RAMBLERS WELLBEING WALKS
Central Norfolk

NOVEMBER 2026 PROGRAMME

All walks start at 10.30 am unless otherwise stated

Please sign up to Ramblers Wellbeing Walks (Beta.Ramblers.org.uk)
Join our Facebook page (Central Norfolk Wellbeing Walks)
to receive important messages, such as changes to a walk.
All mileages and timings are approximate.

PLEASE NOTE

New walkers or those returning after illness/operation please do a Grade 1 or 2 for your first walk. We would particularly recommend our Thursday walks starting in the Cathedral Close, Norwich for complete beginners. Grades are detailed at the foot of this programme.

All our walk leaders and assistants are volunteers.
Please treat them with respect and try to comply with their guidance.
Thank you.

Date	Location	Grade Miles Time	Description
Monday **2**	**WRENINGHAM & ASHWELLTHORPE/LONGS WOOD short** Bird in Hand car park Church Road Wreningham NR16 1BJ **Refreshments – the pub**	**SN157/182** **G3/2** **4/2.4ml** **90/50min**	Country lanes, grass/dirt field edge footpaths. Moderate gradients. Plank bridges.
Monday **2**	**FOUNDRY & WHITEFRIARS BRIDGES** Meet in St Helen's Wharf car park (Pay & display) Bishopgate NR3 1RZ **Refreshments – local pub**	**N109** **G2** **1.4-1.8ml** **45min**	Flat level concrete & riverside footpaths. One flight of steps (alternative available)
Tuesday **3**	**SALHOUSE CHURCH RURAL WALK** All Saints Church Bell Lane **Refreshments – Cherry Lane Garden Centre**	**B160** **G3** **2.9ml** **70min**	Country lanes, dirt/grass footpaths. A few steps. 70% soft. Can be muddy
Wednesday **4**	**FREETHORPE, WICKHAMPTON VILLAGES & CHURCHES** junction of School Road & Reepham Road Freethorpe NR13 3NZ **Refreshments – Moulton Nurseries Cafe (NR13 3AP)**	**AC101** **G3** **3.3ml** **70min**	Walk along country lanes and around 2 churchyards. Mostly flat tarmac/concrete paths.

