



Walkfree
Breakfree
"outdoor activities for all"

Norfolk – Fabulous and easy coastal walks, stately homes, deer parks, beaches, migrating birds and 5 course dinner party on Saturday evening.

Friday 7th to Sunday 9th March 2014



A weekend of classic walks, five course dinner party and socialising on the fabulous North Norfolk coast, staying in one of the UK's top award winning hostels at Deepdale Burnham which has ensuite and twin rooms available. This is one of my all time favourite seaside weekends with walks for you to enjoy along the Norfolk Coastal Path and in the beautiful Holkham hall and Burnham Thorpe where Lord Nelson spent his childhood (at least to the age of 12 years when he entered service with the Royal Navy!).



This is a delightful corner of England and we will mingle Stately homes, fascinating churches, a choice of short and long walks, wildlife, an opportunity for bird watching as we walk along the shore line (more on that below), and a little history with some great food and relaxation as we enjoy what we hope will be some fine spring weather.

North Norfolk –is a walking and bird watchers delight and during our walks Danny our very knowledgeable walk leader will be more than happy if you wish to share with you his knowledge and passion for birds. I promise you without distracting from the pleasure of walking by bringing along (or borrowing) Binoculars if you have them, it will open up an opportunity to enjoy new horizons whilst on a walk.

On Saturday we will enjoy a 10 mile walk (shorter walk option and visit to house is available) from Wells-Next-The-Sea to Holkham beach and onwards to the beautiful Holkham Hall and its magnificent estate. We will visit Burnham Thorpe where Lord Nelson spent his childhood (at least to the age of 12 years when he entered service with the Royal Navy!) and lived when not on active service; and enjoy the church and a drink in the quaint Lord Nelson pub.

On Sunday we will walk from Holmes Dune national reserve and a stroll on Old Hunstanton's Dunes – from the coast's wide-open magnificence to a peaceful nature reserve.



Old Hunstanton is steeped in history and legend. It is said that St Edmund was shipwrecked here in AD 855, and was so grateful for being spared a watery death in the Wash that he built a chapel as an act of thanksgiving. The 13th-century ruins still stand today, looking out across grey stormy seas from near the old lighthouse. Our walk of 8 miles will be along country tracks, lanes, muddy paths and sand dunes on sandy beaches, rolling chalk valleys and farmland. It will take

us across the Ringstead Downs Nature Reserve which is home to rock roses and meadow grass hoppers and to Holmes Dune national Reserve.

Prior to dinner on Saturday evening you can enjoy an optional Introduction to Bird Watching in North Norfolk, a presentation talk by Danny Walsh who will be leading walks on Saturday & Sunday. His interesting personal memoir on the subject is available below.



Our walks are dedicated to get you to places new for discovery and exploration, places that touch the senses with a great bunch of companions – do join us if you can.

Iain ML (Summer) MTA

Any questions or queries please do not hesitate to contact me by email iain@walkfreebreakfree.co.uk or mobile 07889 165278.

As organiser my promise to you is that on each and every event we will honestly strive at all times to deliver a great community focused experience, to inspire and motivate and be here for you.

THE DEAL

COST: £149 per person (Shared Rooms)
£169 per person (Twin/Double Rooms)

Optional: Minibus Transport £25 Return fare per person

No single Rooms available in the hostel but may be available in a local B&B – if you wish as to enquire please note on booking form and we will notify you of supplement necessary

INCLUDES:

2 x nights' Accommodation
2x Breakfasts
2x Packed Lunches
1x Five Dinner Party on Saturday night
1x Simple snack meal on Friday night (soup/cheese/bread)
Guided Walks on Saturday and Sunday
Optional Bird watching presentation on Saturday

Note:

Your payments does not include:
Personal insurance
Optional minibus Travel £25 per person

Booking Arrangements:

To reserve or confirm your place on this weekend Escape a £50 deposit (non returnable - unless someone else takes your place) is required now. The balance is due on the 7th February 2014.

