

West Norfolk Walking for Health

Schedule of Free Walks Winter/Spring 2019

Your legs were made for walking, a natural exercise that can keep you healthier, live longer – and put a smile on your face!



“The Granary or Bankhouse for coffee?”



*

*** WEST ***
*** NORFOLK ***
*** WINS! ***

To start supporting visit:
www.westnorfolkwins.co.uk
and search for: *Walking For Health*

60p from EVERY £1 ticket goes direct to local good causes.

Your support will make a real and lasting difference to local community groups.

*As well as doing something great for your local community, you yourself get the chance to **win £25,000** everyweek!*

PLUS! **Special Christmas Draw!**
Win one of 4 magnificent hampers from the Norfolk Deli, full of local produce, sponsored by Your Local Paper.

Sign up by 8th December to be included in our special prize draw



*Supporters must be 16years of age or older *See website for terms and conditions*

West Norfolk Walking for Health
Registered Charity No. 1170052

December 2018

Welcome to this, our eighth, programme of walks designed to contribute positively to your health, both physical and mental.

Finance. At the moment, our finances seem good despite the loss of support from the County and Borough Councils. We have been prudent with our expenditure so far and, thanks to many of you, we are successfully raising money ourselves. There are collection boxes on most of our walks but, while every little helps, we emphasise that the walks will **continue to be free**, so there is no pressure to donate. Quite a few have committed to the Local Lottery in our name (see opposite page for details, including the Special Xmas Draw!) Income continues to be raised through the refreshments supplied by Josie Allan and her helpers on some Monday & Friday walks, for which many thanks. Sue Reay and friends raised over £180 at a Coffee Morning (some coffee!), and the Summer BBQ was very successful – and enjoyable!

Thanks are of course due to all of our Volunteer Walk Leaders, without whom this Programme could not function. Why not become a **Walk Leader** yourself? We are stretched at times to meet the needs of the programme, particularly on Tuesdays, Wednesdays and Thursdays. Common sense is the main requirement, appropriate training will be given and you can offer as many or as few days as you want. If interested, please contact John Priddle to find out more.

If you have any suggestions, or questions about anything to do with our work, we are ready to listen and would welcome your input.

Charity Trustees:

David Mace (Chairman & Secretary) Sue Collier (Treasurer)

Lyn Barker

Mick Donoghue

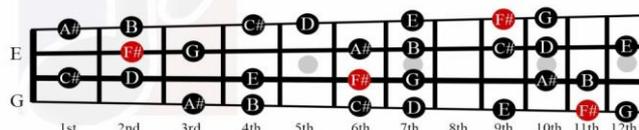
Coming Up!



F# Spanish Gypsy

Soprano, Concert & Tenor
Ukulele Fretboard Chart

www.MusicMotivated.com



Ukelele Concert with the FLUKES orchestra (and chorus?)

23rd February 2019 at 3pm.

Tickets only **£5**, to include refreshments.

At; Masonic Centre, 9 Hamburg Way, Kings Lynn PE30 2ND

Why Walk?

Regular walking is proven to;

Help your heart and lungs work better
Lower your blood pressure
Aid weight control
Keep your joints, muscles and bones strong
& Lighten your mood



Plus, of course, you can enjoy the fresh air and varied Norfolk landscape!

Short Walks for beginners * Trained Walk Leaders

Good Company * Safe & interesting routes

Our Health walks are free and there is no need to book. Walk leaders with appropriate training and knowledge of the route guide at the front and also bring up the rear. On popular walks there may also be leader(s) in the middle.

Please arrive in good time for the walk, with clothing and footwear appropriate for the weather conditions. Other than Grade 1 walks, puddles and muddy ground can be met most of the year in Norfolk! Carry some water in hot weather, and on longer walks.

All walk locations have car parking at or nearby. After a walk, many go for refreshments together. References to buses have been dropped after the cessation of many services, alas. Car sharing does take place and is to be encouraged.

