



FIT·TOGETHER

**active
norfolk**

FREE

Winter/Spring 2016



Free Health Walks in WEST NORFOLK



**norfolk's living well
healthy communities** 

**WE ARE
MACMILLAN
CANCER SUPPORT**



Supporting you to
get active and stay active

Benefits of Walking More



FIT·TOGETHER

Walking is a great way to find out more about the area you live in and to meet new people. Research has also shown that it is an excellent activity for you to do to help improve your health. Just 150 minutes of moderate activity a week can have many benefits including: **Keeping your heart, muscles and bones healthy; reducing your risk of heart disease and diabetes; lowering your blood pressure; reducing feelings of stress; and giving you more energy**

What is a Health Walk?

- A health walk is a short, locally held walk, where you are encouraged to walk at your own pace, but, if possible, slightly faster than normal.
- The aim of the health walks is to encourage and support people who are trying to increase their activity levels and lead a healthier lifestyle.
- Trained volunteers lead our walks, with leaders, where possible, at the front, middle and back of the group. The volunteers are on hand to support all walkers, whether you're just starting out or have been walking regularly for a while.
- Health walks are 90 minutes and under and are supported by Fit Together, Walking for Health, The Ramblers & Macmillan Cancer Support.
- Walks above 90 minutes are supported by Norfolk County Council.

How fast do I need to walk?

We encourage everyone to walk at their own pace.

It's not a race or a competition and as with any exercise the important thing is to start gently and build up gradually.

We have trained volunteer leaders at the front, back and in the middle of the group, so although the group may spread out you will not get left behind.

Walking at your own brisk pace is not about how fast you go, but about how you feel.

On a health walk you should feel warmer than if you were strolling; your heart beating a bit faster but not pounding and you should be breathing a bit faster but still able to talk.

Please be aware that for health and safety reasons, the front walk leader must head the walk and therefore walkers must stay level with or behind the front leader. We will always strive to meet everybody's needs, however, as all walk leaders are individuals the speed of walks will vary. If you have outgrown us or would like to try longer walks then please contact the Norfolk Ramblers at www.norfolkra.org.uk Or ring 020 7339 8500


Walk Guide - level of walks:

Grade 1 – Beginner: gentle walks to suit those who are new to being active or returning from injury, illness or inactivity. They are no longer than 1 mile on flat or gentle slopes with mainly firm surfaces. These walks are up to 30 minutes based on the speed of an average walker. These walks have parking, a refreshment venue and are near toilets and suitable for wheel chairs and motorised scooters.

Advanced Grade 1 – Beginner to Improver: These walks are shorter than 1.5 miles but may not be on hard surfaces and have all the facilities of a Grade 1. Please check the walk guide within the programme for details.

Grade 2 – Improver: Walks are suited to those looking to build up their activity levels. They are between 1.5 and 2.5 miles and may include some moderate slopes and steps and some grassy, uneven surfaces. These walks are between 30 and 60 minutes based on the speed of an average walker.

Grade 3 – Advanced: Aimed at people looking for longer, more challenging walks. They are generally between 2.5 and 4 miles and may include longer steeper slopes, steps and grassy uneven surfaces. These walks are between 45 and 90 minutes based on the speed of an average walker.

Progression Walk – These are our hardest walks usually because they are over 4 miles but fewer than 6. Please only come on these walks if you have completed a grade 3 walk comfortably. These walks may take longer than 90 minutes based on the speed of an average walker. These walks are indicated by the following symbol: 

Walk Routes: Unfortunately we do not give out our walk details to the general public as they are risk assessed specifically for our trained walk leaders in line with our own insurance requirements. For lots of information on walk routes across the county please visit www.countrysideaccess.norfolk.gov.uk. If you go to the Circular Walks page and scroll to the bottom you will see the Norfolk Health, Heritage and Biodiversity walks for a variety of different areas. **Fit Together also runs walks in the Central area (Norwich, Broadland and South Norfolk), Breckland and North Norfolk. The Walk Norwich project does short walks in Norwich. All these programmes can be viewed at www.activenorfolk.org/fittogether**

Choosing your walks

Use the walk level, distance and additional information to help you choose the most suitable walks for you. The following symbols have been used to indicate features of particular walks:



