

# West Norfolk Walking for Health

Schedule of Free Walks

Sept - Dec 2020



*Memories of pre COVID 19.*

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



*September 2020*

***Chairman's Remarks***

*This programme is being published in a shortened form to reflect leader availability.*

*It is hoped that a full programme can be released for January 2020 if it is felt we can resume walking throughout the county.*

*In the meantime it is vital we all adhere to the advice to minimise the risks of spreading the virus. None of us can be happy with the restrictions imposed on us, but already we are seeing the effects they are having: I cannot help thinking of the consequences if they had not been introduced. We all know the benefits of walking so it is to be hoped that everyone has been continuing to get out and about locally, possibly finding new routes.*

*Happy walking!*

*David Mace*

***Vacancies.** Why not become a **Walk Leader**? We are stretched at times to meet the needs of the programme. 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. We would also like to hear from any regular walkers willing to act as a **Mentor** to new walkers, making them feel welcome and included. Leaders cannot do this themselves when walker numbers are as high as recently.*

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

***Following our extended, enforced break it has been decided to issue an advisory 4 month programme but initially only on the website.***  
***Revised lockdown rules from Ramblers will allow up to 30 participants at this point in time BUT this should be in restricted groups of perhaps 5 walkers and a leader with a sensible separation between each group. This will be kept under constant review.***

David Mace Chairman & Secretary

Other Charity Trustees:

Sue Collier Treasurer  
Lyn Barker  
John Priddle  
Simon Tearle

**Our new website is [www.west-norfolk-walking-for-health.org](http://www.west-norfolk-walking-for-health.org)**

# 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!

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**Short Walks for beginners \* Trained Walk Leaders**

**Good Company \* Safe & interesting routes**



## New Walks and Options

We try to maintain interest, and meet differing health needs, by offering a wide variety of walks. Your ideas, suggestions and comments are always welcome.

### NOTES:

#### Castle Rising:

*Parking has now been arranged within the castle carpark. This carpark does not open until 10.00am and parking along the road is not appreciated so please do not arrive before 10.00am. Parking will be **JUST** inside the carpark gate **ON THE LEFT** against the hedge.*

#### Sandringham:

*Because parking charges have been introduced from March 2020 it is proposed that walkers may park at Double Lodge Road – to be confirmed.*

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Organisations with whom we work and liaise.:

Active Norfolk, [www.activenorfolk.org/walking](http://www.activenorfolk.org/walking)

Big C Norfolk Cancer Charity [kingslynncentre@big-c.co.uk](mailto:kingslynncentre@big-c.co.uk)

Breathe Easy, West Norfolk Support Group, [rogersmith56@hotmail.com](mailto:rogersmith56@hotmail.com) 01553 763313

Chatterton House, NHS [jane.robinson@nsft.nhs.uk](mailto:jane.robinson@nsft.nhs.uk)

Diabetes Service, Norfolk Community Health Care, St James Surgery, Kings Lynn PE30 5NU

Libraries, Kings Lynn and Dersingham, [Kerry.Lingwood@norfolk.gov.uk](mailto:Kerry.Lingwood@norfolk.gov.uk)  
Gaywood and Hunstanton, [Helen.Senior@norfolk.gov.uk](mailto:Helen.Senior@norfolk.gov.uk)

LILY [asklily@west-norfolk.gov.uk](mailto:asklily@west-norfolk.gov.uk) 01553 616200

Macmillan Cancer Information & Support QE Hospital [miss@qehkl.nhs.uk](mailto:miss@qehkl.nhs.uk)

Occupational Therapy, Samphire Ward, Chatterton House, [emily.a.dorrington@nsft.nhs.uk](mailto:emily.a.dorrington@nsft.nhs.uk)

Pulmonary Rehabilitation Service [claire.murphy1@boc.com](mailto:claire.murphy1@boc.com)

Ramblers Short Group Walks (South) [lucy.everett@ramblers.org.uk](mailto:lucy.everett@ramblers.org.uk)  
Ramblers Walking for Health [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)

Warm Hearts Kings Lynn Heart Support Group [richardconquest@gmail.com](mailto:richardconquest@gmail.com)