Whilst anyone can join us, those under 18 years must be with a Responsible Adult and those in need of a Carer must be accompanied by that carer.

Dogs are allowed on most walks, kept on a lead (not extendable). Owners must complete a Dog Disclaimer form and, of course, bring and use poop bags.

Walks are graded to suit varying fitness levels, as below. New walkers must complete a short health questionnaire (allow time for this on your first walk). Please do try a lower grade walk(s) before attempting a Grade 3 for the first time.

Starter See next page.

Grade 1 Short, slower walks for those returning to fitness. From 1 to 2 miles, 30-50 minutes, mainly on flat, firm surfaces.

Grade 2 From 2 to under 3 miles, up to 1hr. Some have slopes, soft ground and gates/stiles. Ideal for those improving their fitness.

Grade 3 Slightly longer walks usually around 3 miles but could be up to 4 miles and 1 ½ hours, and at a faster pace for the reasonably fit. Slopes and surfaces may be more challenging.

You should walk a little quicker than normal, getting warmer and with a faster pulse, while still being able to talk naturally. People have their own level of fitness, so a large group may break into smaller clusters; but you will never walk alone, unless by choice. One of the Walk Leaders will always be at the rear.

N.B. Leaders are there to assist and guide but you are responsible for your own health and safety!

Complete Beginner Walks (for the Less Physically Able)

No excuses! These walks are on flat even ground, at a gentle pace and with appropriate stops. Bring your sticks, your wheeled frame or even carry your Oxygen cylinder!. Optional refreshments available at the end, or possibly during the walk. All start at **10:30am**

Date	Meeting Point	Grade	Information
Wed 9 th Jan	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 16 th Jan	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 23 rd Jan	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 30 th Jan	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 6 th Feb	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 13 th Feb	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 20 th Feb	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 27 th Feb	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 6 th March	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 13 th March	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 20 th March	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 27 th March	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 3 rd April	The Walks main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 10 th April	Sandringham Visitor Centre Car Park PE35 6EH	Starter	Woodland paths. Flat surfaces
Wed 17 th April	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 24 th April	Hunstanton Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.

Worried that you still will not be able to cope? It's unlikely, and there is only one way to find out. Come along and try one! The worst that can happen is that you end up sitting and having your coffee before everyone else. The best is that you get exercise in the fresh air, in good surroundings, meet other people in a similar situation, and feel better for it!

Kings Lynn and Northern Area Walks

All walks start at 10:30am unless otherwise stated

PopUp cafe means that volunteers will be offering refreshments (tea/coffee and cakes/savouries)

