

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 2011

Apart from Coast Walk Week, all sessions start at 1pm and last until 4pm. All timings approximate.

Date	Site	Activity	Meeting Points
Monday 3 rd	Holt Gravel Pit Lane	Willows, bonfire	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 6 th	North Walsham Sadlers Wood	Transplant surgery – mighty hedges from tiny acorns grow!	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, North Walsham Nelson Road / Tenison Road junction 1pm.
Friday 7 th	Gresham Village All Saints Church	Raking over the traces – saving the wildflowers of “God’s Acre”	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Gresham <u>Village</u> (NOT the private school!) All Saints Church (park outside village hall on road North towards East Beckham) 1pm.
Monday 10 th	Wells to Stiffkey	*** Coast Walk Week ***	*** Cromer Train Station 8.30am, Wells-next-the-Sea NNDC Stearmans Yard car park 10am. Task 1-4pm: for details see letter / email ***
Thursday 13 th	Salthouse to Sheringham	*** Coast Walk Week ***	*** Cromer Train Station 9.20am, The Green at Salthouse Near Dun Cow pub on A149), 10am. Task 1-4pm: for details see letter / email***
Friday 14 th	Sheringham to Cromer	*** Coast Walk Week ***	*** Cromer Train Station 9.35am, Cliff Road NNDC car park in Sheringham 10am. Task 1-4pm: for details see letter / email ***

North Norfolk Workout Project

October 2011 (cont)

Date	Site	Activity	Meeting Points
Monday 17 th	Holt Hall	Fungi Foray with Tony Leech	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 20 th	Knapton Millenium Green / Scrape	Hedging (or dredging?) our bets	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, car park at junction of School Close and Hall Lane in Knapton 1pm.
Friday 21 st	Roughton Common	Fen-tastic flowers - meadow management	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Roughton outside New Inn on A140 Norwich Road 1pm.
Monday 24 th	Holt Country Park EAST END	East End knees up (and bracken down)	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Country Park HEMPSTEAD ROAD CAR PARK 1pm. WC. ***Note change of meeting point for this site**
Thursday 27 th	North Walsham Pigney's Wood	Møœ Grassraker – no gadgets from Q required	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 28 th	Hoveton Bridle Path / Hickling Village Hall	"We're on the road to nowhere - come on outside" – or shall we hedge our bets?	Cromer Train Station 12.10pm, Stalham High Street car park (off A149 at West end of High Street, next to Library) 12.45pm, Junction of A1151 and Littlewoods Lane opposite Hoveton Doctors Surgery), 1pm.
Monday 31 st	Holt Country Park EAST END	Tree planting preparation	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Country Park HEMPSTEAD ROAD CAR PARK 1pm. WC. ***Note change of meeting point for this site ***

Mark Webster
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workout@btcv.org.uk
Countryside Section, North Norfolk District Council, Holt Road, Cromer, NR27 9EN.



www.btcv.org/norfolk

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North Norfolk Workout Project

November 2011

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

Date	Site	Activity	Meeting Points
Thursday 3 rd	North Walsham Sadlers Wood	Fungi Foray with Tony Leech	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, North Walsham Nelson Road / Tenison Road junction 1pm
Friday 4 th	Bayfield Wildflower Centre	Raking the Fen to protect the orchids, or coppicing	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Bayfield Hall (near Glandford Ford) 'Natural Surroundings' Wildflower Centre car park 1pm. WC.
Monday 7 th	Holt Kelling Heath	You'll get the birch for this!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, heath car park (unsignposted, on Holgate Hill between Weybourne and Kelling) 1pm.
Thursday 10 th	North Walsham Pigneys Wood	"Alder people, so many people..."	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 11 th	North Walsham Walcott Rookery	How much wood could a woodchuck chuck?	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery at Barrington Farm (Rookery Farm Road, Walcott) 1pm. WC.
Monday 14 th	Holt Country Park EAST END	East End knees up (and bracken down)	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Country Park HEMPSTEAD ROAD CAR PARK 1pm. WC. ***Note change of meeting point for this site**

