

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	Grade	Information
Wed 6 th May	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 13 th May	Hunstanton Tesco Car Park PE36 5AR Furthest away from store	Starter	Flat even surfaces, paved and grass. W3W forklift.ringers.licks Max 3 hours
Wed 20 st May	Gaywood Community Centre PE30 4EL	Starter	Foot and cycle paths, pavement, riverbank. W3W withdraw.winters.importing
Wed 27 th May	The Walks main entrance, opposite Old Library. PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 3 th Jun	Sandringham North Car Park PE35 6EH £5 for 2 hours parking.	Starter	Woodland paths. Flat surfaces. W3W reactions.loafing.trails
Wed 10 th Jun	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 17 th Jun	Hunstanton Tesco Car Park PE36 5AR Furthest away from store	Starter	Flat even surfaces, paved and grass. W3W forklift.ringers.licks Max 3 hours
Wed 24 th Jun	Gaywood Community Centre PE30 4EL	Starter	Foot and cycle paths, pavement, riverbank. W3W withdraw.winters.importing
Wed 1 st Jul	The Walks main entrance, opposite Old Library. PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 8 th Jul	Sandringham North Car Park PE35 6EH £5 for 2 hours parking.	Starter	Woodland paths. Flat surfaces. W3W reactions.loafing.trails
Wed 15 th Jul	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 22 nd Jul	Hunstanton Tesco Car Park PE36 5AR Furthest away from store	Starter	Flat even surfaces, paved and grass. W3W forklift.ringers.licks Max 3 hours
Wed 29 th Jul	Gaywood Community Centre PE30 4EL	Starter	Foot and cycle paths, pavement, riverbank. W3W withdraw.winters.importing
Wed 5 th Aug	The Walks main entrance, opposite Old Library. PE30 5EZ	Starter	Firm flat surfaces, also suitable for wheel and push chairs. Distance to suit various needs.
Wed 12 th Aug	Sandringham North Car Park PE35 6EH £5 for 2 hours parking.	Starter	Woodland paths. Flat surfaces. W3W reactions.loafing.trails
Wed 19 th Aug	LynnSport at the main entrance. PE30 2NB	Starter	Firm flat surfaces on established paths.
Wed 26 th Aug	Hunstanton Tesco Car Park PE36 5AR Furthest away from store	Starter	Flat even surfaces, paved and grass. W3W forklift.ringers.licks Max 3 hours

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 these are popular with many of the walkers.