Payment method: RSVP now and then a £50 deposit will be payable by internet banking or credit card. Balance must be fully paid by 1/2/14

Internet Banking: Account Number 10111075 Sort Code 162129 or via card Secure payment site
<http://www.walkfreebreakfree.co.uk/payments>

For all payment methods please use as your **Transaction reference: Norfolk14 plus your initials.**
Your deposit and payments are protected to comply with the requirements of the Travel Package Regulations.

Booking form below plus further Information is available on our Accommodation, Menus & Dining, Walks, your safety responsibilities and what to bring.



Outdoor activities for all"

Booking Information & Form – to be completed by all participants

Please return to: Iain Thomson
 Walkfree Breakfree Ltd , 34 Sunnybank, Widmer End, High Wycombe, Bucks, HP15 6PA
 or email to iain@walkfreebreakfree.co.uk

Dates :	Friday 7 th to Sunday 9th March 2014
Event/trip Reference	Norfolk Walks
Name of person booking (group leader)	
E Mail address (group leader)	
Address	
Home Tel No	
Mobile No	
Emergency contact information to be used in the event of an emergency arising during the trip:	
Name	
contact number	

Names of others in group (if booking more than one person)

Name	Mobile Number	Emergency contact number

Travel: I wish to use the 2:00pm Minibus Service Yes/NO Prefer later option YES/NO (if possible)

Independent travel	My travel arrangements are detailed opposite.	
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Trip/event costs: Inclusive Package		
£149 shared room per person	No @£	£
£169 twin/double room		
Minibus Travel Supplement £25	No @£25	
Please note Travel Insurance is not included in the costs		
<i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i>		NO CHARGE
Total Payable		
DEPOSIT Required £50 per person with Booking Form	TOTAL	£
Balance payable by 7 th February 2014		
Payments: Payments protected under the Package Travel Regulations		
For all transactions please use the reference.	:	
Norfolk14 plus- your initials.		
Internet banking:		
Account No:10111075		

Sort Code:162129 CREDIT / Debit CARD PAYMENT- via the secure site http://www.walkfreebreakfree.co.uk/payments Or via Cheque made payable to Walkfree Breakfree Ltd			
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Vegetarian Food required: Please indicate number of people requiring vegetarian food in group: Other Dietary Issues you may wish to bring to our attention:	Yes	No
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Health & Fitness
 Note this is a walking holiday and we will at times be walking on a variety of footpaths with gradients. You therefore need to be walking fit but our walks will be suitable for those who walk regularly in the Chilterns – please consider fully prior to booking
 Bookings are accepted on the understanding that all persons participating are normally in good health and physically equally to the minimum demands of the chosen trip. If this is in doubt the Booking Form must be accompanied by a doctor’s certificate stating that it is entirely safe for you to go on the particular trip you have chosen. To assess your level of fitness in relation to the various walks we undertake, completing the quiz available on our website <http://www.walkfreebreakfree.co.uk/fitness-quiz> may be helpful and a useful reference point for your personal use.

Remember we are undertaking physical activity which at times may be in remote locations where assistance may not be readily available or in certain circumstances medical conditions may pose additional risk to activities being undertaken.

If you or a member of your party have medical conditions you wish to be brought to the attention of voluntary leaders please indicate here and include relevant details in confidence with the booking form.

Please sign booking form below confirming you agree to accept and on behalf of all members of your party accept to comply with conditions of membership and fully understand the meaning of “a participating adult” – (further information below) and understand that you participate on walks and activities at your own risk and Walkfree Breakfree Ltd accept no responsibility or liability. You accept our terms and conditions published on our website and below.<http://www.walkfreebreakfree.co.uk/booking-conditions> on behalf of all members of the group (a published copy can be made available on request).

Signature of person booking
 I fully understand and accept membership on the above conditions:

MEMBERSHIP is on the understanding you and everyone in your party agrees participation is on the basis of “a participating adult” which is clearly defined in the British Mountaineering Council Participation Statement and on your acceptance of our terms and conditions. The BMC Participation Statement say that: *The BMC recognises that climbing and mountaineering (which in our context includes walks, hill walking and other outdoor activities) are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.*

To make your participation as simple and easy as possible you should fully understand your relationship with Walkfree Breakfree Ltd. During Club experience weekends and trips we are happy to offer information and opinions on walks and other activities and we will always endeavour to give accurate information and opinions, but we do not take any responsibility for them and if acted upon by you it is at your own risk.

