

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

January 2012

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

Date/Time	Site	Activity	Meeting Points
Thursday 5th	North Walsham Sadlers Wood	Bracken clearance and tree planting	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction, North Walsham 1pm.
Friday 6th	Holt Spout Hills	Meadow beware and tour of the site	Cromer Train Station 12.10pm, Sheingham Community Centre (Cromer Road) 12.35pm, Holt Town Centre War memorial, 1pm.
Monday 9th	Holt Country Park	Tree-mendous afternoon of planting	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre, 1pm WC
Thursday 12th	Hoveton Bridle Path	Maintaining the Bridle Path – phase two!	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Junction off A1151 and Littlewoods Lane opposite Hoveton Doctors Surgery) 1pm.
Friday 13th	Great Yarmouth (!)	Woodland management	Cromer Train Station 12.10pm, Beacon Park, Beaufort Way (by junction of Excalibur Rd, Gorleston NR31 7RQ, 1.30pm (NB:late return to Cromer))

North Norfolk Workout Project

January 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Monday 16th	Holt Country Park	Laying down roots -tree planting	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre, 1pm. WC.
Thursday 19th	No task- community group meeting	No session	Meeting to discuss development of community group –NNDC offices – meet reception at 1pm (1-4pm)
Friday 20th	Cromer Station Woods	Tree planting in an old station	Cromer Train Station 12.10pm, Junction of Mill Road and Station Rd Cromer, 1pm
Monday 23rd	Holt Hall	Room with a view- scrub clearance	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 26th	Walcott The Rookery	Wood you believe it?	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery at Barrington Farm (Rookery Farm Road, Walcott) 1pm. WC. @ The Rookery.
Friday 27th	Cromer Links Woods	Two trees or not two trees	Cromer Train Station 12.10pm, junction of Overstrand Road and Ellenhill, 1pm
Monday 30th	Holt Country Park	Keep on planting!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre 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.