Wellbeing Service Gary Freeman, [josh.elms@wellbeingnandw.co.uk](mailto:josh.elms@wellbeingnandw.co.uk) 07341867105

West Norfolk Deaf Association, [info@wnda.org.uk](mailto:info@wnda.org.uk) 01553 773399

**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 from this issue due to the imminent 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, or complete it online). 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. May 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 2 <sup>nd</sup> Sept	<b>The Walks</b> main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 9 <sup>th</sup> Sept	<b>Sandringham</b> Visitor Centre Car Park PE35 6EH <b>£3 parking fee</b>	Starter	Woodland paths. Flat surfaces.
Wed 16 <sup>th</sup> Sept	<b>LynnSport</b> at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 23 <sup>rd</sup> Sept	<b>Hunstanton</b> Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 30 <sup>th</sup> Sept	<b>A History Walk</b> starting at The Custom House. PE30 1ET.	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 7 <sup>th</sup> Oct	<b>The Walks</b> main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 14 <sup>th</sup> Oct	<b>Sandringham</b> Visitor Centre Car Park PE35 6EH <b>£3 parking fee</b>	Starter	Woodland paths. Flat surfaces.
Wed 21 <sup>st</sup> Oct	<b>LynnSport</b> at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 28 <sup>th</sup> Oct	<b>Hunstanton</b> Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 4 <sup>th</sup> Nov	<b>The Walks</b> main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 11 <sup>th</sup> Nov	<b>Sandringham</b> Visitor Centre Car Park PE35 6EH <b>£3 parking fee</b>	Starter	Woodland paths. Flat surfaces.
Wed 18 <sup>th</sup> Nov	<b>LynnSport</b> at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 25 <sup>th</sup> Nov	<b>Hunstanton</b> Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 2 <sup>nd</sup> Dec	<b>The Walks</b> main entrance, opposite Library PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 9 <sup>th</sup> Dec	<b>Sandringham</b> Visitor Centre Car Park PE35 6EH <b>£3 parking fee</b>	Starter	Woodland paths. Flat surfaces.
Wed 16 <sup>th</sup> Dec	<b>LynnSport</b> at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 23 <sup>rd</sup> Dec	<b>Hunstanton</b> Community Centre PE36 5BW	Starter	Flat even surfaces, paved and grass.
Wed 30 <sup>th</sup> Dec	<b>ALMOST NEW YEAR'S EVE</b>	Starter	<b>HAPPY NEW YEAR TO ONE AN ALL</b>

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!

