

BOOKING

You don't have to book, but it helps if you contact us before a project to let us know you're coming.

MEETING POINTS

A map is available showing the meeting points. If you would like a copy, or directions to the site, please contact us. Minibus transport is available from stated pick-up points ONLY.

WE PROVIDE

All tools and refreshments. If a site has toilets this is indicated below by 'WC'.

PLEASE WEAR

Old clothes and sturdy shoes or boots. Waterproofs if you have them.

TETANUS

Please ensure that your tetanus inoculation is up to date.

Mobile number on the day:

07843 069 567



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North Norfolk Workout Project

February 2012

Sessions start at 1pm and last until 4pm. All timings approximate.

Date/Time	Site	Activity	Meeting Points
Thursday 2nd	North Walsham Sadler's Wood	Bracken Clearance	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.
Friday 3rd	Thornage Orchard garden	Coppicing and apple tasting	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, please ask for details of site meeting point 1pm
Monday 6th	Holt Gravel Pit Lane	Cutting and burning	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gravel Pit Lane (off Hempstead Road, Holt) 1pm.
Thursday 9th	North Walsham Pigney's Wood	Coppicing willow and alder	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 10th	Fakenham Sculthorpe Moor Reserve	Cutting and burning (jacket spuds on the house)	Cromer Train Station 12.10pm, Fakenham Library (Oak St) 12.50pm, Sculthorpe Moor Hawk and Owl trust car park (signed 'Nature Reserve' from A148 West of Fakenham) Turf Moor Road, Sculthorpe 1pm.

North Norfolk Workout Project February 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Monday 13th	Holt Country Park	Rhododendron attack and fire	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 16th	North Walsham Southrepps Common	Helping the orchids through reed clearance	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, junction of Bradfield Road and Station Road, Lower Southrepps (near school, and 500 yards right from Gunton train station) 1pm.
Friday 17th	Cromer Links Wood	Sycamores out, native trees in!	Cromer Train Station 12.10pm, junction of Overstrand Road and Ellenhill, 1pm
Monday 20th	Holt Hall	Have you got a light boy? Lets cut and burn...	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 23rd	Horning Village Common	Tree planting	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Horning Village Common, 1pm
Friday 24th	Aylsham Weavers Way Path	Clearing the footpath	Cromer Train Station 12.10pm, Roughton, New Inn Pub 12.35pm, Weavers Way Car Park, Drabblegate, Aylsham 1pm
Monday 27th	Holt Country Park	Tree planting	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.

Mark Webster

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The North Norfolk Workout Project is delivered by conservation volunteering charity BTCV for North Norfolk District Council with additional funding and support from Natural England through Access to Nature as part of the Big Lottery Fund's Changing Spaces Programme, NHS Norfolk and North Norfolk Community Partnership.