

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

PLEASE NOTE LIMITED MINIBUS PICKUPS THIS MONTH

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.

TETANUS

Please ensure that your tetanus inoculation is up to date.



North Norfolk Workout Group

October 2012

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

Date/Time	Site	Activity	Meeting Points
Monday 1 st	Holt Country Park	Seeing the woods for the trees!	*NO MINIBUS PICKUPS TODAY** Sanders No.5, Cromer 11.55am, Sheringham 12.10pm. Get off at Charles Road, Holt. NB: 10 minute walk to Meeting Point: Holt Country Park Visitor Centre 1pm. WC. Return: Sanders No.5, Charles Road, Holt 4.40pm. Bring your own refreshments and waterproofs today.
Friday 5 th	Sheringham Park	Rhododendron bashing! On the level this time.	*NO MINIBUS PICKUPS TODAY** Sanders No.9, Cromer 12.25pm, Sheringham 12.35pm. Meeting point: Sheringham Park National Trust car park 1pm. WC. Return: Sanders No.9, outside Sheringham Park entrance 4.25pm. Bring your own refreshments and waterproofs today.
Monday 8 th	Holt Country Park	Wood you believe it? Woodland management	*NO MINIBUS PICKUPS TODAY** Sanders No.5, Cromer 11.55am, Sheringham 12.10pm. Get off at Charles Road, Holt. NB: 10 minute walk to Meeting Point: Holt Country Park Visitor Centre 1pm. WC. Return: Sanders No.5, Charles Road, Holt 4.40pm. Bring your own refreshments and waterproofs today.
Friday 12 th	Holt Hall	When the leaves start to fall, it's off to Holt Hall	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre, 1pm. WC.

North Norfolk Workout Group

October 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Monday 15 th	Holt Country Park	When you go down to the woods today...	**NO MINIBUS PICKUPS TODAY** Sanders No.5, Cromer 11.50am, Sheringham 12.10pm. Get off at Charles Road, Holt. NB: 10 minute walk to Meeting Point: Holt Country Park Visitor Centre 1pm. WC. Return: Sanders No.5, Charles Road, Holt 4.40pm. Bring your own refreshments and waterproofs today.
Friday 19 th	North Walsham to Bryant's Heath Walk	A Walsham woodland wander (4 ½ miles)	**NO MINIBUS PICKUPS TODAY** Arrive by foot, bike, car or public transport Meeting Point: North Walsham Train Station 1.15pm. NB: Later Start. Bring your own refreshments and waterproofs today.
Monday 22 nd	Holt Day Services, Charles Road	Lending a horticultural hand	**NO MINIBUS PICKUPS TODAY** Sanders No.5, Cromer 11.55am, Sheringham 12.10pm Meeting Point: Holt Day Services, Charles Road 1pm. WC. Return: Sanders No.9, Coronation Road 4.10pm Bring your own refreshments and waterproofs today.
Friday 26 th	Cromer to West Runton Walk	An autumnal ramble to Runton (4 miles)	**NO MINIBUS PICKUPS TODAY** Arrive by foot, bike, car or public transport Meeting Point: Cromer Train Station 1pm. Bring your own refreshments and waterproofs today.
Monday 29 th	Holt Hall	It's (Holt) Hall good fun!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre, 1pm. WC.

Email us: nnworkoutgroup@gmail.com Telephone us: 07943 703919 Visit us: <http://groups.tcv.org.uk/northnorfolkworkoutgroup/>

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

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