Thursday **5**	**CATHEDRAL QUARTER (SLOW PACE)** **NELSON & THE WENSUM** meet by Mother & Child Statue Upper Green, Cathedral Close NR1 4DD **Refreshments – Refectory / Glasshouse**	**N101/142** **G1/2** **0.8/1.1ml** **20/25min**	One loop around the cathedral grounds. 100% firm One loop around the riverside area. Inclines/steps. 100% firm
Friday **6**	**WENSUM WALKWAY** Chantry Square Stone seats top of St Stephens churchyard Norwich NR2 1QP **Refreshments – St Stephens Cafe**	**N126** **G3** **3.2ml** **70min**	Walk from city centre alongside River Wensum. Pavements, park, woodland paths. Steep & gentle inclines.
Monday **9**	**HEMPNALL & LUNDY GREEN** Hempnall Mill car park (free parking) Mill Road, NR15 2LP **Refreshments – Hempnall Mill (by Diane, cash only)**	**SN141** **G3/2** **4.5/2.3ml** **90+/55min**	Country lanes. grass/dirt field edge footpaths. Stiles, plank bridges. 80% soft surfaces
Monday **9**	**UEA GROUNDS** Meet outside the UEA Enterprise Centre Parking at Earlham Park car park University Drive **Refreshments – Enterprise Centre Cafe**	**N113** **G2** **2.5ml** **60min**	Country lanes, grass/dirt field edge footpaths. Moderate gradients. Plank bridges.
Tuesday **10**	**Unfortunately, the planned walk for today has been cancelled due to a shortage of volunteers. Please see the Aylsham programme for information on their walk**		
Wednesday **11**	**LINGWOOD VILLAGE GARDENS & PLANTATION** Lingwood Village Hall car park Station Road NR13 4AZ **Refreshments – Hug a Mug at Lingwood Village Hall**	**AC110** **G2** **2.4ml** **55min**	Tarmac roads, grass/dirt field edge footpaths. Uneven ground can be muddy. 70% firm
Thursday **12**	**CATHEDRAL QUARTER (SLOW PACE)** **KETTS CAVE** meet by Mother & Child Statue Upper Green, Cathedral Close NR1 4DD **Refreshments – Refectory / Glasshouse**	**N101/151** **G1/2** **0.8/2ml** **20/45min**	One loop around the cathedral grounds. 100% firm Tarmac, grass & riverside paths Some steps up & down.
Friday **13**	**GREAT MELTON & CART LODGE** All Saints Church Market Lane, Great Melton NR9 3BH **Refreshments – the church (cash only)**	**SN104** **G3/G2** **3.9/2.6ml** **85/60min**	Country lanes, grass/dirt field edge & woodland paths, farm track 50%/50% firm/soft
Sunday **15** **11am**	**MATHEMATICAL BRIDGE & COLNEY LANE** Waitrose car park (far end near church 3 hours free) Eaton Street NR4 7LD **Refreshments – Waitrose cafe**	**N146** **G3/2** **3.5/2ml** **80/40min**	Grass, dirt & river footpaths, woodland & pavement. Gentle gradients. 60% firm 40% soft ground
Monday **16**	**WYMONDHAM & SILFIELD** Cemetery Lane car park (pay & display) Wymondham NR18 0JX **Refreshments – Station Bistro**	**SN185** **G3** **4.4/3.1ml** **90/60min**	Grass/dirt foot/wooded paths. Country roads & pavement. Nature reserve. Can be muddy. 50%/50% hard/soft
Monday **16**	**EARLHAM CEMETERY & HEIGHAM PARK (winter)** Earlham Crematorium (inside main gate) Earlham Road NR2 3RG **Refreshments – local cafe**	**N108** **G2-3** **2.9ml** **60min**	Tarmac & grassy paths. Mostly firm & level with one short moderate/steep gradient
Tuesday **17**	**SPIXWORTH FIELDS & LANES -** long/short The Longe Arms car park Crostwick Lane NR10 3PE **Refreshments – Frank's Cafe Catton**	**B115** **G3/2** **4/2ml** **80/40min**	Walk over rough ground & through woodland. Dirt tracks & tarmac footpaths. 80% firm