Refreshment facilities are available at the end of the walk



Walk can be wet, muddy and slippery in places.
Please wear appropriate footwear for the conditions



Toilet facilities available at start/finish point

Dogs: Dogs are welcome on all walks, **unless indicated**. However, owners must complete a Dog Disclaimer form that will be given to walkers with dogs. Dog owners must accept responsibility if there is an incident involving your dog as the scheme does not have insurance to cover it. Once you have completed the form you will be sent a Dog Card that you can bring along to each walk. Dogs must be kept on leads (not extendable) at all times and must not interfere with other walkers. Bring doggie bags! Guide dogs are always welcome.

Timing and Registration: If you are new please arrive at any Fit Together activity at least 20 minutes before the start time so that you can complete the registration form. If you need glasses to assist you in completing the form please bring these with you. For insurance purposes you cannot attend a Fit Together activity until you have fully completed the registration form. Please arrive in a timely manner to start the walk at the start time. You must arrive in time to hear the pre-walk introduction as leaders will inform you of health and safety issues and other important information. Please listen to these talks otherwise you may miss relevant information.



Refreshments and Car Parks: Most walks begin at a location where we can have refreshments and a chat after the walk if desired. Some walks, however, do not have facilities meaning that a short drive is necessary. Remember that it is always a good idea to bring some water with you. **Some of our car parks may fill up if large numbers turn up. To help solve this problem please try to car share with other walkers if possible.**



Please bring extra footwear so we don't take muddy shoes into the social venues. **Please try and frequent our venues after the walks as venues are kind enough to let us mostly park for free!!**

For help with bus routes and other transport please contact Traveline East Anglia at www.travelineeastanglia.co.uk or by calling 0871 200 2233.

Footwear and Clothing: Some paths, especially by rivers, through woodland and across fields can be muddy and overgrown. In summer biting insects can be a problem too. Therefore it is advisable that you wear the correct footwear and clothing. **Walks including cross field paths could be muddy at any time of year so please always come prepared.** We do reserve the right to change a walk under certain conditions. If this occurs we will always either go from the same start point or have a volunteer there to take you to the new start point. Some walks are now walked only every three months and changes on route that we are unaware of may occur.

Safety: Some walk leaders are first aid trained but this is not an insurance requirement. Please be aware that you are responsible for your own safety and if you have a specific medical requirement please bring appropriate medication etc. Walk leaders are also not required to carry a mobile phone if they do not have one. If you have a mobile phone please bring it on the walk in case of an emergency. You take part in the walks and any other Fit Together activities at your own risk.

Assistance on Walks: Walk leaders do not take responsibility for assisting adults on the walks. If you need assistance for the walk please come with another responsible adult. If you need to attend the walk with a carer, are in receipt of a care package, or are in a care facility, your carer will need to complete a **Carer Responsibility Form** which needs to be completed prior to coming on a walk. Please contact your local coordinator for this form or visit our website – www.activenorfolk.org/fittogether

Cancellations and Directions: Any walk or activity will be cancelled if the weather threatens the health and safety of any individual. In the event of bad weather it will be decided two hours before the start time whether cancellation is necessary. If you are at all unsure as to whether the walk will go ahead please contact your local coordinator (see back cover) where a message will be left or you will be told directly. OS grid references are given for those walks that may be harder to find. Walk distances are measured with a pedometer or wheel and are meant as a rough guide. Other Fit Together activities may be cancelled due to illness/holidays booked after the programme has gone to print.

Emergency Contact Details: Please keep your Fit Together membership card handy whilst on our activities as this will have your emergency contact details and health codes written on it. Please show the leaders your card when signing the walk register if your card contains health codes.

Smoking: Smoking is not allowed on the health walks.

Under 18's: Everyone is welcome on our walks but we cannot accept responsibility for anyone under the age of 18. All children under 18 must be accompanied by a responsible adult.

Walking for Health is England's largest network of health walk schemes, helping all kinds of people lead a more active lifestyle. We've done this with great success for over 12 years now, improving thousands of lives. Our walks are led by friendly, knowledgeable people, specially trained for the job. Our walk leaders provide all the advice and encouragement a new walker needs to build fitness at a pace that's right for them.



Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping you get and stay active. By sharing our walking and health expertise, we support 600 local schemes across England to offer short, free walks. Our aim is to help more people –including those affected by cancer– discover the joys and health benefits of walking.

OTHER ACTIVE NORFOLK PROGRAMMES



Fun and Fit - 10 week free beginner courses countywide for inactive adults in a range of activities such as swimming, yoga and racket sports. All led by experienced and qualified instructors in a relaxed and sociable environment. Courses run between October and December. Visit www.funandfitnorfolk.co.uk for more information and to book or call Sam Watts on 01603 731564 or email sam.watts@activenorfolk.org

Park Runs are 5km runs offered on a Saturday morning at locations across the county and Paul Evans has set up local **running clubs**. For information on these activities please contact Active Norfolk on (01603) 732333 or email info@activenorfolk.org or visit the website - www.activenorfolk.org.

FIT TOGETHER WALKERS








WE NEED YOU


















Fit Together depends on its dedicated volunteers and without these the programme would simply not run.










If you regularly walk with us and would like to give something back to the scheme then it would be great to have you volunteer with us too. It doesn't have to mean leading walks weekly, the more volunteers the better, just volunteering once a month would make a huge difference. If you would like to volunteer then please contact Jackie Squires today using the contact details from the back cover.








Fit Together Walks









Date and Time	Meeting Point	Grade/ Distance	Walk Information
Monday 4 th January 10.30am	Leziate Village Hall, Brow of the Hill. PE32 1EN	Grade 3 3 miles 	Good views over lakes. Tracks and paths; can be uneven.
Wednesday 6 th January 10.30am	Fairstead, King's Lynn Doorstep Green Garden, Centre Point. PE30 4SR	Grade 2 Up to 2 miles	Easy walking, mostly on footpaths.
Wednesday 6 th January 2pm	Downham Market Leisure Centre, Bexwell Road. PE38 9LL	Grade 2 	Lanes, tracks and footpaths.
Thursday 7 th January 10.30am	Wretton Common School Road, Stoke Ferry. PE33 9QL	Grade 2 2.5 miles 	Lanes, tracks and footpaths.
Friday 8 th January 10.30am	Snettisham Woodland walk, War Memorial, Lynn Road.	Grade 3 2.6 miles	Woodland and some roads. 
Monday 11 th January 10.30am	Castle Acre car park, Pyes Lane. PE32 2AE	Grade 3 2.75 miles 	Roads, tracks and fields.
Wednesday 13 th January 10.30am	King's Lynn The Walks main gate, Opposite the Library, Off London Road. PE30 5EZ	Grade 1 Flat, firm surface.	Also suitable for wheelchairs, mobility scooters and pushchairs. Distances to suit all needs. Seating on route.
Wednesday 13 th January 2pm	Downham Market Methodist Church, Paradise Road. PE38 9JE	Grade 2 	Footpaths, lanes, tracks and riverbanks.
Thursday 14 th January 10.30am	Wimbotsham Via Broomhill and aerodrome The Chequers pub, Church Road. PE34 3QG	Grade 2 3 miles 	Footpaths, field tracks and some roads.









Date and Time	Meeting Point	Grade/ Distance	Walk Information
Friday 15 th January 10.30am	Roydon Common Car park on right of Grimston Rd, 1km from Knights Hill. Ref: map 681229	 4.6 miles 	Farmland, Common and Site of Scientific Interest. Paths, tracks and road.
Sunday 17 th January 10.30am	Wormegay The Saxon Cross, (Junction of Castle Rd and Church Lane). OS: 664118	 5.5 miles 	Nar Valley Way Via Pentney and Wormegay
Monday 18 th January 10.30am	Castle Rising Black Horse Inn, Lynn Road. PE31 6AG	Grade 2 2.25 miles 	Tracks, footpaths
Wednesday 20 th January 10.30am	Gaywood Library River Lane, Gaywood, King's Lynn. PE30 4HD	Advanced Grade 1 1.5 miles	Easy walk, mostly on footpaths. Parking available.
Wednesday 20 th January 2pm	Shouldham St George's Playing Field car park. Fairstead Drove. PE33 0DL	Grade 2 2.5 miles 	Village roads, farm and woodland tracks.
Thursday 21st January 10.30am	Upwell Five Bells Inn 1 New Road PE14 9AA	Grade 2 	Footpaths, lanes and roads.
Friday 22 nd January 10.30am	Wolferton Social Club PE31 6HA	Grade 2 2.25 miles 	Woodland walk, boardwalks and some roads.
Monday 25 th January 10.30am	Dersingham Fen Coach & Horses car park, Manor Road, PE31 6LN	Grade 3 3.3 miles 	Heathland, woods and minor roads.
Wednesday 27 th January 10.30am	Fairstead, King's Lynn Doorstep Green Garden, Centre Point. PE30 4SR	Grade 2 Up to 2 miles	Easy walking, mostly on footpaths.
Wednesday 27 th January 2pm	Downham Market Playing Field, Lynn Road. PE38 9QB	Grade 2 	Footpaths lanes and tracks.











