

Short Gentle Walks

Suitable for newcomers and those who feel unable to cope with either the distance or pace of the longer walks. Newcomers will be assessed as they walk and will be advised which walks in the programme will suit them most. These walks are on flat even ground. 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!

Optional refreshments available at the end, or possibly during the walk.

All start at **10:30am**

Date	Meeting Point/Walk	Grade	Information
HAPPY NEW YEAR			
Wed 7 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 14 th Jan	Sandringham –North Car Park PE35 6EH £5 for 2 hours parking	Starter	Woodland paths. Flat surfaces
Wed 21 st Jan	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 28 th Jan	Hunstanton Tesco Car Park PE36 5AR Furthest away from store	Starter	Flat even surfaces, paved and grass. W3W forklift.ringers.licks (Max Stay 3hrs)
Wed 4 th Feb	Gaywood Community Centre PE30 4EL	Starter	Foot and cycle paths, pavement, riverbank. W3W withdraw.winters.importing
Wed 11 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 18 th Feb	Sandringham –North Car Park PE35 6EH £5 for 2 hours parking	Starter	Woodland paths. Flat surfaces W3W - surprises.lads.dictation
Wed 25 th Feb	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 4 th Mar	Hunstanton Tesco Car Park PE36 5AR Furthest away from store	Starter	Flat even surfaces, paved and grass. W3W forklift.ringers.licks (Max Stay 3hrs)
Wed 11 th Mar	Gaywood Community Centre PE30 4EL	Starter	Foot and cycle paths, pavement, riverbank. W3W withdraw.winters.importing
Wed 18 th Mar	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 25 th Mar	Sandringham –North Car Park PE35 6EH £5 for 2 hours parking	Starter	Woodland paths. Flat surfaces W3W - surprises.lads.dictation
Wed 1 st Apr	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 8 th Apr	Hunstanton Tesco Car Park PE36 5AR Furthest away from store	Starter	Flat even surfaces, paved and grass. W3W forklift.ringers.licks (Max Stay 3hrs)
Wed 15 th Apr	Gaywood Community Centre PE30 4EL	Starter	Foot and cycle paths, pavement, riverbank. W3W withdraw.winters.importing
Wed 22 nd Apr	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 29 th Apr	Sandringham –North Car Park PE35 6EH £5 for 2 hours parking	Starter	Woodland paths. Flat surfaces W3W - surprises.lads.dictation

Kings Lynn and Northern Area Walks

All walks **start at 10:30am** unless otherwise stated.

At some meeting points there is a refreshment venue nearby, popular with many of the walkers.

We have also added some "What 3 Words" (W3W) App codes to aid navigation.