**As the saying goes "What's not to like?"**

## 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
Fri 4 <sup>th</sup> Sept	<b>Reffley Woods</b> Community Hall <b>PE30 3SF</b>	2.6m/G3	Woodland walk. Damp in places.
Mon 7 <sup>th</sup> Sept	<b>Syderstone</b> , Amy Robsart Hall, <b>PE31 8SD</b>	4m/G3	Footpaths and bridleways.
Fri 11 <sup>th</sup> Sept	<b>Congham</b> The Anvil Inn, <b>PE32 1DU</b>	2.7m/G2	Track, paths, woods and road.
Mon 14 <sup>th</sup> Sept	<b>Burnham Overy Staithe</b> Harbour <b>PE31 8JE</b>	3.5m/G3	Coastal path, tracks & fields.
<b>Tues 15<sup>th</sup> Sept</b> <b>2.00 pm</b>	<b>NO WALK CURRENTLY</b>	2.8m/G2	
Fri 18 <sup>th</sup> Sept	<b>Clenchwarton</b> . Playing Field, Hall Road, <b>PE34 4AJ.</b>	4m/G3	Tracks and country roads
Mon 21 <sup>st</sup> Sept	<b>Walpole St Peter Church</b> , <b>PE14 7NS.</b>	3.2m/G3	Paths, tracks, country lanes
Fri 25 <sup>th</sup> Sept	<b>Hunstanton Lighthouse</b> . <b>PE36 6EL</b>	3.5m/G3	Paths, dunes and beach.
Mon 28 <sup>th</sup> Sept	<b>Snettisham Ken Hill</b> . Meet at Village Hall, Old Church Road. <b>PE31 7LX</b>	3.2m/G3	Woodland, footpaths & village streets. Short incline.
Fri 2 <sup>nd</sup> Oct	<b>KL Ferry</b> Corn Exchange <b>PE30 1JW.</b> <b>Ferry restarted 1<sup>st</sup> Sept 2020</b>	G2	Roads, paths. Riverside. Good views of KL waterfront. <b>£1.20 for ferry – price to be confirmed!</b>
Mon 5 <sup>th</sup> Oct	<b>Holme</b> White Horse Pub <b>PE36 6LH</b>	3.2m/G3	Holme Dunes via path and beach.
Fri 9 <sup>th</sup> Oct	<b>Dersingham Fen</b> , Coach & Horses PH, Manor Rd, <b>PE31 6LN</b>	3.3m/G3	Heath, woods & minor roads.
Mon 12 <sup>th</sup> Oct	<b>Leziate</b> Village Hall <b>PE32 1EN</b>	3.2m/G3	Woods and lakeside, paths and tracks.
Fri 16 <sup>th</sup> Oct	<b>North Wootton</b> , Nr Tesco, St Augustine's Way, <b>PE303TE</b>	2.8m/G2	Woodland paths, pavements. 2 stiles that can be avoided.
Mon 19 <sup>th</sup> Oct	<b>Little Massingham</b> , St Andrews Church, Church Lane. <b>PE32 2JT</b>	3.5m/G2	Country lanes, tracks and fields.
<b>Tues 20<sup>th</sup> Oct</b> <b>2.00 pm</b>	<b>NO WALK CURRENTLY</b>	3.2m/G3	.
Fri 23 <sup>rd</sup> Oct	<b>Wolferton</b> , Social Club, <b>PE31 6HA</b>	2.6m/G2	Woods, boardwalk & road. Some steepish slopes.
Mon 26 <sup>th</sup> Oct	<b>Snettisham Park Farm</b> . Meet at Village Hall, Old Church Road. <b>PE31 7LX</b>	2,9m/G3	Road, track and fields.
Fri 30 <sup>st</sup> Oct	<b>West Acre</b> Church <b>PE32 1TR</b>	G2	Tracks, roads, woods, fields. Can be muddy!
Mon 2 <sup>nd</sup> Nov	<b>Hunstanton</b> Community Centre. <b>PE36 5BW</b>	3m/G3	Streets, field tracks, Lovers Lane.
Fri 6 <sup>th</sup> Nov	<b>Roydon Common</b> . On right, 1km from Knights Hill OS681230	3m/G2	Footpaths through heather heathland. 3 stiles but they can be avoided. No roads.
Mon 9 <sup>th</sup> Nov	<b>Wiggenhall St Mary</b> , St German's Village Hall, <b>PE34 3DZ</b>	3m/G2	Paths, tracks, road and river bank.
Fri 13 <sup>th</sup> Nov	<b>Snettisham Beach South</b> - RSPB car park <b>PE31 7RA (£2 parking fee per car)</b>	3m/G2	Paths, tracks, sea wall. Water birds.
Mon 16 <sup>th</sup> Nov	<b>Snettisham Park Farm</b> . Meet at Village Hall, Old Church Road. <b>PE31 7LX</b>	2.9m/G3	Road, track and fields.
<b>Tues 17<sup>th</sup> Nov</b> <b>2.00 pm</b>	<b>NO WALK CURRENTLY</b>	3m/G2	
Fri 20 <sup>th</sup> Nov	<b>Gaywood</b> Community Centre, <b>PE30 4EL</b>	3m/G2	Foot & cycle paths, pavements, river bank.
Mon 23 <sup>rd</sup> Nov	<b>Dersingham Heath</b> , Coach & Horses PH, Manor Rd, <b>PE31 6LN</b>	3.3m/G3	Heath, woods & minor roads.