Date and Time	Meeting Point	Grade/ Distance	Walk Information
Thursday 28 th January 10.30am	Hilgay Meet at bus stop by junction of East End Road and Bridge Street. PE38 0JL	Grade 3 2.8 miles 	Fields footpaths and roads. Coffee and cake in the village hall after walk. No dogs please.
Thursday 28 th January 11.45am	King's Lynn Providence Street Community Centre Providence Street PE30 5ET	Grade 1 30 mins or less. Can be shortened if necessary.	Gentle walk on flat, firm surfaces. Suitable for wheelchairs and scooters. Public toilets and parking.
Friday 29 th January 10.30am	Grimston Meet opposite Low Road on B1153 Grimston. PE32 1AF	Grade 3 4 miles	Woodland walk plus some roads. 
Monday 1 st February 10.30am	Snettisham Beach RSPB Reserve, Beach Road, Off A149. OS Ref: 650328	Grade 2 3 miles	Lagoons and beach walking. Some steps. 
Wednesday 3 rd February 10.30am	King's Lynn The Walks main gate, Opposite the Library, Off London Road. PE30 5EZ	Grade 1 Flat, firm surface.	Also suitable for wheelchairs, mobility scooters and pushchairs. Distances to suit all needs. Seating on route.
Wednesday 3 rd February 2pm	Downham Market Library, The Priory Centre, 78 Priory Road. PE38 9JS	Grade 3 Walk to Denver for refreshments and return.	Please allow extra half hour for refreshments. 
Thursday 4 th February 10.30am	Wiggenhall St Mary Village hall car park, School Lane, Wiggenhall St Germans. PE34 1AF	Grade 3 3.1 miles	Fields, river banks, farm tracks and roads. 
Thursday 4 th February 11.45am	King's Lynn Providence Street Community Centre Providence Street PE30 5ET	Grade 1 30 mins or less. Can be shortened if necessary.	Gentle walk on flat, firm surfaces. Suitable for wheelchairs and scooters. Public toilets and parking.

Date and Time	Meeting Point	Grade/ Distance	Walk Information
Friday 5 th February 10.30am	King's Lynn Library London Road. PE30 5EZ	Grade 2	Town walk
Monday 8 th February 10.30am	Great Massingham Station Road, Opposite the Church. PE32 2HN	Grade 3 3 miles 	Roads, fields and Peddars Way.
Wednesday 10 th February 10.30am	Gaywood Library River Lane, Gaywood, King's Lynn. PE30 4HD	Advanced Grade 1 1.5 miles	Easy walk, mostly on footpaths. Parking available. 
Wednesday 10 th February 2pm	Downham Market Leisure Centre, Bexwell Road. PE38 9LL	Grade 2  	Lanes, tracks and footpaths.
Thursday 11 th February 10.30am	Southery Meet outside The Old White Bell, 20 Ugate Street. PE38 0NA	Grade 3 2.7 miles	Fields, roads and footpaths.  
Thursday 11 th February 11.45am	King's Lynn Providence Street Community Centre Providence Street PE30 5ET	Grade 1 30 mins or less. Can be shortened if necessary.	Gentle walk on flat, firm surfaces. Suitable for wheelchairs and scooters. Public toilets/parking.
Friday 12 th February 10.30am	North Wootton Lloyds pharmacy, St Augustine's Way. PE30 3TE	Grade 3 2.75 miles	Field headlands, pavements and woodland. 
Monday 15 th February 10.30am	Bawsey Church Farm. PE32 1EU 1 mile along B1145 from hospital roundabout turn left along lane to farm.	Grade 3 3.5 miles 	Park on concrete car park at back of farm.
Wednesday 17 th February 10.30am	Fairstead, King's Lynn Doorstep Green Garden, Centre Point. PE30 4SR	Grade 2 Up to 2 miles	Easy walking, mostly on footpaths.
Wednesday 17 th February 2pm	Downham Market Methodist Church, Paradise Road. PE38 9JE	Grade 2 	Footpaths, lanes, tracks and riverbanks.