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

Date	Meeting Point/Walk	Grade	Information
Fri 1st May	Hunstanton Lighthouse PE36 6EL	3m/G3	Streets, field tracks, Lovers Lane. W3W crowns.unafraid.landlady
May Day Bank Holiday			
Mon 4 th May	Leziate Village Hall PE32 1EN	3.7m/G3	Woods and lakeside, paths, and tracks. W3W cave.cool.huts
Fri 8 th May	Grimston Woods easterly end of Low Road,	4m/G2	Interesting route through woods, no roads. W3W profiled.scared.settle
Mon 11 th May	Brancaster Staithe Quay PE31 8BW	3.75m/G 3	Up to and around Barrow Common. Great views. Return via Coastal Path. High Tide 07:11 W3W processor.chill.breakaway
Fri 15 th May	Walpole St Peter Church, PE14 7NS.	3.2m/G3	Paths, tracks, country lanes W3W survived.sharpens.irrigate
Mon 18 th May	Snettisham Ken Hill. Meet at Village Hall, Old Church Road. PE31 7LX	3.2m/G3	Woodland, footpaths & village streets. Short incline. W3W inhales.toasters.laminated
Fri 22 nd May	KL Ferry Corn Exchange PE30 1JW. Ferry fare £1.60	3m/G2	Riverside. Good views of KL waterfront. High Tide 05:33
Spring Bank Holiday			
Mon 25 th May	Ringstead Courtyard Farm On left, 1 mile along Burnham Rd.	3.8m/G3	Fields, tracks, and minor road. Great views. W3W fastening.fire.mainland
Fri 29 th May	Gaywood Community Centre PE30 4EL	3m/G2	Foot & cycle paths, pavements, riverbank. W3W withdraw.winters.importing
Mon 1 st Jun	Little Massingham, St Andrews Church, Church Lane. PE32 2JT	3.5m/G3	Country lanes, tracks and fields. W3W trackers.monkeys.tempting
Fri 5 th Jun	North Wootton, Nr Tesco, St Augustine's Way, PE30 3TE	3m/G3	Woodland paths, pavements. W3W ropes.solution.appealing
Mon 8 th Jun	Thornham, Church Street. Meet at the Green PE36 6NJ	3m/G3	Permissive field edge, Coastal Path and village street. High Tide 12:17 W3W progress.dictation.stormy
Fri 12 th Jun	Wolferton Park at wood storage area 1 st right on bend after Station, past stable yard	2.6m/G3	Woods, boardwalk & road. Some steepish slopes. W3W headline.packets.crispier
Mon 15 th Jun	Snettisham Beach South - RSPB car park PE31 7RA £4 parking	3m/G2	Paths, tracks, sea wall. Water birds. W3W eggplants.soggy.poppy High Tide 06:53
Fri 19 th Jun	Roydon Common. On right, 1km from Knights Hill	3m/G3	Footpaths through heather heathland. 3 stiles but W3W outboard.free.remain
Mon 22 nd Jun	Ingoldisthorpe, Sports & Social Club Car Park, The Drift PE31 6PA	3m/G2	Paths, tracks, W3W clockwork.inversely.speeches
Fri 26 th Jun	Congham The Anvil Inn, PE32 1DU	2.7m/G2	Track, paths, woods, and road. W3W spinners.finalists.galleries
Mon 29 th Jun	West Acre Church PE32 1TR	2.8m/G2	Tracks, roads, woods, fields. Can be muddy! W3W woven.snowstorm.redefined
Fri 3rd Jul	Dersingham Heath. Sportfield, track at bottom of Feathers beer garden, Manor Rd, (park on left).	3.3m/G3	Woodland paths, pavements. 2 stiles that can be avoided. W3W brink.fragment.really

Mon 6 th Jul	Hunstanton Lighthouse, PE36 6EL	3.5m/G3	Paths. Dunes and beach W3W crowns.unafraid.landlady High tide 10:45
Fri 10 th Jul	Leziate Village Hall PE32 1EN	3.7m/G3	Woods and lakeside, paths, and tracks W3W cave.cool.huts
Mon 13 th Jul	Snettisham Beach North - RSPB car park £4 parking	3m/G3	Heading north into the coastal nature park and return along the shore. W3W eggplants.soggy.poppy High Tide 05:50
Fri 17 th Jul	Reffley Woods Community Hall, Reffley Lane PE30 3SF	2.6m/G2	Woodland walk. Damp in places. W3W technical.grapes.monks
Mon 20 th Jul	Houghton Car park, track opposite West Lodge, Crow Lane, (Bircham Road). PE31 6TZ	4m/G3	Woods, tracks, and country lanes W3W coffee.broached.unsettled
Fri 24 th Jul	Castle Rising - Castle car park Carpark open at 10am. PE31 6AH.	2.25m/G 2	Tracks, paths, and country lanes. W3W rinse.elbowing.captive
Mon 27 th Jul	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 migrants.foot.obvious
Fri 31 st Jul	Sandringham West Car Park PE35 6EH £5 for 2 hours parking.	3m/G2	Woodland paths. Flat surfaces. W3W nickname.spokes.hourglass
Mon 3 rd Aug	Burnham Thorpe Village Hall PE31 8HS	3m/G3	Fields, tracks and village paths. W3W frogs.shades.destroyer
Fri 7 th Aug	Great Massingham Village Hall PE32 2HU	3m/G3	Road, track and fields. W3W eyebrows.declines.nicer
Mon 10 th Aug	Bircham Windmill, Gt Bircham PE31 6SJ	3.25m/G 3	Tracks, paths, country lane. W3W start.ruler.bloom
Fri 14 th Aug	Ingoldisthorpe, Sports & Social Club Car Park, The Drift PE31 6PA	3m/G2	Paths, tracks, W3W clockwork.inversely.speeches
Mon 17 th Aug	Burnham Overy Staithe Harbour PE31 8JE	4m/G3	Coastal path, tracks & fields. W3W mimed.shadowed.playing High Tide 10:02
Fri 21 st Aug	East Rudham, The Green PE31 8RD	3.5m/G3	Tracks, fields and village road. W3W gradually.resolved.outs
Mon 24 th Aug	Walpole St Peter Church, PE14 7NS.	3.2m/G3	Paths, tracks, country lanes W3W survived.sharpens.irrigate
Fri 28 th Aug	Bircham Windmill, Gt Bircham PE31 6SJ	3.25/G3	Tracks, paths, country lane. W3W start.ruler.bloom
August Bank Holiday Monday			
Mon 31 st Aug	Narborough Junction of Main Rd & Narford Rd OS 758131	4m/G3	Road, track, and bank of River Nar. W3W thumbnail.discussed.nerves