Date	Meeting Point/Walk	Miles / Grade	Information
HAPPY NEW YEAR			
Fri 2 nd Jan	Leziate Village Hall PE32 1EN	3.2m/G3	Woods and lakeside, paths and tracks. W3W packets.decoding.hears
Mon 5 th Jan	Ringstead Courtyard Farm On left, 1 mile along Burnham Rd.	3.8m/G2	Fields, tracks and minor road. Good view over the coast. W3W shimmered.multiply.reset
Fri 9 th Jan	Castle Rising Castle car park PE31 6AH	2.4m/G2	Tracks, paths and country lanes. Carpark open at 10am
Mon 12 th Jan	Thornham Church Street PE36 6NJ On junction of Church Street, Ship Lane and The Green.	3m/G3	Permissive field edge, Coastal Path, and village street. High Tide 13:37 W3W progress.dictation.stormy
Fri 16 th Jan	Roydon Village - East Playing Field car park off Chapel Road	2.8m/G2	Tracks and paths through grassland & trees. W3W outs.slot.usual
Mon 19 th Jan	Snettisham beach S , RSPB car park PE31 7RA £4 RSPB parking fee.	3m/G3	Paths, tracks, sea wall. Water birds. W3W eggplants.soggy.poppy High Tide 06:57
Fri 23 rd Jan	Dersingham Heath Cricket Club car park. Track at bottom of Feathers beer garden, Manor Rd.	3.3m/G3	Woodland paths, pavements. 2 stiles that can be avoided. W3W brink.fragment.really
Mon 26 th Jan	Great Massingham , Village Hall, PE32 2HU	2.9m/G2	Roads, tracks and fields. W3W eyebrows.declines.nicer
Fri 30 th Jan	Sandringham – meet at West Park £5 for 2 hours parking fee.	2.8m/G2	Woodland tracks and paths. W3W nickname.spokes.hourglass
Mon 2 nd Feb	Burnham Overy Staith, Harbour PE31 8JE	3.5m/G3	Coastal path, tracks & fields. W3W mimed.shadowed.playing High Tide 07:25
Fri 6 th Feb	Hunstanton, Lighthouse PE36 6EL	3.5m/G3	Paths. Dunes and beach W3W crowns.unafraid.landlady High tide 09:18
Mon 9 th Feb	Wolferton Park at wood storage area 1 st right on bend after Station, past stable yard	2.6m/G3	Woods, boardwalk & road, some steep slopes. W3W headline.packets.crispier
Fri 13 th Feb	Great Massingham , Village Hall, PE32 2HU	2.9m/G2	Roads, tracks and fields. W3W eyebrows.declines.nicer
Mon 16 th Feb	Brancaster Staith Quay PE31 8BW	3.3m/G3	Up to and around Barrow Common. Great views. Return via Coastal Path W3W processor.chill.breakaway. High Tide 06:36
Fri 20 th Feb	North Wootton , Nr Tesco, St Augustine's Way, PE30 3TE	2.8m/G2	Woodland paths, pavements.
Mon 23 rd Feb	West Acre , Church PE32 1TR	3.2m/G2	Tracks, roads, woods, fields. Can be muddy. W3W woven.snowstorm.redefined
Fri 27 th Feb	Holme , Park Piece, Westgate, Holme. Park on grass verge.	3.2m/G3	Holme Dunes via path and beach W3W swing.populate.monitors High Tide 15:20
Mon 2 nd Mar	East Rudham , The Green PE31 8RD	3.5m/G3	Tracks, fields and village road.

Fri 6 th Mar	Dersingham Fen, PE31 6LN Cricket Club car park. Track at bottom of Feathers beer garden, Manor Rd.	3.3m/G3	Woodland paths, pavements. 2 stiles that can be avoided. W3W brink.fragment.really
Mon 9 th Mar	Little Massingham, St Andrews Church, Church Lane. PE32 2JT	3.5m/G3	Country lanes, tracks and fields. W3W trackers.monkeys.tempting
Fri 13 th Mar	Sandringham West Car Park £5 for 2 hours, parking fee	2.8m/G2	Woodland tracks and paths. W3W nickname.spokes.hourglass
Mon 16 th Mar	Syderstone , Amy Robsart Hall PE31 8SD	4m/G3	Footpaths and bridleways. W3W coasting.outbound.race
Fri 20 th Mar	Grimston Woods , easterly end of Low Road	3.5m/G2	Farm & woodland tracks, remaining within the woods. W3W profiled.scared.settle
Mon 23 rd Mar	Ringstead Courtyard Farm On left, 1 mile along Burnham Rd.	3.8m/G2	Fields, tracks and minor road. Good view over the coast. W3W shimmered.multiply.reset
Fri 27 th Mar	Leziate Village Hall PE32 1EN	3.2m/G3	Woods and lakeside, paths and tracks W3W packets.decoding.hears
Mon 30 th Mar	Burnham Overy Staith, Harbour PE31 8JE	3.5m/G3	Coastal path, tracks & fields. W3W mimed.shadowed.playing High Tide 06:23
Fri 3 rd Apr	Gaywood Community Centre PE30 4EL Good Friday BH	3m/G2	Foot & cycle paths, pavements, riverbank W3W withdraw.winters.importing
Mon 6 th Apr	Snettisham Mill Village Hall, Old Church Road. PE31 7LX Easter Mon BH	3m/G3	Farm, footpaths and village streets. W3W bulldozer.solar.trouser
Fri 10 th Apr	Roydon Common/Grimston Warren. On right, 1km from Knights Hill	2.8m/G3	Footpaths through heather heathland. 3 stiles but they can be avoided. No roads. W3W outboard.free.remain
Mon 13 th Apr	Leziate Village Hall PE32 1EN	3.2m/G3	Woods and lakeside, paths and tracks. W3W packets.decoding.hears
Fri 17 th Apr	North Wootton, Nr Tesco, St Augustine's Way, PE30 3TE	2.8m/G2	Woodland paths, pavements.
Mon 20 th Apr	Thornham Church Street PE36 6NJ On junction of Church Street, Ship Lane and The Green.	3m/G3	Permissive field edge, Coastal Path, and village street. High Tide 08:56 W3W progress.dictation.stormy
Fri 24 th Apr	Bircham Windmill , Great Bircham, PE31 6SJ	3.2m/G2	Tracks, paths, country lane. W3W start.ruler.bloom
Mon 27 th Apr	Castle Acre Castle Car Park, Pye's Lane PE32 2XB	2.8m/G3	Paths, riverside, lanes. Can be damp. River, Castle and Priory views. W3W compelled.unloaded.healers

