

Date/Time	Site	Activity	Meeting Points
Monday 1 <sup>st</sup>	<b>Aylsham &amp; Blickling Hall Walk</b>	"Behold! That walking does for me: the senses heightened, mind of glee." (6 miles)	Sanders X41, Cromer 11.25am. Sanders No.18, North Walsham 11.20am. <b>Meeting point:</b> Market Place, Aylsham 12.00pm. <b>Return:</b> Sanders X44, Market Place, Aylsham 3.35pm, for Cromer. Sanders No.18, Market Place, Aylsham 3.40pm, for North Walsham. <b>Please note earlier start. Bring your own refreshments today</b>
Friday 5 <sup>th</sup>	<b>Walcott The Rookery</b>	"Else may the silent feet, like logs of wood, move up and down, and see no good nor joy nor glory meet."	<b>MINIBUS AVAILABLE</b> Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery, Rookery Farm Road, Walcott 1pm. WC.
Monday 8 <sup>th</sup>	<b>Holt Country Park</b>	"By the sacred grove, where the waters flow. We will come and go, in the forest."	Sanders No.9, Cromer 11.15am, Sheringham 11.30am. Get off at Charles Road, Holt. 10 minute walk to <b>meeting point:</b> Holt Country Park Visitor Centre 12.30pm. WC. <b>Return:</b> Sanders No.9, Charles Road, Holt 4.05pm. <b>Please note earlier start</b>
Friday 12 <sup>th</sup>	<b>Sheringham Park</b>	Join in with the Big Rhodie Bash! (An NNNSI & NT event)	Sanders No.9, Cromer 12.15pm, Sheringham 12.30pm. <b>Meeting point:</b> Sheringham Park National Trust car park 1pm. WC. <b>Return:</b> Sanders No.9, outside Sheringham Park entrance 4.20pm. <b>Bring your own refreshments today</b>
Monday 15 <sup>th</sup>	<b>Salthouse Heath</b>	"No time to stand beneath the boughs and stare as long as sheep or cows" Heathland work	Coasthopper, Cromer 11.45am, Sheringham 12.15pm. Get off at Salthouse. 10 minute walk to <b>meeting point:</b> Bard Hill road car park, Salthouse Heath 1pm. <b>Return:</b> Coasthopper, Salthouse 4.40pm. <b>Bring your own refreshments today</b>
Friday 19 <sup>th</sup>	<b>Sheringham Pretty Corner</b>	"We're so Pretty, oh so Pretty... (Corner)!" Habitat improvement	Sanders No.5, Cromer 11.50am. Get off at Holway Road, Sheringham. 10 minute walk to <b>meeting point:</b> Pretty Corner car park (Holway Road) 12.30pm. <b>Return:</b> Sanders No.5, opp Cooper Road, 4.00pm. <b>Please note earlier start</b>
Monday 22 <sup>nd</sup>	<b>Holt Country Park</b>	"It gives me a sense of enormous wellbeing – (Holt Country) Parklife!"	Sanders No.9, Cromer 11.15am, Sheringham 11.30am. Get off at Charles Road, Holt. 10 minute walk to <b>meeting point:</b> Holt Country Park Visitor Centre 12.30pm. WC. <b>Return:</b> Sanders No.9, Charles Road, Holt 4.05pm <b>Please note earlier start</b>
Friday 26 <sup>th</sup>	<b>North Walsham Pigney's Wood</b>	Walk & Butterfly survey & OPAL Tree Health survey!	Sanders No.5, Cromer 12.20pm. <b>Meeting point:</b> Junction of Lyngate Road/Harvey Drive, North Walsham 1pm. <b>Return:</b> Sanders No.5, opp Harvey Drive, North Walsham 4.15pm. <b>Bring your own refreshments today</b>
Monday 29 <sup>th</sup>	<b>**NO TASK**</b>	<b>**NO TASK**</b>	<b>**NO TASK - volunteers day off – enjoy!</b>

**Please note: all bus times are correct at the time of printing but it is always advisable to check the relevant timetables in advance of any task in case of any change**