Date and Time	Meeting Point	Grade/ Distance	Walk Information
Thursday 18 th February 10.30am	Denver Mill Sluice Road, Denver. PE38 0EG	Grade 2 2.5 miles 	Roads, farm tracks and footpaths.
Thursday 18 th February 11.45am	King's Lynn Providence Street Community Centre Providence Street PE30 5ET	Grade 1 30 minutes or less. Can be shortened if necessary.	Gentle walk on flat, firm surfaces. Suitable for wheelchairs and scooters. Public toilets/ parking.
Friday 19 th February 10.30am	Castle Rising Black Horse Inn King's Lynn PE31 6AG	Grade 2 2.25 miles	Tracks, footpaths and country roads. 
Sunday 21 st February 10.30am	West Acre Meet at the Church, Low Road. PE32 1TR	 5.4 miles	Please do not park in pub car park. Farm tracks and country lanes.
Monday 22 nd February 10.30am	Holme next the sea The White Horse Public House, 40 Kirkgate Street, PE36 6LJ	Grade 3 4 miles 	Walk to Norfolk Wildlife Trust Holme Dunes reserve. Beach, boardwalks and field edges.
Wednesday 24 th February 10.30am	King's Lynn The Walks main gate Opposite the Library, Off London Road. PE30 5EZ	Grade 1 Flat, firm surface.	Also suitable for wheelchairs, mobility scooters and pushchairs. Distances to suit all needs. Seating.
Wednesday 24 th February 2pm	Southery Meet outside The Old White Bell, 20 Upgate Street. PE38 0NA	Grade 3 2.7 miles	Fields, roads and footpaths. 
Thursday 25 th February 10.30am	Hilgay Meet at bus stop by junction of East End Road with Bridge Street. PE38 0JL	Grade 3 2.8 miles	Fields, footpaths and roads. Coffee and cake in the village hall after walk. No dogs please.  
Thursday 25 th February 11.45am	King's Lynn Providence Street Community Centre Providence Street Norfolk PE30 5ET	Grade 1 30 minutes or less. Can be shortened if necessary.	Gentle walk on flat, firm surfaces. Suitable for wheelchairs and scooters. Public toilets/parking.

Date and Time	Meeting Point	Grade/ Distance	Walk Information
Friday 26 th February 10.30am	Roydon Playing Field, Chapel Road. PE32 1AQ	Grade 3 2.75 miles 	Footpaths and field edges. Please park carefully.
Monday 29 th February 10.30am	Hunstanton Community Centre, Avenue Road. PE36 5BW	Grade 3 3.25 miles 	Tracks, footpaths and some roads.
Wednesday 2 nd March 10.30am	Gaywood Library River Lane, Gaywood, King's Lynn. PE30 4HD	Advanced Grade 1 1.5 miles	Easy walk, mostly on footpaths. Parking available.
Wednesday 2 nd March 2pm	Downham Market Playing Field, Lynn Road. PE38 9QB	Grade 2 	Footpaths lanes and tracks.
Thursday 3 rd March 10.30am	Stow Bridge Car park opposite The Heron Public House, Stow Bridge. PE34 3PP	Grade 2 2.25 miles  	River bank, tracks and some road walking. Refreshments after walk.
Thursday 3 rd March 11.45am	King's Lynn Providence Street Community Centre Providence Street Norfolk PE30 5ET	Grade 1 30 mins or less. Can be shortened if necessary.	Gentle walk on flat, firm surfaces. Suitable for wheelchairs and scooters. Public toilets and parking.
Friday 4 th March 10.30am	King's Lynn (ferry walk) Corn Exchange, Tuesday Market Place. OE30 1JW	Grade 3 2.8 miles 	Town roads, riverside paths and ferry trip. Don't forget ferry fare.
Monday 7 th March 10.30am	Dersingham Heath Coach & Horses car park, Manor Road, Dersingham. PE31 6LN	Grade 3 3.3 miles  	Heathland, woods and minor roads.
Wednesday 9 th March 10.30am	Fairstead, King's Lynn Doorstep Green Garden, Centre Point. PE30 4SR	Grade 2 Up to 2 miles	Easy walking, mostly on footpaths.