You understand our walking and activity leaders may not be qualified mountain guides and you join them at your own risk and your own free will to participate in club experience activities with like minded people.

During Club Experience trips you may be asked to drive (or accept a lift from) someone who is not in your booking party, to and from an excursion and you accept that Walkfree Breakfree Ltd will not accept any liability in the event of a road accident and that you enter into such an arrangement with another driver/passenger by mutual consent.

Menus & Dining:

Friday 7th March

Simple snack meal of soup, pate, cheese.

Saturday 8th March

Nelsons Fizz & Nibbles (A fruit and sparkling wine fantasy to start our evening with a sparkle)

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Puy Lentil Salad with feta Cheese & dressing

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Slow Roasted Red Pepper & Tomato soup finished with basil infused oil & Ciabatta bread croutons

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Chicken Veronique with a cream sauce

or

Scottish salmon dressed with a Teriyaki sauce

or

Thai Vegetable Curry & Spicy Noodles

Served with new potatoes & julienne of vegetables

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A Choice of:

Normandy Apple Tart and fresh cream

Cheesecake or Home Made Ice-cream

*

Cheeseboard

*

Coffee

Breakfast Menu Porridge, home-made muesli and a selection of cereals Orange/Apple Juice & Boiled eggs Toast with jam/marmalade/butter Tea/Coffee

Packed Lunch (Saturday, Sunday) Sandwich Chocolate Biscuit Bag of crisps Piece of fruit

Afternoon: Biscuits and home-made cakes on our return from walks or visits. Tea & coffee available for your flasks

Note: Please feel free to bring along wine, beer or soft drinks to accompany the meals Menu may be subject to change and vegetarians including vegans can be catered for but do let me know any special dietary requirements in advance.



Service Style (please note): To make the weekend more affordable, the service offered is based on the Walkfree Breakfree Club Experience service style. Participants on the weekend assist with chores such as washing up, setting tables and assisting the chef. However I can assure you the chores are well organised, shared between us and become part of the fun!

It also allows us to bring our own wine and beer for the communal table making this weekend really sociable and great value for money

OUR ACCOMMODATION



Deepdale Backpackers independent four star hostel allows us a perfect setting to escape the beaten track and the smog of the big city to this wonderfully chilled out hostel in the heart of Burnham Deepdale on the North Norfolk Coast. This beautiful village is by the sea in an 'Area of Outstanding Natural Beauty'

Our award winning backpackers hostel is an excellent weekend base to explore and enjoy walks and the village is famous for its mussels.

Deepdale Backpackers offers excellent ensuite private rooms - double rooms, twin rooms, triple rooms (either 1 double and 1 single bed or 3 single beds), quad rooms and family rooms.

The backpacker's hostel also offers dorm rooms, which all have ensuite shower rooms.

All bedding is provided, so no need to bring a sleeping bag with you, you'll just need a towel.

Full details on the accommodation including descriptions are available on the <http://www.deepdalefarm.co.uk/backpackershostel/index.asp> link and I would encourage you to read this carefully prior to booking.

Please remember to bring along towel, suitable outdoor clothing, sturdy footwear, (please remember that weather conditions can be bitterly cold and wet!), and flasks if hot drinks on walks are required.

Our Destination



Reed-fringed lakes, vast sandy beaches, mysterious marshland, teeming wildlife reserves and peaceful, pine-scented forests, Norfolk offers all these and more to walkers, and is one of the most varied and interesting counties in England. It boasts the gorgeous Broads, the wild and heath covered Breckland, a stunning coastline and huge areas of fen and marsh. It also has more than its share of long distance footpaths, the best of which are the Norfolk Coast and Peddars Way path, the Weavers' Way, Marriott's Way, and Boudicca's Way.

