Bulbs, birdboxes and brush-cutting.	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Crown Inn car park (Ludham Road / The Street) in Catfield 1pm.
Monday 11th	<b>Holt Country Park</b>	Rhododendrons must be stopped!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 14th	<b>North Walsham Pigneys Wood</b>	The ancient craft of coppicing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.

# North Norfolk Workout Project

October 2010 (continued)

Date	Site	Activity	Meeting Points
Friday 15th	<b>Cromer Howards Hill</b>	Walk with a purpose	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm. [Half a session of work on site, followed by joining 'coast to coast walkers' for the finale of their week-long walk to North Lodge Park.]
Monday 18th	<b>Holt Hall</b>	Ghost walk	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 21st	<b>North Walsham Pigney's Wood</b>	Hedging our bets	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 22nd	<b>Wells Holkham NNR</b>	Going out on the pull (pine trees!)	Cromer Train Station 12.10pm, Dun Cow Pub car park (A149 at Salhouse) 12.35pm, Lady Anne's Drive car park (opposite the Victoria pub at Holkham) – the north end by the Natural England notice board, approx 1.15pm. Be warned – naturist beach (!), 1 mile walk, possible late finish.
Monday 25th	<b>Holt Country Park</b>	Fungi Foray with Tony Leech	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 28th	<b>North Walsham Pigney's Wood</b>	Footpath improvements	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 29th	<b>Little Walsingham St Seraphim's Church Garden</b>	Habitat improvements	Cromer Train Station 12.10pm, Little Walsingham <u>COACH</u> Park, (Station Road) 1pm.

**Mark Webster**  
**North Norfolk Project Officer**  
**01263 516 336 / 07843 069 567**  
**workout@btcv.org.uk**  
**Countryside Section, North Norfolk District Council, Holt Road, Cromer, NR27 9EN.**



**[www.btcv.org/norfolk](http://www.btcv.org/norfolk)**

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# North Norfolk Workout Project November 2010

Sessions start at 1pm and last until 4pm. All timings approximate.

Date	Site	Activity	Meeting Points
Monday 1st	<b>Holt Gravel Pit Lane</b>	Pond rescue	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 4th	<b>North Walsham Sadlers Wood</b>	Stop the brambles	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, North Walsham Nelson Road / Tenison Road junction 1pm.
Friday 5th	<b>Salthouse Heath</b>	Guy Fawkes night afternoon bonfire	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, junction of Bard Hill / Wood Lane (south from Salthouse village) 1pm. Possibly a slightly late finish.
Monday 8th	<b>Holt Country Park</b>	Burn, burn, burn (rhododendrons) in a ring of fire...	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 11th	<b>North Walsham Pigney's Wood</b>	Woodland regeneration	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 12th	<b>Cromer Station Wood</b>	Planting trees and bulbs	Cromer Train Station 12.10pm, junction of Mill Road and Station Road Cromer 1pm.

# North Norfolk Workout Project

November 2010 (continued)

Date	Site	Activity	Meeting Points
Monday 15th	<b>Holt Hall</b>	Dog wood afternoon	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 18th	<b>Mundesley Junior School</b>	Building a Minibeast Hotel	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Mundesley Junior School (Trunch Road) 1pm.
Friday 19th	<b>Sheringham Park</b>	Rhododendron control	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Sheringham Park National Trust car park 1pm. WC.
Monday 22nd	<b>Holt Country Park</b>	Burn, burn, burn (rhododendrons) in a ring of fire...	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 25th	<b>North Walsham Pigney's Wood</b>	The ancient craft of coppicing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 26th	<b>Bayfield Wildflower Centre</b>	I'm gonna get you (whitebeam) sucker!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Bayfield Hall (near Glandford Ford) 'Natural Surroundings' Wildflower Centre car park 1pm. WC.
Monday 29th	<b>Holt Country Park</b>	Budget Rhododendron cutbacks	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.