Date	Meeting Point/Walk	Miles/Grade	Information
Tues 1st Jan New Year	Hunstanton near Lighthouse PE36 6EL 2 walks offered	3.5m/G3 Easy	Town, Lovers Lane, Gardens OR Cliff-top and Promenade PopUp
Fri 4 th Jan	Leziate Village Hall PE32 1EN	2.7m/G2	Around the main lake. Woods paths and tracks PopUp
Mon 7 th Jan	Castle Acre Castle Car Park, Pye's Lane PE32 2XB	2.8/G3	Paths, riverside, lanes. Can be damp. River, Castle and Priory views. PopUp
Fri 11 th Jan	Wolferton Social Club , PE31 6HA	2.6m/G2	Woods, boardwalk & road. Some steepish slopes PopUp
Mon 14 th Jan	Little Massingham , St Andrews Church, Church Lane. PE32 2JT	3.5m/G3	Country lanes, tracks and fields. PopUp
Tue 15 th Jan 2pm	Roydon Common/Grimston Warren On right, 1km from Knights Hill OS 681230	2.8m/G3	Footpaths through heather heathland. 2 stiles but they can be avoided. No roads.
Fri 18 th Jan	Nth Wootton , nr Tesco, St Augustine's Way. PE30 3TE	2.8m/G2	Woodland paths, pavements. 2 stiles that can be avoided.
Mon 21 st Jan	Thornham Village Hall Main Rd PE36 6LZ	3m/G3	Permissive field, Coastal Path and village street. PopUp
Fri 25 th Jan	Bircham Windmill Gt Bircham PE31 6SJ	G2	Tracks, paths, country lane. PopUp
Mon 28 th Jan	Dersingham Heath Coach & Horses PH, Manor Rd PE31 6LN	3.3m/G3	Heath, woods & minor roads.
Fri 1 st Feb	Sandringham Visitor Centre Car Park PE35 6EH	2.8/G2	Woodland tracks and paths.
Mon 4 th Feb	Great Massingham The Green PE32 2HN	2.9m/G2	Roads, track and fields. PopUp
Fri 8 th Feb	Castle Rising Black Horse Inn PE31 6AG	2.4m/G2	Tracks, paths and country lanes.
Mon 11 th Feb	Holme White Horse Pub PE36 6LH	3.2m/G3	Holme Dunes via path and beach
Tues 12 th Feb 2pm	Snettisham beach RSPB car park PE31 7RA OS 652330	3m/G2	Paths, tracks, sea wall. Water birds.
Fri 15 th Feb	Hunstanton Community Centre PE36 5BW	3m/G3	Streets, field tracks, Lovers Lane. PopUp
Mon 18 th Feb	Burnham Overy Staithe Harbour PE31 8JE	3.5m/G3	Coastal path, tracks & fields. PopUp OR
	Congham The Anvil Inn, PE32 1DU	2.7m/G2	Track, paths, woods and road.
Fri 22 nd Feb	Snettisham Woods Meet at Village Hall, Old Church Road. PE31 7LX	2.8m/G3	Woodland paths. One long slope
Mon 25 th Feb	Roydon Common East Playing Field car park PE32 1BP OS 701229	2.8m/G2	Tracks and paths through grassland & trees. PopUp
Fri 1 st Mar	Reffley Woods Community Hall PE30 3SF	2.6m/G2	Woodland walk. Damp in places.
Mon 4 th Mar	Grimston , opposite Low Rd, PE32 1AF	3.5m/G3	Farm & woodland tracks, country lanes. PopUp
Fri 8 th Mar	Leziate Village Hall PE32 1EN	3m/G3	Main lake. Field paths and tracks PopUp
Mon 11 th Mar	Snettisham beach (North) RSPB car park PE31 7RA OS 652330	3m/G2	Heading north into the coastal nature park and return along the shore. PopUp
Fri 15 th Mar	Hunstanton near Lighthouse PE36 6EL	3.5m/G3	Paths, dunes and beach
Mon 18 th Mar	KL Ferry Corn Exchange PE30 1JW	G2	Roads, paths. Riverside. Good views of KL waterfront. £1.20 for ferry! OR
	East Rudham , The Green PE31 8RD	3.3m/G3	Tracks, fields and village road. PopUp
Tue 19 th Mar 2pm	Sandringham Visitor Centre Car Park PE35 6EH	2.8m/G2	Woodland tracks and paths.
Fri 22 nd Mar	West Acre Church PE32 1TR	G2	Tracks, roads, woods, fields. Can be muddy! PopUp