Walk and Talk

Arranged in collaboration with Norfolk Library Service.

These are relatively easy walks, adjusted depending on who turns up!

When available tea or coffee with hopefully a biscuit, may be provided in the Library afterwards.

Do chat on the walk and afterwards, about anything you like!

All start at 2:00pm

HAPPY NEW YEAR

Tue 13 th Jan	Hunstanton Library 12-14 Valentine Road, Hunstanton. PE36 5EF Repeated 2nd Tuesdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 15 th Jan	Dersingham Library , Chapel Rd PE31 6PN Repeated 3rd Thursdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 10 th Feb	Hunstanton Library 12-14 Valentine Road, Hunstanton. PE36 5EF	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 19 th Feb	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 10 th Mar	Hunstanton Library 12-14 Valentine Road, Hunstanton. PE36 5EF	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 19 th Mar	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 14 th Apr	Hunstanton Library 12-14 Valentine Road, Hunstanton. PE36 5EF	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thurs 16 th Apr	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.

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 1.5 hours and at a faster pace for the reasonably fit. Slopes and surfaces may be more challenging.

Thursday Southern Area Walks

All walks **start at 10 am**, unless otherwise stated.

Date	Meeting Point/Walk	Grade	Information
HAPPY NEW YEAR			
Thurs 1 st Jan	NO WALK		
Thurs 8 th Jan	Southery Old White Bell, 20 Upgate St.	3	Fields, paths and pavements.
Thurs 15 th Jan	Beachamwell Village Hall, Old Hall Rd.	3	Road, track and paths. Some stiles.
Thurs 22 nd Jan	Upwell St Peters Church PE14 9AA	2	Footpaths, lanes and roads.
Thurs 29 th Jan	Stoke Ferry , Bluebell Inn, Lynn Road, Stoke Ferry. PE33 9SW	3	Footpaths and Roads.
Thurs 5 th Feb	Marham Fen Use Lay-by at bottom of Collin's Lane, Marham Rd.	2	Paths, track and woods
Thurs 12 th Feb	Oxborough Village Hall PE33 9PS	3	Paths, lanes. Three stiles.
Thurs 19 th Feb	Magdalen Car Park, Station Road, South side of bridge, OS 603113	3	Footpaths, tracks, roads and riverbank.
Thurs 26 th Feb	Hilgay Corner of East End Rd & Bridge St.	3	Footpaths and Roads. Coffee & Cake in Village Hall
Thurs 5 th Mar	Denver Mill , 99 Sluice Rd, Denver PE38 0EG	2	Road, tracks and footpaths.
Thurs 12 th Mar	Shouldham Warren OS RF679104	2	Woodland tracks
Thurs 19 th Mar	St Germans Village Hall PE34 3DZ	3	River bank, footpaths and lane to Wiggenhall St Peters.
Thurs 26 th Mar	Southery Old White Bell, 20 Upgate St.	3	Fields, paths and pavements.
Thurs 2nd Apr	Beachamwell Village Hall, Old Hall Rd.	3	Road, track and paths. Some stiles.
Thurs 9 th Apr	Upwell St Peters Church PE14 9AA	2	Footpaths, lanes and roads.
Thurs 16 th Apr	Shouldham Warren OS RF679104	2	Woodland tracks
Thurs 23 rd Apr	Marham Fen Use Lay-by at bottom of Collin's Lane, Marham Rd.	2	Paths, track and woods
Thurs 30 th Apr	Hilgay Corner of East End Rd & Bridge St.	3	Footpaths and Roads. Coffee & Cake in Village Hall