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# North Norfolk Workout Project December 2010

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Date	Site	Activity	Meeting Points
Thursday 2nd	<b>North Walsham Sadlers Wood</b>	Hedge restoration	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, North Walsham Nelson Road / Tenison Road junction 1pm.
Friday 3rd	<b>Stiffkey Old Hall Farm</b>	Willow weaving (make an Xmas wreath)	Cromer Train Station 12.10pm, Dun Cow Pub car park (A149 at Salhouse) 12.35pm, by bus stop at junction of Camping Hill and A149 in Stiffkey 1pm.
Monday 6th	<b>Holt Gravel Pit Lane</b>	Orchid rescue	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 9th	<b>North Walsham Pigneys Wood</b>	Making habitat piles and basking areas	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 10th	<b>Sheringham Park</b>	Invasive species must be stopped!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Sheringham Park National Trust car park 1pm. WC.
Monday 13th	<b>Whitlingham Marsh [Norwich]</b>	Winter wildfowl watching	Cromer Train Station 12.10pm, Whitlingham Marsh (on Whitlingham Lane south of Norwich): go past the Country Park to the nature reserve car park right next to the bypass 1pm. [Hosted by our friends Norwich Green Gym]

# North Norfolk Workout Project

December 2010 (continued)

Date	Site	Activity	Meeting Points
Thursday 16th	<b>North Walsham Pigneys Wood</b>	Winter tree ID	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 17th	<b>Cromer Howards Hill</b>	Heathland restoration	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 20th	<b>Holt Country Park</b>	Roast your chestnuts by the fire	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 23rd	<b>** NO TASK **</b>	<b>*** NO TASK ***</b>	<b>*** NO TASK ***</b> Last minute Xmas shopping...
Friday 24th	<b>** NO TASK **</b>	<b>*** NO TASK ***</b>	<b>*** NO TASK ***</b> Sherry and mince pies...
Monday 27th	<b>** NO TASK **</b>	<b>*** NO TASK ***</b>	<b>*** NO TASK ***</b> Third day of turkey for dinner...
Thursday 30th	<b>** NO TASK **</b>	<b>*** NO TASK ***</b>	<b>*** NO TASK ***</b> Happy New Year – next task Thursday 6 <sup>th</sup> January

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## North Norfolk Workout Project weekend activities

## October-December 2010

All timings approximate.

Date	Site	Activity	Meeting Points
Saturday 9 <sup>th</sup> October	<b>Catfield Sandholes</b>	Bulbs, birdboxes and brush-cutting.	Cromer Train Station 9.10am, North Walsham Train Station 9.35am, Crown Inn car park (Ludham Road / The Street) in Catfield 10am.
Saturday 30 <sup>th</sup> October	<b>Salthouse Heath</b>	Discovering ancient burial mounds	Cromer Train Station 9.10am, Sheringham Community Centre (Cromer Road) 9.35am, junction of Bard Hill / Wood Lane (south from Salthouse village) 10am.
Saturday 13 <sup>th</sup> November	<b>Cromer Station Wood</b>	Community Challenge: bulb and tree planting	Cromer Train Station 9.10am, junction of Mill Road and Station Road Cromer 10am.
Saturday 4 <sup>th</sup> December	<b>Holt Hall</b>	Victorian Xmas celebration	Cromer Train Station 9.10am, Sheringham Community Centre (Cromer Road) 9.35am, Holt Hall Field Studies Centre (Kelling Road) 10am.

The Following are events organised by other organisations. Minibus transport is not available from us, but please contact the organisation concerned to see if lift-sharing can be arranged.

**Roots and Shoots** volunteer group meets at Holt Hall on the 1<sup>st</sup> Saturday of each month, 9.30am-1pm. Contact Chris Wright on 01263 713117 or via [rootsandshoots@holthall.norfolkedunet.gov.uk](mailto:rootsandshoots@holthall.norfolkedunet.gov.uk)

**Norfolk and Norwich Naturalists' Society** have a wide range of events designed to help increase your knowledge of wild species. See <http://www2.nnns.org.uk/events/programme.aspx> or write to The Secretary, Woodhouse, Free Lane, Ditchingham, Bungay, NR35 2DW.

**Fakenham Area Conservation Team** run volunteer tasks on some weekends: Mr Geoff Fletcher, **Tel:** 01328 862164, **Email:** [geoff.fletcher@talktalk.net](mailto:geoff.fletcher@talktalk.net)

**North Walsham & Dilham Canal Trust** also have work parties on alternate Sundays, see [www.eawa.co.uk/work.html](http://www.eawa.co.uk/work.html) or call 01603 738 648.

**Mark Webster [North Norfolk Project Officer]**

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