Date	Meeting Point/Walk	Miles/Grade	Information
Mon 25 th Mar	Snettisham-Eaton Village Hall, Old Church Road. PE31 7LX	3.8m/G3	Footpaths to Eaton hamlet and return. Good views.
Fri 29 th Mar	Dersingham Fen Coach & Horses PH, Manor Rd PE31 6LN	3.3m/G3	Fen, heath, woods & minor roads.
Mon 1 st Apr	Gaywood Community Centre PE30 4EL	2.8m/G2	Foot and cycle paths, playing field, river bank. NEW
	North Creake Abbey NR21 9LF	3.2m/G3	OR Fields, tracks and village lanes
Fri 5 th Apr	Roydon Common/Grimston Warren On right, 1km from Knights Hill OS 681230	2.8m/G3	Footpaths through heather heathland. 2 stiles, but can be avoided. PopUp
Mon 8 th Apr	Brancaster Staithe Quay PE31 8BW	3.3m/G3	Up to and around Barrow Common. Great views. Return via Coastal Path
Fri 12 th Apr	Snettisham Mill Meet at Village Hall, Old Church Road. PE31 7LX	3m/G3	Farm, footpaths & village streets
Mon 15 th Apr	Hunstanton near Lighthouse PE36 6EL	3.5m/G3	Paths, dunes and beach.
Tue 16 th Apr 2pm	Leziate Village Hall PE32 1EN	3.2m/G3	Woods and main lake. Paths and tracks
Fri 19 th Apr (Easter)	Sandringham Visitor Centre Car Park PE35 6EH	2.8m/G2	Woodland tracks and paths.
Mon 22 nd Apr (Easter)	Burnham Thorpe Village Hall PE31 8HS	3m/G3	Fields, tracks and village paths PopUp OR
	Grimston Woods , near Low Rd, PE32 1AF	2.8m/G2	Interesting route through woods, no roads.
Fri 26 th Apr	Leziate Village Hall PE32 1EN	3m/G3	Eastern lake. Paths, tracks, woods, bluebells. PopUp
Mon 29 th Apr	Ringstead Courtyard Farm , on left 1 mile along Burnham Rd, nearest PE36 5LQ	3.8m/G3	Fields, tracks and minor road. Good views, possibly cowslips. Easter Monday PopUp

Walk and Talk

Arranged in collaboration with Norfolk Library Service. These are relatively easy walks, adjusted depending on who turns up! Tea or Coffee, with hopefully a biscuit, provided in the Library afterwards. Do chat on the walk and afterwards, about anything you like! **All start at 2:00pm NB New Time!**

Tue 8 th Jan	Hunstanton Library PE36 5AL (Bus Station) Repeated 2nd Tuesdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thur 17 th Jan	Dersingham Library , Chapel Rd PE31 6PN Repeated 3rd Thursdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 12 th Feb	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thur 21 st Feb	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 12 th March	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thur 21 st March	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 9 th April	Hunstanton Library Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thur 18 th April	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.

Downham Market and Southern Area Walks

Date	Meeting Point/Walk	Grade	Information
Wed 2 nd Jan 2pm	Downham Market Playing Field , Lynn Rd	2	Footpaths, lanes and track.
Th 3 rd Jan 10am	Wiggenhall St Mary Meet at St Germans Village Hall, PE34 3DZ	3	Paths, tracks, road & river bank.
Wed 9 th Jan 2pm	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and lanes. Can be muddy
Th 10 th Jan 10am	Wretton Common , Meet at far end of School Rd, Stoke Ferry	2	River bank, paths and lane
Wed 16 th Jan 2pm	Downham Market Methodist Church Paradise Rd PE38 9JE	2	Lanes, track and riverbank
Th 17 th Jan 10am	Southery Old White Bell, 20 Uppgate St	3	Fields, paths and pavements.
Wed 23 rd Jan 2pm	Downham Market Leisure Centre , Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Th 24 th Jan 10am	Upwell St Peters Church, PE14 9AA	2	Footpaths lanes and roads.
Wed 30 th Jan 2 pm	Downham Market Library The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Th 31 st Jan 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 6 th Feb 2pm	Downham Market Playing Field , Lynn Rd	2	Footpaths, lanes and track.
Th 7 th Feb 10am	Shouldham Warren OS RF679104	2	Woodland tracks
Wed 13 th Feb 2pm	Wiggenhall St Mary Meet at St Germans Village Hall, PE34 3DZ	3	Paths, tracks, road & river bank.
Th 14 th Feb 10am	Wimbotsham The Chequers PH, PE34 3QG	2	Track, lanes and road.
Wed 20 th Feb 2pm	Downham Market Methodist Church Paradise Rd PE38 9JE	2	Lanes, track and riverbank
Th 21 st Feb 10am	Beachamwell Village Hall, Old Hall Rd	3	Road, track and paths. Some stiles.
Wed 27 th Feb 2pm	Downham Market Leisure Centre , Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Th 28 th Feb 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 6 th Mar 2pm	Downham Market Library The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Th 7 th Mar 10am	Marham Fen Use Lay-by at bottom of Collin's Lane, Marham Rd. 729107	2	Paths, track and woods.
Wed 13 th Mar 2pm	Downham Market Playing Field , Lynn Rd	2	Footpaths, lanes and track.
Th 14 th Mar 10am	Oxborough Village Hall, PE33 9PS	3	Paths, lanes. Three stiles.
Wed 20 th Mar 2pm	Shouldham Warren OS RF679104	2	Woodland tracks
Th 21 st Mar 10am	St Germans Village Hall PE34 3DZ	2	River bank, footpaths and lane to Wiggenhall St Peters.

