

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 Group

July 2012

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

Date/Time	Site	Activity	Meeting Points
Monday 2 nd	Bayfield Wildflower Centre	Maintaining the wildflower gardens	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.
Friday 6 th	Cromer	A walk along clifftops to Overstrand (and back!)	**No minibus pickups today** Arrive by foot, bike, car or public transport. (Sanders Coaches X44, Sheringham 12.25pm). Meeting point: Cromer Pier, 1pm. (Return: Sanders Coaches No.9, Cromer Bus Station 4.20pm). Bring your own refreshments & waterproofs
Monday 9 th	Salthouse	A walk around the heathland and fields of this coastal village	**NO MINIBUS PICKUPS TODAY** Arrive by foot, bike, car or public transport (Coasthopper, Cromer 12pm, Sheringham 12.15pm) Meeting point: The Dun Cow, Salthouse 1pm (Return: Coasthopper, Salthouse Green 4.05pm) Bring your own refreshments & waterproofs today
Friday 13 th	Lt Walsingham St Seraphim's Church Garden	Clearing the weeds will help this garden to bloom	Cromer Train Station 12.10pm, Little Walsingham COACH park, (Station Road) 1pm. (NB: no Sheringham pick up today)

North Norfolk Workout Group

July 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Monday 16 th	Holt Country Park	Rhododendrons are back and bigger and than before!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Friday 20 th	Sheringham Park	Wherever there are Rhododendrons growing, we shall be there.	**NO MINIBUS PICKUPS TODAY** Arrive by foot, bike, car or public transport (Sanders Coaches No.9, Cromer 12.25pm, Sheringham 12.35pm). Meeting point: Sheringham Park National Trust car park 1pm. (Return: Sanders Coaches No.9, outside Sheringham Park entrance 4.25pm). WC.
Monday 23 rd	Walcott The Rookery	Don your lumberjack shirt, it's wood chucking time!	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery, Rookery Farm Road, Walcott 1pm. WC
Friday 27 th	Holkham Gap	A coastal walk through Holkham woods	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Lady Ann's Drive car park (pay & display, opposite the Victoria Hotel at Holkham) approx. 1.15pm NB Late return to Cromer.
Monday 30 th	North Walsham Southrepps Common	There's some Himalayan Balsam and it must go!	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Social Club car park, Antingham Road, Lower Southrepps 1pm.

Mark Webster
North Norfolk Project Officer
01263 516 336 / 07843 069 567

workout@btcv.org.uk

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.