Grading of Walks

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.

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

Tue 12 th May	Hunstanton Library 12-14 Valentine Road, Hunstanton. PE36 5EF Repeated 2nd Tuesdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thur 21 th May	Dersingham Library , Chapel Rd PE31 6PN Repeated 3rd Thursdays	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 9 th Jun	Hunstanton Library 12-14 Valentine Road, Hunstanton. PE36 5EF	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thur 18 th Jun	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 14 th Jul	Hunstanton Library 12-14 Valentine Road, Hunstanton. PE36 5EF	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thur 16 th Jul	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Tue 11 th Aug	Hunstanton Library 12-14 Valentine Road, Hunstanton. PE36 5EF	G1 or 2	Leisurely Walk & Talk up to 2 miles.
Thur 20 th Aug	Dersingham Library , Chapel Rd PE31 6PN	G1 or 2	Leisurely Walk & Talk up to 2 miles.

Thursday Southern Area Walks

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

Date	Meeting Point/Walk	Grade	Information
Thur 7 th May	Wimbotsham The Village Hall, PE34 3QQ	2	Track, lanes and road.
Thur 14 th May	St Germans Village Hall PE34 3DZ	3	River bank, footpaths and lane to Wiggenhall St Peters.
Thur 21 st May	Marham Fen Use Lay-by at bottom of Collin's Lane, Marham Rd. 729107	2	Paths, track and woods
Thur 28 th May	Drymere PE37 8AS -Parking down track opposite entrance to Forest Edge Arena (Post 107)	3	Footpaths and Roads.
Thur 4 th Jun	Oxborough Village Hall, PE33 9PS	3	Paths, lanes. Three stiles.
Thur 11 th Jun	Beachamwell Village Hall, Old Hall Rd.	3	Road, track and paths. Some stiles.
Thur 18 th Jun	Denver Mill , 99 Sluice Rd, Denver PE38 0EG	2	Road, tracks and footpaths.
Thur 25 th Jun	Hilgay Corner of East End Rd & Bridge St.	3	Footpaths and Roads. Coffee & Cake in Village Hall
Thur 2 nd Jul	Stoke Ferry , Bluebell Inn, Lynn Road, Stoke Ferry. PE33 9SW	3	Footpaths and Roads.
Thur 9 th Jul	Shouldham Warren OS RF679104	2	Woodland tracks
Thur 16 th Jul	Southery Old White Bell, 20 Ugate St.	3	Fields, paths and pavements.
Thur 23 rd Jul	Beachamwell Village Hall, Old Hall Rd.	3	Road, track and paths. Some stiles.
Thur 30 th Jul	Drymere PE37 8AS -Parking down track opposite entrance to Forest Edge Arena (Post 107)	3	Footpaths and Roads.
Thur 6 th Aug	Upwell St Peters Church, PE14 9AA	2	Footpaths, lanes and roads.
Thur 13 th Aug	Marham Fen Use Lay-by at bottom of Collin's Lane, Marham Rd. 729107	2	Paths, track and woods
Thur 20 th Aug	Oxborough Village Hall, PE33 9PS (2)	3	Paths, lanes. Three stiles.
Thur 27 th Aug	Hilgay Corner of East End Rd & Bridge St.	3	Woodland tracks