



Wellbeing Walks December 2023

Fri 1st 10:30 Redwings Horse Sanctuary

Redwings, Spa Lane, Aylsham, NR11 6UE

Mon 4th 10:30 North Walsham Walk

Meeting at the band stand, North Walsham, NR28 9BS

Tues 5th 10:30 Diss Walk

Frenze Beck Nature Reserve, Sawmills Road, Diss, IP22 4GG

Wed 6th 13:00 Lowestoft Coastal Path Walk

Triton Statue, South Pier, Lowestoft NR33 0AE

Thurs 7th 10:30 Waterloo Park - Norwich

Meet at the Feed Café, Waterloo Park Pavilion, NR3 3HX

Fri 8th 10:30 Cromer Coastal Path Walk

Cromer Pier, Promenade, Cromer, NR27 9HE

Mon 11th 10:30 Norwich City Centre Walk

Meet at the steps in front of City Hall, NR2 1NH

Wed 13th 10:30 Felbrigg Walk

Felbrigg Hall Car Park 'Welcome Hut', NR11 8PP

Fri 15th 10:30 Wymondham Walk

Tiffey/Becketswell Car Park, Wymondham, NR18 9PH

Mon 18th 10:30 Dereham Walk

St Nicholas Church, corner of Church Street/St Withburga Lane, Dereham, NR19 1DN

Lane, Derenam, NK13 1DN

Tues 19th 10:30 Fenway River Walk Downham Market (NEW TIME!)

Meet outside Downham Market train station, PE38 9EN

Wed 20th 10:30 Gt Yarmouth Coastal Path Walk (NEW LOCATION!)

Meet outside Marina Centre main entrance, Marine Parade,

Gt Yarmouth, NR30 2ER

Fri 22nd 10:30 King's Lynn Riverside Walk (NEW TIME!)

Meeting at the Customs House, PE30 1HP

FESTIVE WEEK WALKS!

Thurs 28th 10:30 Cromer Coastal Path Walk

Cromer Pier, Promenade, Cromer, NR27 9HE

Fri 29th 10:30 Waterloo Park - Norwich

Meet at the Feed Café, Waterloo Park Pavilion, NR3 3HX

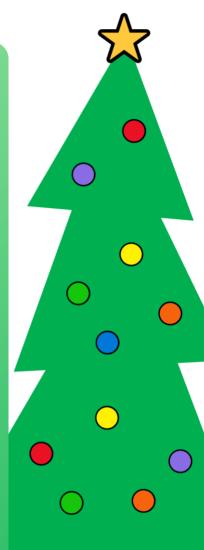
Any queries please email us: socials@wellbeingnandw.co.uk

Scan for more events, more info and to subscribe!





Norfolk and Suffolk
NHS Foundation Trust





All our walking events include a café stop- email us to find out where if you want to just join us there!