Date/Time	Site	Activity	Meeting Points
Friday 2 <sup>nd</sup>	<b>West Runton Common</b>	"When sunshine comes your way, it's time to make some hay!"	Konectbus No.2, Cromer 12.35pm. Sanders X44, Sheringham 12.30pm. <b>Meeting point:</b> Informal car park on Station Road just south of railway bridge signposted 'The Common' 1pm. <b>Return:</b> Sanders X44, opp Post Office (for Cromer) adj Post Office (for Sheringham) West Runton 4.05pm. <b>Bring your own refreshments today</b>
Monday 5 <sup>th</sup>	<b>Roughton Circular Walk</b>	"To walk abroad is, not with eyes, but thoughts, the fields to see and prize" (5 ¾ miles)	Sanders X44, Cromer 11.45am. Sanders No.4, North Walsham 11.45am. <b>Meeting point:</b> outside New Inn, Roughton 12.00pm. <b>Return:</b> Sanders X44, adj. New Inn, 3.50pm for Cromer. Sanders No.4, opp. New Inn, 3.55pm for North Walsham. <b>Please note earlier start. Bring your own refreshments today</b>
Friday 9 <sup>th</sup>	<b>Cromer Station Woods</b>	"No time to see, when woods we pass, where squirrels hide their nuts in grass." Woodland work	Sanders X44, Sheringham 12pm, Cromer 12.15pm. Get off at Suffield Park. 5 minute walk to <b>meeting point:</b> Bottom end of Highview Park, Cromer 12.30pm. <b>Return:</b> Sanders X44, Suffield Park 3.55pm. <b>Please note earlier start</b>
Monday 12 <sup>th</sup>	<b>Salthouse Heath</b>	"All I need is somewhere I can feel the grass beneath my feet, a walk on sand..." Heathland management	Coasthopper, Cromer 11.45am, Sheringham 12.15pm. Get off at Salthouse. 10 minute walk to <b>meeting point:</b> Bard Hill road car park, Salthouse Heath 1pm. <b>Return:</b> Coasthopper, Salthouse 4.40pm. <b>Bring your own refreshments today</b>
Friday 16 <sup>th</sup>	<b>Cromer &amp; West Runton Circular Walk</b>	"Never learned to swim, can't grow a beard or even fight. But we didn't lie about being the outdoor type!" (4 ½ miles)	Greater Anglia train, Sheringham 12.45pm <b>Meeting point:</b> Cromer train station, 1pm. <b>Return:</b> Sanders X44, 4.30pm. <b>Bring your own refreshments today</b>
Monday 19 <sup>th</sup>	<b>**NO TASK**</b>	<b>**NO TASK**</b>	<b>**NO TASK - volunteers day off – enjoy!</b>
Friday 23 <sup>rd</sup>	<b>Sheringham Pretty Corner</b>	Rhodio, Rhodio, where for art thou, Rhodio?	Sanders No.5, Cromer 11.50am. Get off at Holway Road, Sheringham. 10 minute walk to <b>meeting point:</b> Pretty Corner car park (Holway Road) 12.30pm. <b>Return:</b> Sanders No.5, opp Cooper Road, 4.00pm. <b>Please note earlier start</b>
Monday 26 <sup>th</sup>	<b>**NO TASK**</b>	<b>**NO TASK**</b>	<b>**NO TASK – summer bank holiday**</b>
Friday 30 <sup>th</sup>	<b>North Walsham Sadler's Wood</b>	Saddle up! It's treesy-peasey...	Sanders No.4, Cromer 11.45am. <b>Meeting Point:</b> Eastern end of Nelson Road, North Walsham 12.30pm. <b>Return:</b> Sanders No.4, adj Post Office, North Walsham 4.05pm. <b>Please note earlier start</b>

## MEETING POINTS

Please try and arrive at the meeting points early as we often work away from these and could be hard to find. Maps with route to meeting points from bus stops are available on request.

## WE PROVIDE

All tools. If a site has toilets this is indicated by 'WC'. At some sites tea/coffee is provided.

## PLEASE WEAR

Old clothes, sturdy shoes or boots & waterproofs.

## 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.**