North Norfolk Workout Project

November 2011 (cont)

Date	Site	Activity	Meeting Points
Thursday 17 th	North Walsham Southrepps Common	Reedbed battlefield - raking and clearing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, junction of Bradfield Road and Station Road, Lower Southrepps (near school, and 500 yards right from Gunton train station) 1pm.
Friday 18 th	Ingham Priory Church	“A little respect” – gullies, gravestones and gathering grass	Cromer Train Station 12.10pm, Stalham High Street car park (off A149 at West end of High Street, next to Library) 12.45pm, Ingham Priory Church (Mill Road near junction of Town Road and Palling Road, next to Swan pub), 1pm.
Monday 21 st	** NO TASK **	*** NO TASK ***	*** NO TASK *** BTCV Staff meeting
Thursday 24 th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Meeting to set up North Norfolk Workout Project Community Group, Merchants Place, Church Street, Cromer, 1pm-3pm.
Friday 25 th	Fakenham Sculthorpe Moor	Willow burning	Cromer Train Station 12.10pm, Fakenham Library (Oak St) 12.50pm, Sculthorpe Moor Hawk and Owl trust car park (signed ‘Nature Reserve’ from A148 West of Fakenham), Turf Moor Road, Sculthorpe 1pm. WC.
Monday 28 th	Holt Country Park EAST END	Tree planting (to be confirmed)	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Country Park HEMPSTEAD ROAD CAR PARK 1pm. WC. ***Note change of meeting point for this site**

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North Norfolk Workout Project

December 2011

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

Date	Site	Activity	Meeting Points
Thursday 1 st	Knapton Railway Cutting	Butterfly habitat improvements	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Knapton Railway Cutting Nature Reserve car park (North of Pigneys Wood car park, South of Village Centre, on Hall Lane in Knapton) 1pm.
Friday 2 nd	Stalham Marshland Moat	Wood you like to work on the Marsh?	Cromer Train Station 12.10pm, Stalham High Street car park (off A149 at West end of High Street, next to Library) 12.45pm, Marshlands (ask us for details) 1pm. WC.
Monday 5 th	Wiveton Downs and Blakeney Esker	Lets Rock! Geological conservation	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Wiveton Downs Nature Reserve car park (on Langham to Wiveton Road, a little to the East of Blakeney Long Lane) 1pm.
Thursday 8 th	North Walsham Pigneys Wood	Take it to the bridge...	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 9 th	Sheringham Park	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 12 th	Holt Country Park EAST END	Tree planting – to be confirmed	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Country Park HEMPSTEAD ROAD CAR PARK 1pm. ***Note change of meeting point for this site**

North Norfolk Workout Project

December 2011 (cont)

Date	Site	Activity	Meeting Points
Thursday 15 th	North Walsham Southrepps Common	Maintaining the SSSI Reedbeds	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, junction of Bradfield Road and Station Road, Lower Southrepps (near school, and 500 yards right from Gunton train station) 1pm.
Friday 16 th	Metton Little Fen	Going down the drain	Cromer Train Station 12.10pm, Roughton outside New Inn on A140 Norwich Road 12.35pm, track South from 'The Street' (Metton-Sustead Road) signed "Norfolk Sky Mind / Glen Farm Lorries" 1pm.
Monday 19 th	Holt Hall	"The Holly and the Ivy..."	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 22 nd	** NO TASK **	*** NO TASK ***	*** NO TASK *** Christmas Shopping.
Friday 23 rd	** NO TASK **	*** NO TASK ***	*** NO TASK *** Christmas Shopping – panic mode.
Monday 26 th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Boxing Day.
Thursday 29 th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Staff holiday.
Friday 30 th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Staff holiday. [First task after New Year is Thursday 5 th January]

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