Fri 27 <sup>th</sup> Nov	<b>Leziate Village Hall PE32 1EN</b>	3.2m/G3	Woods and lakeside, paths and tracks.
Mon 30 <sup>th</sup> Nov	<b>Brancaster Staithe Quay, PE31 8BW</b>	3.3m/G3	Up to and around Barrow Common. Great views. Return via Coastal Path
Fri 4 <sup>th</sup> Dec	<b>Grimston Woods</b> easterly end of Low Road, <b>PE32 1AF</b>	2.8m/G2	Interesting route through woods, no roads.
Mon 7 <sup>th</sup> Dec	<b>West Acre Church PE32 1TR</b>	G2	Tracks, roads, woods, fields. Can be muddy!
Fri 11 <sup>th</sup> Dec	<b>Shouldham Warren</b> , Warren Road, <b>PE33 0DQ</b>	4m/G2	Woodland tracks.
Mon 14 <sup>th</sup> Dec	<b>Great Massingham The Green PE32 2HN</b>	2.9m/G3	Road, track and fields.
<b>Tues 15<sup>th</sup> Dec 2.00pm</b>	<b>NO WALK CURRENTLY</b>		
Fri 18 <sup>th</sup> Dec	<b>Sandringham Visitor Centre Car Park PE35 6EH – Parking to be confirmed</b>	2,8m/G2	Woodland tracks and paths.
Mon 21 <sup>st</sup> Dec	<b>Snettisham Mill.</b> Meet at Village Hall, Old Church Road. <b>PE31 7LX</b>	2,9m/G3	Road, track and fields.
Fri 25 <sup>th</sup> Dec	<b>HAPPY XMAS TO EVERYONE</b>		
Mon 28 <sup>th</sup> Dec	<b>BOXING DAY – Mystery Walk</b>		<b>HAPPY NEW YEAR TO ONE AN ALL</b>

## 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**

Tues 8 <sup>th</sup> September	<b>Hunstanton Library</b> Westgate, PE36 5AL By Bus Station. <b>Repeated 2<sup>nd</sup> Tuesdays</b>	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Thurs 17 <sup>th</sup> September	<b>Dersingham Library</b> , Chapel Rd PE31 6PN <b>Repeated 3<sup>rd</sup> Thursdays</b>	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Tues 13 <sup>th</sup> October	<b>Hunstanton Library</b> Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Thurs 15 <sup>th</sup> October	<b>Dersingham Library</b> , Chapel Rd PE31 6PN	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Tues 10 <sup>th</sup> November	<b>Hunstanton Library</b> Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Thurs 19 <sup>th</sup> November	<b>Dersingham Library</b> , Chapel Rd PE31 6PN	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles..
Tues 8 <sup>th</sup> December	<b>Hunstanton Library</b> Westgate, PE36 5AL By Bus Station	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.
Thurs 17 <sup>th</sup> Dec	<b>Dersingham Library</b> , Chapel Rd PE31 6PN	G1 or 2	Leisurely <b>Walk &amp; Talk</b> up to 2 miles.



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 07722 195408 or John 07850 914086. Please note these walks are NOT covered by our scheme.

Alternatively, why not consider joining The Ramblers Association?  
Norfolk Ramblers are at [www.norfolkra.org.uk](http://www.norfolkra.org.uk) or ring 020 7339 8500

This Schedule is available on-line at [www.activenorfolk.org/west-norfolk](http://www.activenorfolk.org/west-norfolk) and our new website is [www.west-norfolk-walking-for-health.org](http://www.west-norfolk-walking-for-health.org) .

When normality returns to life this programme will once again be available at most GP Surgeries; Public Libraries in Kings Lynn, Downham Market, Dersingham, and Hunstanton; Tourist Information Centres in Kings Lynn, Downham Market and Hunstanton; the Borough Council Office in Kings Lynn, or from Walk Leaders.

**Contact Details:**

**Main Contact:** David Mace Tel: 01553 773164 Email: [djm13@uwclub.net](mailto:djm13@uwclub.net)

**Walk Coordinator:** John Priddle Tel: 07850 914086

**Refreshments & Location Liaison:** Josie Allan Tel: 07722 195408 Email: [jo.allan58@btinternet.com](mailto:jo.allan58@btinternet.com)

**Programme Compiler:** Simon Tearle Email: [tearle845@btinternet.com](mailto:tearle845@btinternet.com)



*Not only beautiful countryside but wildlife to watch as well.  
Downham Market Walking Group*

