



NORFOLK WALKING & CYCLING FESTIVAL

SATURDAY 22

Events taking place around North Norfolk during the Walking and Cycling Festival.

Festival Launch Event

Saturday 22 October

Improve your health by walking or cycling all or some of the Marriott's Way. With bus travel provided back to the start (Norman Centre, Norwich NR3 2QZ) from several exit points on the route, you can walk anything from 2 to 25 miles.

No pre-booking required. Sign up on the day from 14.00pm for walks (1-2 miles) and cycle rides (5 miles).

Do Different in North Norfolk

Sunday 23 October

A walk in an area of history and mystery. We will enter Morston Church to hear about the Villagers' claim to fame. Walking on, we reach Stiffkey with a couple of tales to tell. Moving onto the tiny hamlet of Cockthorpe with lunch (packed) in Cockthorpe Church, there we will hear about this hamlet's connexion to not one, but three Admirals. You will hear something of their exploits, and possibly the odd Yo Ho Ho (could there be treasure?)...! Finally, to a state of the art museum – Langham Dome, Norfolk's 'Tardis' (larger on the inside than out) and its place in the Cold War.

This walk will take you via the Coast Path from Blakeney with wide views over the finest Marshes in Norfolk. The Marsh and Saltings abound in birdlife.

On the walk you may see deer, rabbit and hares. Look down you might spot the odd snake; or even a mole going from one Norfolk mountain to another.

There is something for all the family, a fantastic walk under huge skies and stories that will cheer or chill - but leave you wanting more of both. A Family walk to remember.

When: 10am on 23 October 2016

How long: 7.25 miles – 5 hours

Suitability: Moderate fitness required, children 8+ and dogs on leads

Start: Blakeney Village Hall, Langham Road, Blakeney, NR257PG

Finish: Langham Dome, minibus transport back to start at Blakeney Village Hall

Getting there: Cars can park at Blakeney Village Hall. You can get the Coasthopper from Cromer/Sheringham.

Cost: £5 (children go free)

Any other information: Bring Packed Lunch.

Toilet facilities at the end

Booking:

https://secure.theatreroyalnorwich.co.uk/online/default_other.asp?show-different

Passage to Pigney's

Sunday 23 October

From North Walsham station using the Paston Way (former rail route) to Knapton, then field paths and canal side tracks to Pigney's Wood for a picnic lunch then back along paths and quiet roads to the station.

When: 11.05am on 23 October 2016

How long: 7.5 miles – 4 hours 30 minutes

Suitability: Moderate fitness required, children 10+ and dogs on leads

Start and finish: North Walsham railway station car park.

Getting there: There is a small car park at the station and trains run from Norwich and Cromer

Cost: Free

Any other information: Bring packed lunch, there is a pub towards the end of the walk. No toilet facilities on route.

Booking:

www.eventbrite.co.uk/e/passage-to-pigney-tickets-27772457167

Spider Hunters

Monday 24 October

Arachnophobes beware! Eight-legged freaks or fascinating fly-munchers? We will explore the world of British spiders in this family workshop. We will learn about some of the amazing spiders that live in the Park and look for them in their natural habitat. Then we get 'up close and personal' with some of our finds in the microscope lab. Includes a spider craft activity.

When: 10:30am on Monday 24 October

How long: 2 miles – 2 hours

Suitability: This walk is suitable for most levels of fitness. Suitable for children ages between 6 and 12.

Start and finish: Visitor Centre, National Trust – Sheringham Park, Upper Sheringham, Norfolk, NR26 8TL

Getting there: Car Parking available £5.20 per car. (Free for National Trust Members) Sanders Bus Route 5 will stop at entrance

Cost: Children £4.75, accompanying adult £2.75

Any other information: Local services are available for refreshments at the end of the walk. Toilets are available at the start and end of the walk.

Booking:

www.nationaltrust.org.uk/events
or phone 0344 249 1895

Wild Afternoon Tea

Tuesday 25 October

Join us as we go foraging for 'High Tea' from the hedgerow. We will take a walk in the Park looking for 'Food for Free' and enjoy an afternoon tea of foraged produce!

When: 2:00pm on Tuesday 25 October

How long: 2 miles – 2 hours

Suitability: This walk is suitable for most levels of fitness. Suitable for children

Start: Visitor Centre, National Trust – Sheringham park, Upper Sheringham, Norfolk, NR26 8TL

Finish: Visitor Centre, National Trust – Sheringham park, Upper Sheringham, Norfolk, NR26 8TL

Getting there: Car Parking available £5.20 per car. (Free for National Trust Members) Sanders Bus Route 5 will stop at entrance

Cost: £5

To book: call 0844 249 1895

Any other information: Bring a packed lunch. Some refreshments will be provided. Local services are available for refreshments at end of walk. Toilets are available at start and end of walk.

Booking:

www.nationaltrust.org.uk/events/2dd425a4-26c1-445f-82c3-329797c792eb/pages/details

OCTOBER - SUNDAY 30 OCTOBER

Dereham Ride and Walk Wednesday 25 October

Begins with a 25 minute train journey from Dereham Station in a heritage diesel railcar to Thuxton. Alighting here, you make your way, mainly along country paths and tracks, to the edge of Dereham. From there, you return to Dereham Station mainly through quiet town paths and back routes.

