




Date/Time	Site	Activity	Meeting Points
Friday 2 <sup>nd</sup>	<b>Walcott The Rookery</b>	Chuck, stack, don't bend your back!	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery, Rookery Farm Road, Walcott 1pm. WC. <b>Bring your own refreshments &amp; waterproofs today</b>
Monday 5 <sup>th</sup>	<b>Holt Country Park</b>	Woodland work under autumn sunshine	Sanders No.5, Cromer 11.55am, Sheringham 12.10pm. Get off at Charles Road, Holt. <b>NB:</b> 10 minute walk to <b>Meeting Point:</b> Holt Country Park Visitor Centre 1pm. WC. <b>Return:</b> Sanders No.5, Charles Road, Holt 4.40pm.
Friday 9 <sup>th</sup>	<b>West Runton Common</b>	With hay, ho, the wind and the rain won't stop us raking the meadow again	Sanders No.44a, Cromer 12.40pm. Coasthopper, Sheringham 12.35pm <b>Meeting Point:</b> Informal car park on Station Road just south of railway bridge signposted 'The Common' 1pm. <b>Return:</b> Sanders No.5, 4.10pm (for Cromer), Sanders X44, 4.05pm (for Sheringham). <b>Bring your own refreshments &amp; waterproofs today</b>
Monday 12 <sup>th</sup>	<b>Holt Hall</b>	If you go down to the woods today, you're sure of some exercise	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre, 1pm. WC. <b>Bring your own refreshments &amp; waterproofs today</b>
Friday 16 <sup>th</sup>	<b>Sheringham Patch Project</b>	It's harvest time and we reap what we sow...	Sanders Coaches No.9, Cromer 12.25pm <b>Meeting point:</b> Sheringham High School 1pm. <b>Return:</b> Sanders No.44, Sheringham Railway Station, 4.25pm. <b>Bring your own refreshments &amp; waterproofs today</b>
Monday 19 <sup>th</sup>	<b>Holt Country Park</b>	Planting trees among the leaves, the sky awash with gold	Sanders No.5, Cromer 11.55am, Sheringham 12.10pm. Get off at Charles Road, Holt. <b>NB:</b> 10 minute walk to <b>Meeting Point:</b> Holt Country Park Visitor Centre 1pm. WC. <b>Return:</b> Sanders No.5, Charles Road, Holt 4.40pm
Friday 23 <sup>rd</sup>	<b>Overstrand Circular Walk</b>	Bracing, breezy and beautiful, join us for a stroll (5 miles)	Sanders No.5, Sheringham 12pm, Cromer 12.25pm. <b>Meeting Point:</b> Outside Post Office, Overstrand 12.45pm. <b>Return:</b> Sanders No.5, opp. Post Office, Overstrand 3.45pm. <b>Please note earlier start &amp; finish. Bring your own refreshments &amp; waterproofs today</b>
Monday 26 <sup>th</sup>	<b>Holt Hall</b>	Hall help us tackle those Rhodos?	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre, 1pm. WC. <b>Bring your own refreshments &amp; waterproofs today</b>
Friday 30 <sup>th</sup>	<b>North Walsham Sadlers Wood</b>	Saddle up for some habitat management!	Sanders No.4, Cromer 11.50am. <b>Meeting Point:</b> Eastern end of Nelson Road, North Walsham 1pm. <b>Return:</b> Sanders No.33, Market Place, North Walsham 4.10pm. <b>Bring your own refreshments &amp; waterproofs today</b>

Date/Time	Site	Activity	Meeting Points
Monday 3 <sup>rd</sup>	Holt Country Park	Festive capers in the garden of earthly delights	Sanders No.5, Cromer 11.55am, Sheringham 12.10pm. Get off at Charles Road, Holt. <b>NB:</b> 10 minute walk to <b>Meeting Point:</b> Holt Country Park Visitor Centre 1pm. WC. <b>Return:</b> Sanders No.5, Charles Road, Holt 4.40pm
Friday 7 <sup>th</sup>	Walcott The Rookery	We're all lumberjacks and we don't care, we chuck wood here, stack some there	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery, Rookery Farm Road, Walcott 1pm. WC. <b>Bring your own refreshments &amp; waterproofs today</b>
Monday 10 <sup>th</sup>	Holt Country Park	Of all the trees in the greenwood...Woodland management	Sanders No.5, Cromer 11.55am, Sheringham 12.10pm. Get off at Charles Road, Holt. <b>NB:</b> 10 minute walk to <b>Meeting Point:</b> Holt Country Park Visitor Centre 1pm. WC. <b>Return:</b> Sanders No.5, Charles Road, Holt 4.40pm
Friday 14 <sup>th</sup>	Upper Sheringham to Weybourne Walk	Winter walk to Weybourne (4 ½ miles)	Sanders No.5, Cromer 11.55am, Sheringham 12.10pm. <b>Meeting Point:</b> Outside the church, Upper Sheringham 12.20pm. <b>Return:</b> Sanders No.9, opp. Church, Upper Sheringham 3.25pm. <b>Please note early start &amp; finish. Bring your own refreshments &amp; waterproofs today</b>
Monday 17 <sup>th</sup>	Holt Hall	Deck the (Holt) Hall with boughs of Rhododendron	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre, 1pm. WC. <b>Bring your own refreshments &amp; waterproofs today</b>
			<b>** Merry Christmas from the North Norfolk Workout Group! See you in the New Year **</b>

## BOOKING

You don't have to book, but it helps if you contact us before a task to let us know you're coming. Please note limited bus pickups during Nov & Dec.

## MEETING POINTS

Please try and arrive at the meeting points early as we often work away from these and could be hard to find.

## 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.

## CONTACT US

Email: [nnworkoutgroup@gmail.com](mailto:nnworkoutgroup@gmail.com)

Telephone: **07943 703919**

Visit: [www.northnorfolkworkoutgroup.org](http://www.northnorfolkworkoutgroup.org)

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