Date and Time	Meeting Point	Grade/ Distance	Walk Information
Wednesday 9 th March 2pm	Downham Market Library, The Priory Centre, 78 Priory Road. PE38 9JS	Grade 3 Walk to Denver for refreshments and return.	Please allow extra half hour for refreshments. 
Thursday 10 th March 10.30am	Beachamwell Village Hall, Old Hall Road. PE37 8HH	Grade 3 2.88 miles	Roads, tracks, fields and footpaths. Some stiles. 
Friday 11 th March 10.30am	West Acre Meet at the Church Low Road. PE32 1TR	Grade 3 2.8 miles 	Please do not park in pub car park. Farm tracks and country lanes.
Monday 14 th March 10.30am	Burnham Overy Staithe Harbour Car Park, East Harbour Way. PE31 8JE	Grade 3 4 miles	Sea bank, farm tracks and footpaths. 
Wednesday 16 th March 10.30am	King's Lynn The Walks main gate Opposite the Library, Off London Road. PE30 5EZ	Grade 1 Flat, firm surface.	Also suitable for wheelchairs, mobility scooters and pushchairs. Distances to suit all needs. Seating on route.
Wednesday 16 th March 2pm	Hilgay Meet at bus stop by junction of East End Road and Bridge Street. PE38 0JL	Grade 3 2.8 miles	Fields footpaths and roads. 
Thursday 17 th March 10.30am	Shouldham Warren Picnic Site, Off Spring Lane, Shouldham. OS Ref: RF679104	Grade 2 2.5 miles	Woodland tracks. 
Friday 18 th March 10.30am	Sandringham Visitor Centre car park. Nearest post code: PE35 6EH	Grade 3 2.6 miles 	Woodland and some roads. Dog walkers: beware of sudden canine illness in the area.
Monday 21 st March 10.30am	Snettisham War memorial Lynn Road.	Grade 3 2.6 miles	Woodland walk. 

Date and Time	Meeting Point	Grade/ Distance	Walk Information
Wednesday 23 rd March 10.30am	Gaywood Library River Lane, Gaywood, King's Lynn. PE30 4HD	Advanced Grade 1 1.5 miles 	Easy walk, mostly on footpaths. Parking available.
Wednesday 23 rd March 2pm	Downham Market Methodist Church, Paradise Road. PE38 9JE	Grade 2 	Footpaths, lanes, tracks and riverbanks.
Thursday 24 th March 10.30am	Shouldham St George's Playing Field car park. Fairstead Drove. PE33 0DL	Grade 2 2.5 miles 	Village roads, farms and woodland tracks.
Bank Holiday			
Bank Holiday Monday 28 th March 10.30am	Leziate to Ashwicken Leziate Village Hall, Brow of the Hill. PE32 1EN	 5 miles	Tracks, paths and roads. 
Wednesday 30 th March 10.30am	Fairstead, King's Lynn Doorstep Green Garden, Centre Point. PE30 4SR	Grade 2 Up to 2 miles	Easy walking, mostly on footpaths.
Wednesday 30 th March 2pm	Downham Market Leisure Centre, Bexwell Road. PE38 9LL	Grade 2 	Lanes, tracks and footpaths.
Thursday 31 st March 10.30am	Hilgay Meet at bus stop by junction of East End Road with Bridge Street. PE38 0JL	Grade 3 2.8 miles	Fields, footpaths and roads. Coffee and cake in the village hall after walk. No dogs please.  
Friday 1 st April 10.30am	Reffley Ancient Woods Reffley Community Hall, Reffley Lane, King's Lynn. PE30 3SF	Grade 2 2.5 miles 	Woodland walk
Monday 4 th April 10.30am	Hunstanton Junction of Lighthouse Lane (B1161) and Lighthouse Close.	Grade 3 3.5 miles 	Beach and grass tracks.