Cost: £5 Children under 5 travel free. Ticket price includes a drink in the refreshment room prior to departure

Booking:

https://secure.theatroyalnorwich.co.uk/online/default_other.asp?show-dereham

Walk, talk, create Tuesday 25 October and Thursday 27 October

A magical theatre story walk for families, between Happisburgh Lighthouse and Cart Gap. Join us and the boy who pinned the wind to trap the mythical wind creatures who sing along the shore. Take part in creative activities to learn about the shore, environment, and culture of wind and sea. Help us to create an installation along the walk. Observe, question and explore!

When: 12noon on 25 October and 2pm on 27 October 2016

How long: 1 mile – 2 hours 30 minutes

Suitability: Easy walk, children 5+

Start: Happisburgh Beach car park, Beach Road, Happisburgh, NR12 0PP

Finish: Happisburgh Lifeboat Station, Cart Gap Road, Happisburgh, Norfolk, NR12 0QL

Getting there: By car from Norwich take the A1151 and the B1159 to Happisburgh, turn left onto beach road. By bus, hourly, on Sanders Coaches from Norwich Bus Station to North Walsham (5, 5A, 55, 210), then North Walsham (opp. Post Office) to Happisburgh (Lighthouse Close) (34).

Cost: £5

Any other information: Bring packed lunch. Toilet facilities at the start and end.

Booking:

https://secure.theatroyalnorwich.co.uk/online/default_other.asp?show-Create

West Runton Circular Guided Walk Friday 28 October

The walk starts at Water lane car park and keeps to the top of the soft cliffs from West Runton to East Runton. The route heads inland towards the Cromer ridge but falls just short of the incline following the base of Ingleborough Hill. This stretch is characterised by sunken lanes though a patchwork of meadows and pasture.

When: 10:30am on 28 October

How long: 3.5 miles, 2 hours

Suitability: Moderate level of fitness required,

Start and finish: Water Lane Car Park, West Runton

Getting there: Car Park £3 all day

Cost: Free. Booking required.

Any other information: Bring own refreshments

Booking:

www.eventbrite.co.uk/e/west-runton-circular-guided-walk-tickets-27879736041

Geology Walk Saturday 29 October

This is perhaps the most rewarding geological section on the Norfolk coast. Expect to see nature in the raw form as the sea cuts through the Cromer Ridge, exposing glaciotectionic chalk rafts, folded glacial lake sediments, tills and outwash. There is also the Cromer Forest bed and Wroxham Crag and the White Chalk in the shore platform and diverse beach material to search.

When: 1.30pm on 29 October 2016

How long: 3.2 miles – 2 hours 45 minutes

Suitability: Moderate fitness required, children welcome

Start and finish: The cliff top on Clifton Way, East of Overstrand, NR27 0NG

Getting there: Turn off the Mundesley Road into Coast Road and this leads to Clifton Way. There is parking on Clifton Way or you could use the large car park in Paul's Lane on the west side of Overstrand.

Cost: £5 (£3 for children)

Any other information: There is a café at the start point. No toilet facilities on walk.

Booking:

www.norfolk.org.uk/geology_walk_3.html

Templewood Wetland walk Sunday 30 October

A walk and talk along the upper stretches of The River Mun. Led by Eddie Anderson, landowner, conservationist and naturalist. A unique chance to explore this hidden part of North Norfolk. We'll explore the upper stretches of "The Mighty River Mun" leading through Templewood grounds, through Frogshall Wetland and to the very secret "Little Broad". The River Mun is part of a unique water purification experiment spearheaded by The Norfolk Rivers Trust. Eddie Anderson will talk about many of the features en route, point out aspects of the local wildlife, and detail the history of Templewood itself.

When: 10.30am and 2pm on 30 October 2016

How long: 3 miles – 2 hours

Suitability: Easy walk, children and dogs on leads

Start: Templewood House, Frogshall, Northrepps NR27 0LJ

Finish: Templewood House, Frogshall, Northrepps NR27 0LJ

Getting there: Local bus from Cromer via Southrepps. In Northrepps village, pass Foundry Arms pub on right, after 50 yards take next right into Craft Lane. Follow narrow lane for 3 quarters of a mile until Templewood gateway and drive appear on a sharp bend. Parking in front of Templewood house.

Cost: £4 or £2 for under 14s

Any other information: Bring own refreshments. No toilet facilities.

Booking: https://secure.theatroyalnorwich.co.uk/online/default_other.asp?show-templewood

Booking:

https://secure.theatroyalnorwich.co.uk/online/default_other.asp?show-templewood

Fungi Foray Sunday 30 October

Take a walk with local expert Tony Leech and discover the many varieties of fungi that can be found in Sheringham Park.

When: 1:00pm on Sunday 30 October

How long: 3 miles – 2 hours

Suitability: Moderate level of fitness required.

Start: Visitor Centre, National Trust – Sheringham park, Upper Sheringham, Norfolk, NR26 8TL

Finish: Visitor Centre, National Trust – Sheringham park, Upper Sheringham, Norfolk, NR26 8TL

Getting there: Car Parking available £5.20 per car. (Free for National Trust Members) Sanders Bus Route 5 will stop at entrance

Cost: £7.25

Any other information: Local services available for refreshments at end of walk. Toilets available at start and end.

Booking:

www.nationaltrust.org.uk/events/7c64bf0b-f167-404f-91d1-c1d14bf88b51/pages/details