Date	Meeting Point/Walk	Grade	Information
Wed 27 th Mar 2 pm	Downham Market Methodist Church Paradise Rd PE38 9JE	2	Lanes, track and riverbank
Th 28 th Mar 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall
Wed 3 rd Apr 2pm	Downham Market Leisure Centre , Bexwell Rd PE38 9LL	3	Lanes, tracks and footpaths
Th 4 th Apr 10am	Magdalen car park, Station RD, south side of bridge OS603113	3	Footpaths and Roads.
Wed 10 th Apr 2pm	Downham Market Library The Priory Centre (Tesco) PE38 9JS	2	Walk to Denver, have a cuppa (extra ½ hour) and return
Th 11 th Apr 10am	Denver Mill , 99 Sluice Rd, Denver PE38 0EG	2	Road, tracks and footpaths.
Wed 17 th Apr 2pm	Southery Old White Bell, 20 Uppgate St	3	Fields, paths and pavements.
Th 18 th Apr 10am	Wiggenhall St Mary St Germans Village Hall, PE34 3DZ	3	Paths, tracks, road & river bank.
Wed 24 th Apr 2pm	Downham Market Playing Field , Lynn Rd	2	Footpaths, lanes and track.
Th 25 th Apr 10am	Hilgay Corner of East End Rd & Bridge St	3	Footpaths and Roads. Coffee & Cake in Village Hall



Feel like extending your abilities on more challenging walks? The “Sunday Strollers” are an informal group who arrange longer walks, of about 2 hours, in attractive scenery, on the 1st Sunday in the month, usually starting at 10:30am. If you are interested, contact Josie on 07722195408 or John 07850914086. Please note these walks are NOT covered by our scheme.

Nordic Walking

On some dates and at suitable locations, John Priddle will be leading a small group of Nordic Walkers. NOT suitable for beginners, participants should have received basic training. If you are interested please contact John on 07850914086.

Alternatively, why not consider joining The Ramblers Association?
Norfolk Ramblers are at www.norfolkra.org.uk or ring 020 7339 8500

This Schedule is available on-line at www.activenorfolk.org/west-norfolk and www.west-norfolk.gov.uk (Health and Wellbeing). Copies can be picked up at most GP Surgeries; Public Libraries in Kings Lynn, Downham Market, Dersingham, & Hunstanton; Tourist Information Centres in Kings Lynn & Hunstanton; Sports Centres; the QE Hospital; or from Walk Leaders.

Contact Details:

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Walk Leader Training & Coordinator: John Priddle tel: 07850914086
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Refreshments & Location Liaison: Josie Allan tel: 07722195408 email: jo.allan58@btinternet.com

Programme Compiler: Mick Donoghue tel: 07857717768 email: mick.donoghues@gmail.com



Up, up and away!