Wednesday 18	**SOUTH WALSHAM & PILSON GREEN** Fairhaven Woodland & Water Gardens School Road NR13 6DZ **Refreshments – Fairhaven cafe**	**AC131** **G2** **2.4ml** **50min**	Tarmac lanes, dirt/grass field edge footpaths. Minor gradient. 80% firm.
Thursday 19	**CATHEDRAL QUARTER (SLOW PACE)** **RIVERSIDE** meet by Mother & Child Statue Upper Green, Cathedral Close NR1 4DD **Refreshments – Refectory / Glasshouse**	**N101/102** **G1/1** **0.8/1.5ml** **20/35min**	One loop around the cathedral grounds. 100% firm One loop around the riverside area. Inclines/steps.
Friday 20	**MARTINEAU WOODS** Bread & Roses Community Cafe Suffolk Square, Vauxhall Street NR2 2AA **Refreshments – the cafe**	**N133** **G3** **3.25ml** **70min**	Walk along mostly tarmac footpaths, including park & woodland paths. Moderate to steep gradients. 90% firm
Monday 23	**FUNDENHALL** St Nicholas Church Church Lane NR16 1AH **Refreshments – The Church (cash only)**	**SN175** **G3/2** **3.5/2.2ml** **75/50min**	Country lanes, dirt/grass field edge paths, narrow footpaths. 70% soft. Can be muddy.
Monday 23	**THREE PARKS** Outside The Forum Millennium Plain, Norwich NR2 1TF **Refreshments – Marzano, other cafe or pub**	**N123** **G2/1** **2.3/1.5ml** **50/30min**	Walk around city centre parks. Mainly pavement & some grassy areas
Tuesday 24	**THORPE ST ANDREW** Recreation Ground car park Sir George Morse Park Laundry Lane NR7 0XQ **Refreshments – Little Park cafe**	**B126** **G3** **2.7ml** **60min**	Mixture of pavements, paths, woodland. Tree Plantation in spring a mixture of blubs & blossom. Can be muddy in the woo
Wednesday 25	**BEIGHTON** Beighton Village Hall car park High Road NR13 3LA **Refreshments – Butterflies at Blofield Camping & Leisure**	**AC161** **G3** **2.7ml** **65min**	Tarmac lanes/roads, grass/dirt field edge footpaths. 50/50% firm/soft
Thursday 26	**CATHEDRAL QUARTER (SLOW PACE)** **NORWICH CHURCHES** meet by Mother & Child Statue Upper Green, Cathedral Close NR1 4DD **Refreshments – Refectory / Glasshouse**	**N101/111** **G1/2** **0.8/1.75ml** **20/50min**	One loop around the cathedral grounds. 100% firm One loop passing various churches. 100% firm
Friday 27	**LODDON & RIVERBANKS** **(Town & Surrounds if wet/muddy)** Memorial, Church Plain car park Loddon NR14 6ET **Refreshments – Spooncake / Loddon Deli / Rosy Lee**	**SN165** **(164)** **G3/1** **4/1.4ml** **80/40min**	Tarmac pavements, dirt/grass footpaths around town alongside the river Chet. 80% firm.

Grade 1 – Slower, short walks for those who are beginning, or returning to fitness. They are about 1 mile on reasonably flat, firm surfaces, lasting 30 minutes approximately. Some walks are wheelchair/pushchair friendly.
Grade 2 – Walks of 1.5 to 2.5 miles approximately. They may have some steps, inclines, stiles and grassy or softer ground and take up to 60 minutes. Good for those who are improving their fitness.
Grade 3 – Slightly longer walks of 3 – 4 miles approximately, for those who are reasonably fit.
Slopes and surfaces may be more challenging; the walk may take up to 90 minutes for the average person.
Grade 4 – More challenging walks of over 4.5 miles, taking over 90+ minutes. Only suitable for those who are fit and used to walking longer distances.

PLEASE SEE ATTACHED INFORMATION FOR WALKERS

Information walkers

Things to know when joining a walk with

Central Norfolk Wellbeing walks

Before the walk

- Read the walk details and select one that you'll enjoy and feel you can manage – don't overstretch. yourself. Get in touch via Facebook and we can tell you more about the walk and others that we lead.
- Check the weather forecast before you head out and dress for the weather. Wearing layers is best, remember the sun can be strong even in winter. Pay special attention to your footwear. Get in touch if you're not sure what to wear.
- Arrive in plenty of time for the walk.
- Carry a hat, water and suntan cream in summer.
- Check with us first if you'd like to bring your dog. Unfortunately, not all walks are suitable for dogs

At the start of the walk

- If you've never walked with us before, introduce yourself to the walk leader. They'll be wearing an orange hi-viz jacket.
- We need to know who to contact in case of an emergency – ask the walk leader for an in case of Emergency (ICE) Card.
- Let the walk leader know if you have a health condition that may impact your walk or be relevant in case of an emergency. We'll always respect your privacy.
- Listen carefully to the walk leaders' description of the walk and any risks.

During the walk

- Please always follow the instructions of the walk leader.
- Be aware that plans may change, as our walk leaders adapt to changing conditions on the day.
- Respect the pace of the group, although a walk leader will always be there to support you.
- Let us know if you're struggling at any point – we're here to help.
- Follow the **Countryside Code**. Leave no trace.

After the walk

Stay for refreshments and let us know how you enjoyed the walk

ramblers.org.uk

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