

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

A map is available showing the meeting points. If you would like a copy, 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 and sturdy shoes or boots. 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

May 2012

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

Date/Time	Site	Activity	Meeting Points
Thursday 3rd	North Walsham Sadler's Wood	Putting up bat boxes and putting down trails	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.
Friday 4th	Blakeney to Morston Walk	Walking the coastal path	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Blakeney Quay Carnser car park 1pm. WC.
Monday 7th	** NO TASK **	** NO TASK **	** NO TASK ** Bank Holiday
Thursday 10th	Roughton Metton Little Fen	Drain-digging, meadow-clearing & bramble bashing	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. (NB: no North Walsham pick up today)
Friday 11th	Sheringham to Weybourne Walk	Parkland and railway ramble	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Sheringham Park National Trust car park 1pm. WC.

North Norfolk Workout Project

May 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Monday 14th	Holt Country Park	Giving bats a boost –with new roosts!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 17th	North Walsham Southrepps Common	Under the Boardwalk	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 18th	Sheringham to Cromer Walk	Oh we do like to (walk) beside the seaside...	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Vincent Road NNDC car park, Sheringham 1pm
Monday 21st	Holt Hall	Walking the (church) walk, and chopping!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm.WC.
Thursday 24th	Walcott The Rookery	Will it be wood, or won't it?	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery, Rookery Farm Road, Walcott 1pm. WC @ The Rookery.
Friday 25th	Mannington Estate Walks	NBIS biodiversity survey	Cromer Train Station 12.10, Sheringham Community Centre (Cromer Road) 12.35pm, Mannington Hall walks visitors' car park 1pm. WC.
Monday 28th	Bayfield Wildflower Centre	Woodland and wildlife habitat enhancement	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.
Thursday 31st	North Walsham Pigneys Wood	Nature Walk and butterfly identification	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, dead end of the old Mundesley Road (start of the Paston Way) 1pm.

Mark Webster

North Norfolk Project Officer

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www.btcv.org/norfolk

Countryside Section, North Norfolk District Council, Holt Road, Cromer, NR27 9EN.

The North Norfolk Workout Project is delivered by conservation volunteering charity BTCV for North Norfolk District Council with additional funding and support from Natural England through Access to Nature as part of the Big Lottery Fund's Changing Spaces Programme, NHS Norfolk and North Norfolk Community Partnership.