Date and Time	Meeting Point	Grade/ Distance	Walk Information
Wednesday 6 th April 10.30am	King's Lynn The Walks main gate Opposite the Library, Off London Road. PE30 5EZ	Grade 1 Flat, firm surface.	Also suitable for wheelchairs, mobility scooters and pushchairs. Distances to suit all needs. Seating.
Wednesday 6 th April 2pm	Downham Market Leisure Centre, Bexwell Road. PE38 9LL	Grade 2 	Lanes, tracks and footpaths.
Thursday 7 th April 10.30am	Stoke Ferry Bluebell pub, Lynn Road. PE33 9SW	Grade 2 	River banks and footpaths.
Friday 8 th April 10.30am	Eau Brink On A47 west bound, one mile from King's Lynn by- pass, turn left when road widens and signpost indicates Eau Brink.	Grade 3 2.7 miles 	Park on quiet road. Footpaths tracks and river bank. Can be rough underfoot. OS:586172
Monday 11 th April 10.30am	Castle Acre (Priory) Castle car park, Pye's Lane PE32 2XB	Grade 3 2.8 miles 	Tracks, fields and village roads. Can be wet underfoot.
Wednesday 13 th April 10.30am	Gaywood Library River Lane, Gaywood, King's Lynn. PE30 4HD	Advanced Grade 1 1.5 miles	Easy walk, mostly on footpaths. Parking available.
Wednesday 13 th April 2pm	Downham Market Playing Field, Lynn Road. PE38 9QB	Grade 2 	Footpaths lanes and tracks.
Thursday 14 th April 10.30am	Oxborough Village Hall car park. PE33 9PS	Grade 3 3.25 miles 	Fields, footpaths and country lanes. Some stiles.
Friday 15 th April 10.30am	Bircham Windmill Mill lane, Great Bircham. PE31 6SJ	Grade 3 3.25 miles	Fields, lanes and roads. Cafe on site.   
Monday 18 th April 10.30am	Ringstead Farm Fields From Ringstead head along Bunrham Road. Grass carp arpk on left after 1 km.	 5 miles	Farm fields, tracks and some roads. Cowslips should be flowering.

Date and Time	Meeting Point	Grade/ Distance	Walk Information
Wednesday 20 th April 10.30am	Fairstead, King's Lynn Doorstep Green Garden, Centre Point. PE30 4SR	Grade 2 Up to 2 miles	Easy walking, mostly on footpaths.
Wednesday 20 th April 2pm	Shouldham Warren Picnic Site, Off Spring Lane, Shouldham. OS Ref: RF679104	Grade 2 2.5 miles	Woodland tracks. 
Thursday 21 st April 10.30am	Marham Fen Hoggs Drove, The Street, Marham. PE33 9JN	Grade 2 2.5 miles 	Tracks, footpaths, riverside and roads. (Hoggs Drove is near Donato's Pizza take-away)
Friday 22 nd April 10.30am	Brancaster Staithe/ Barrow Common Harbour Way. PE31 9BW	Grade 3 3.3 miles 	Coastal path route and sea views from Barrow Common. Tracks, paths, boardwalk and roads. Can be muddy.
Sunday 24 th April 10.30am	Around the Birchams Bircham Windmill Mill lane, Great Bircham. PE31 6SJ	 5.5 miles	Tracks and country lanes.

