

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

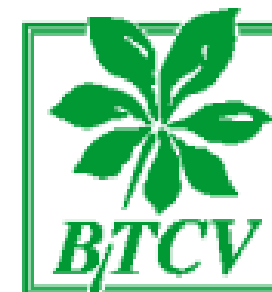
Old clothes and sturdy shoes or boots. Waterproofs if you have them.

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

March 2012

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

Date/Time	Site	Activity	Meeting Points
Thursday 1st	North Walsham Sadler's Wood	Bramble and bracken bashing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.
Friday 2nd	Cromer Howards Hill	Bracken clearance, enjoy the view	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 5th	BTCV Staff Meeting	No session	No session
Thursday 8th	Wiveton Downs	Cut it down? Gorse u can	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Wiveton Downs Nature Reserve car park (on Langham to Wiveton Road, a little to the East of Blakeney Long Lane) 1pm. ** PLEASE NOTE NO NORTH WALSHAM PICK UP – SORRY **
Friday 9th	Sheringham Patch Project	Dig for victory	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Sheringham High School 1pm.
Monday 12th	Holt Country Park	Bramble control	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.

North Norfolk Workout Project

March 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Thursday 15th	North Walsham Southrepps Common	Scrub clearance on the SSSI nature reserve	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 16th	Cromer Links Wood	Tree planting	Cromer Train Station 12.10pm , junction of Overstrand Road and Ellenhill, 1pm
Monday 19th	Holt Hall	Have you got a Dickybore?	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 22nd	North Walsham Pigney's Wood	Making benches to enjoy the view	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 23rd	Cromer Howards Hill	Heathland management	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 26th	Holt Country Park	Rhododendron-tastic-burning and BBQ!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 29th	Trip to Hickling Broad	Birds and wetland habitat	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, NWT Hickling Broad Visitor Centre 1pm
Friday 30th	West Runton Common	Raking the meadow	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, West Runton Common (please ring for exact details) 1pm

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.