

**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**

Minibus transport is available from stated pick-up points ONLY.

**WE PROVIDE**

All tools. 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.



# North Norfolk Workout Group

## September 2012

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

Date/Time	Site	Activity	Meeting Points
Monday 3 <sup>rd</sup>	Holt Hall	(Holt) Hall aboard	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Friday 7 <sup>th</sup>	Sheringham Park	Parklife! Rhodos are a no no!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Sheringham Park National Trust car park 1pm. WC.
Monday 10 <sup>th</sup>	Holt Country Park	Improving habitat for woodland species	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Friday 14 <sup>th</sup>	Morston Quay	Walking the walk, down to Cockthorpe	<b>**NO MINIBUS PICKUPS TODAY**</b> Arrive by foot, bike, car or public transport. (Coasthopper, Cromer 12pm, Sheringham 12.15pm) <b>Meeting Point:</b> Outside information hut, Morston Quay car park 1pm. (Return: Coasthopper, Morston Green 4.20pm) WC. <b>Bring your own refreshments &amp; waterproofs today.</b>

# North Norfolk Workout Group      September 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Monday 17 <sup>th</sup>	<b>Walcott The Rookery</b>	Flying down to the Rookery	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery, Rookery Farm Road, Walcott 1pm. WC.
Friday 21 <sup>st</sup>	<b>Pigney's Wood</b>	Woodland Management Ahoy!	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Monday 24 <sup>th</sup>	<b>Sheringham Patch Project</b>	Digging and delving	<b>**NO MINIBUS PICKUPS TODAY**</b> Arrive by foot, bike, car or public transport. (Sanders Coaches No.9, Cromer 12.25pm) <b>Meeting point:</b> Sheringham High School 1pm. (Return: Coasthopper, Sheringham Railway Station, 4.20pm.) <b>Bring your own refreshments &amp; waterproofs today</b>
Friday 28 <sup>th</sup>	<b>Lt Walsingham St Seraphim's Church Garden</b>	The wonders of weeding Walsingham	Cromer Train Station 12.10pm, Little Walsingham COACH park, (Station Road) 1pm. <b>(NB: no Sheringham pick up today)</b> Join Mark and Fin for ice cream on their last day!

Email us: [nnworkoutgroup@gmail.com](mailto:nnworkoutgroup@gmail.com) Telephone us: 01263 516 336

Write to us: NNWG, c/o Countryside Section, North Norfolk District Council, Holt Road, Cromer, NR27 9EN.

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