Exercise Classes

Day and time	Cost	Venue
<u>Fitness, Fun and Flexibility</u> Mondays 9.30 - 10.30am.	£3.50 All abilities.	Walton Highway Village Club, Lynn Road. PE14 7DF
<u>Fitness, Fun and Flexibility</u> Mondays 6.30 – 7.30pm	£3.50 All abilities.	Methodist Hall, Ely Row, Terrington St John. PE14 7RS
<u>Fitness, Fun and Flexibility</u> Tuesdays 1.45 - 2.45pm.	£2.50 For mixed ability.	The Pop In Methodist Church Hall, London Road, (entrance via County Court Road), King's Lynn. PE30 5EJ
<u>Fitness, Fun and Flexibility</u> Wednesdays 1 - 2pm.	£3.50 All abilities.	Walpole St Peter's Church Hall, Walpole St Peter. PE14 7NS
<u>Fitness, Fun and Flexibility</u> Wednesdays 2.30 - 3.30pm.	£3.50 All abilities.	St Augustine's Hall, St Augustine's Road, Wisbech. PE13 3AH
<u>Fitness, Fun and Flexibility</u> Thursdays 11.30 - 12.30pm.	£4	The Bayfield Surgery, High Street, Docking. PE31 8NH
<u>Fitness, Fun and Flexibility</u> Thursdays 2 - 3pm.	£3.50 All abilities.	Watlington Village Hall, Watlington. PE33 0HE
<u>Active for Life</u> <u>Structured mobility class</u> Thursdays 10 - 11am.	£3.00	Heacham Surgery, 45 Station Road, Heacham. PE31 7EX
<u>Fitness, Fun and Flexibility</u> Last Friday of the month 10.30 - 11.30am. Phone 01945 880482 for info.	For patients and carers.	Hunstanton United Services Club, Sandringham Road, Hunstanton. PE36 5HL

<u>Exercise, music and socialising</u> Thursdays 10 - 11am. Phone 01553 840121	£3	Methodist Church Hall, Paradise Road, Downham Market. PE38 9HS
Monday 2-3 pm. 01553 840121	£3	East Winch Village Hall, East Winch.

<u>Gentle exercise for all abilities</u> Last Friday of the month 10.45 - 11.45am.	Carers only.	United Services Centre, Homefields Road, Hunstanton. PE36 5HL
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Phone: 01553 768155 for more info on above.

<u>Modern Jive Dancing</u> Wednesdays 7.30 – 10.30pm.	£5	Stow Bridge Village Hall. PE34 3PW
Sundays 7.30 – 10.30pm	£5	William Burt Centre, West Winch. PE33 0JY

For further details phone Paul on 07749854060 or Jay on 01553 617392

<u>Exercises for those at risk of osteoporosis.</u> Mondays and Fridays 11-12am Phone 01553 672527	£2.50	Methodist Church Hall, London Road, (entrance via County Court Road), King's Lynn. PE30 5EJ
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Norfolk and Waveney Health Trainers



We are here to encourage
and help you towards better health

Working with you on a 1:1 basis, to achieve realistic goals.

"You are much more likely to succeed with a Health Trainer."

We can work with you giving free advice and support on:

- Give up smoking – for good
- Enjoy eating more healthily and lose weight
- Benefit from drinking less alcohol
- Increase physical activity

For more information contact the West Norfolk Health Trainers by:

Phone: 01553 782629

Email: nwhealthtrainer@mytimehealth.co.uk

Text: healthtrainer to 65000



FIT·TOGETHER

**active
norfolk**

Contact Information

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Programme pick-up points

Broadland	Lloyds Pharmacies at Taverham, Hellesdon, Aylsham, Catton and Drayton. All libraries.
South Norfolk	All South Norfolk libraries. Diss, Harleston and Wymondham Tourist Info Centres
City and suburbs	The Forum Norwich (Tourist Info Centre and Millennium Library), Whitlingham Visitor Centre, All libraries
North Norfolk	Sheringham Library, Sheringham Lloyds Pharmacy, Cromer Tourist Info Centre, North Walsham Library, Mundesley Library, Wells Community Hospital, Fakenham Library, Aylsham Lloyds Pharmacy, Stalham and Holt Libraries
Breckland	Dereham, Thetford, Brandon, Watton, Swaffham, Attleborough libraries
West Norfolk	Downham Market, King's Lynn, Gaywood, Dersingham and Hunstanton Libraries plus the mobile Library. Borough Council offices in Downham Market, King's Lynn and Hunstanton. Tourist Information Centres in Downham Market, King's Lynn and Hunstanton.

Most GP surgeries and Lloyds Pharmacies also have the programmes.

Programmes can be downloaded from www.activenorfolk.org/fittogether