**Downham** **Market** **and** **District** **U3A** **Walking** **Group**

**Programme September 2023 to February 2024**

The Group normally offers one short walk (up to about 3.5 miles) and one longer walk (4 to 6 miles) each month except where there is a clash with a Bank Holiday and / or no walk leader is available. It is acknowledged that short walks closer to Downham attract the best attendance and so this programme offers more short walks than usual. Walkers are reminded to keep their U3A membership up to date for insurance purposes. **All walks start at 10-00am on the first and third Monday of the month unless stated otherwise in the programme**. If you are a member of the Walking Group it is not necessary to notify the walk leader that you are intending to join the walk, just turn-up. The walk leader will be there. Please wear walking shoes or boots and dress appropriately for forecast weather conditions. Well behaved dogs can be brought along on leads.

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| --- | --- | --- | --- | --- |
| **Date** | **Distance Miles** | **Description**  | **Postcode for start** | **Walk Leader** |
| Monday04/09/23 |  | No Walk as no walk leader available  |  |  |
| Monday18/09/23 | 4 | **Shouldham** **Warren** **perimeter** **walk**. Park/Start Recreation Ground carpark at end of Westgate Street Shouldham. Going easy on forestry/drainage board/farm tracks Distance from Downham 6 miles | PE33 0DQ  | John Cowin 01366 347526 |
| Monday02/10/23 |  | No walk as no walk leader available. |  |  |
| Monday16/10/23 | 4.3 | **Pott Row/Royden Common circular walk** Park/Start recreation ground carpark on Chapel Road, Pott Row (between Lynn Road and Chequers Road) Going easy on tracks, paths and field margins. Distance from Downham 16miles | PE32 1BP | John Cowin 01366 347526  |
| Monday06/11/23 | 2.6 | **Denver Circular Walk.** Park/Start Denver Playing field car park. Going easy on paths, tracks and pavements. Distance from Downham 2 miles | PE38 0DF | Lynda &John Sexton 07866 955770 |
| Monday20/11/23 | 4 | **Shouldham, Shouldham Thorpe circular** walk. Park/Start All Saints Church car park off Norwich Road Shouldham. Going easy on paths, tracks and quiet lanes. Distance from Downham 6miles | PE33 0DB | John Cowin01366 347526 |
| Monday 04/12/23 | 3 | **Downham/Wimbotsham Circular Walk** Park/Start Memorial Playing field car park Lynn Road Downham. Going easy on paths and pavements  | PE38 9AG | Lynda & John Sexton07866 955770 |
| Monday18/12/23**11.00am****start** | 3.5 | **Hilgay Circular Walk followed by 1.00pm Lunch at Baytree Garden Centre** Park/ Start on grass by bus stop on Bridge Street opposite East End, Hilgay Going level on quiet lanes, farm tracks and paths. | PE38 0LH | John Cowin01366 347526 |
| Monday01/01/24 |  | New Years Day – no walk |  |  |
| Monday15/01/24 | 5  | **Castle Rising/North Wooton circular** walk.Park/Start on quiet road off Lynn Road, Castle Rising between church and almshouses.Going easy on paths, tracks, field margins and minor roads. Distance from Downham 15 miles.  | PE31 6AG | John Cowin01366 347526 |
| Monday05/02/24 | 3.5 | **Beachamwell** **Circular** **Walk** Park/Start on grass in front of Beachamwell village hall. Going easy on paths and farm tracks. Distance from Downham 10 miles  | PE37 8BG  | Lynda &John Sexton 07866 955770 |
| Monday19/02/24 | 3.5 | **West** **Dereham** **circular** **walk** Park/Start on St Andrews Walk opposite St Andrews Church, West Dereham Going easy on paths and quiet lanes. Distance from Downham 5.5miles  | PE33 9RT | John Cowin01366 347526 |

* Post code for parking/starting points for SATNAV users
* Volunteers to be walk leaders and suggestions for walks are always welcome.

JC 29.08.23