



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

Maps can be provided showing the meeting points. If you would like one, 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 suitable for the weather. Sturdy shoes or boots and 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

December 2011

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

Date	Site	Activity	Meeting Points
Thursday 1st	Knapton Railway Cutting	Butterfly habitat improvements	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Knapton Railway Cutting Nature Reserve car park (North of Pigneys Wood car park, South of Village Centre, on Hall Lane in Knapton) 1pm.
Friday 2nd	Stalham Marshland Moat	Wood you like to work on the Marsh?	Cromer Train Station 12.10pm, Stalham High Street car park (off A149 at West end of High Street, next to Library) 12.45pm, Marshlands (ask us for details) 1pm. WC.
Monday 5th	Wiveton Downs and Blakeney Esker	Lets Rock! Geological conservation	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.
Thursday 8th	North Walsham Pigneys Wood	Take it to the bridge...	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 9th	Sheringham Park	Invasive species must be stopped!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Sheringham Park National Trust car park 1pm. WC.
Monday 12th	Holt Country Park EAST END	Tree planting – to be confirmed	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Country Park HEMPSTEAD ROAD CAR PARK 1pm. ***Note change of meeting point for this site**

North Norfolk Workout Project

December 2011 (cont)

Date	Site	Activity	Meeting Points
Thursday 15th	North Walsham Southrepps Common	Maintaining the SSSI Reedbeds	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	Metton Little Fen	Going down the drain	Cromer Train Station 12.10pm, Roughton outside New Inn on A140 Norwich Road 12.35pm, track South from 'The Street' (Metton-Sustead Road) signed "Norfolk Sky Mind / Glen Farm Lorries" 1pm.
Monday 19th	Holt Hall	"The Holly and the Ivy..."	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 22nd	** NO TASK **	*** NO TASK ***	*** NO TASK *** Christmas Shopping.
Friday 23rd	** NO TASK **	*** NO TASK ***	*** NO TASK *** Christmas Shopping – panic mode.
Monday 26th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Boxing Day.
Thursday 29 th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Staff holiday.
Friday 30 th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Staff holiday. [First task after New Year is Thursday 5 th January]

Mark Webster
North Norfolk Project Officer
01263 516 336 / 07843 069 567

workout@btcv.org.uk

Countryside Section, North Norfolk District Council, Holt Road, Cromer, NR27 9EN.



www.btcv.org/norfolk

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.