Norfolk is a mecca for nature-lovers and a paradise for bird watchers, with habitats ranging from pine-clad Brecks and open heaths to set-aside farmland and a coastline embracing some of the finest sand dunes and salt marshes in Europe. Some of the country's most famous coastal reserves are to be found here – Holme, Titchwell, Scolt Head, Blakeney Point, Cley, Holkham. Inland, there are such gems as Knettishall, East Wretham, Thompson Common and Ringstead Downs.

North Norfolk, our destination, in particular, is a region of infinite interest, a landscape constantly in the process of modification by tide and current, offering a rich menu of natural history and wildlife, feelings of remoteness and changing blends of sound, light, colour and movement.

It is an extraordinary landscape and few will deny that Norfolk's coast with its big, blue skies is a fabulous area to walk.

Walking Routes Saturday 8th March

Saturday a day for exploration and a long stroll of up to ten miles (shorter walk available) to enjoy a magnificent walk from Wells-Next-The-Sea and out onto the beach and then to Holkham House and estate – the sweeping Park that surrounds the hall is home to a herd of about 800 fallow deer and a small herd of Red Deer. The evergreen oaks (*quercus ilex*) that are such a feature of the park are Mediterranean in origin and were brought to Holkham from Italy. We will take a close look at prominent landmarks including the Church, the monument to Coke of Norfolk and the Obelisk. We

also have an opportunity to enjoy the Holkham Beach & National Nature Reserve. Its fabulous bay has to be one of the most beautiful in the country and at tide permitting we can walk out over the golden sand to the sea beyond. The bay is surrounded by pine trees, planted to protect the land behind. A



path goes around the entire bay, one direction taking you all the way into Wells next-the-Sea making for a lovely walk and great views over sand and marshes.

A free tour of Holkham estate is available on this link -

<http://www.tournorfolk.co.uk/holkham.html>



Sunday 9th March

On Sunday we will enjoy a walk from Holmes Dune national reserve and a stroll on Old Hunstanton's Dunes – from the coast's wide-open magnificence to a peaceful nature reserve.

Old Hunstanton is steeped in history and legend. It is said that St Edmund was shipwrecked here in AD 855, and was so grateful for being spared a watery death in the Wash that he built a chapel as an act of thanksgiving. The 13th-century ruins still stand today, looking out across grey stormy seas from near the old lighthouse. Our walk of 8 miles will be along country tracks, lanes, muddy paths and sand dunes on sandy beaches, rolling chalk valleys and farmland. It will take us across the Ringstead Downs Nature Reserve which is home to rock roses and meadow grass hoppers and to Holmes Dune National Reserve.

Itinerary

Friday 7th March 2014

2:00pm If travelling by minibus we depart from Chorleywood/High Wycombe areas – exact time to be confirmed

Later Minibus A later departure may be available depending on numbers please mention on booking form.

7:00pm Approximate arrival at Deepdale – welcome snack meal/visit local pub

Saturday 8th March 2014

- 8.15am Breakfast
- 9.30am Depart for walks with packed lunch
- 4.00/5pm Return to Deepdale and tea and cakes
- 6.30pm Introduction to Bird Watching Talk (Optional)
- 8.00pm Five Course Dinner

Sunday 27th June 2010

- 8.15am Breakfast & packed lunch
- 9.30am Depart for walks with packed lunch (please note – bags will be required to be pre-packed for departure before leaving the hostel)
- 3.00pm **D**epart Norfolk for High Wycombe
- 7.00/8pm Return to High Wycombe

Please not all times are advisory only and as you are aware can be influenced by weather, traffic conditions and other eventualities!

Your Safety Responsibilities: Walks with a leader will be available but I would ask you to carefully note that participation is on the basis of the BMC statement below and that you are personally responsible for your own safety and have a duty of care to all others in the group as you participate on the basis of a “responsible adult”. Neither voluntary leaders nor Walkfree Breakfree Ltd (supporting this event) have liability in the event of an incident or accident. A general, informal description of the walk will be given, and if possible this will be related to the Ramblers Association descriptors but it is your own personal responsibility to make the decision to join a particular group taking in account your own physical fitness, medical conditions and general well being. No liability can be accepted.



For those of you who have not yet been on one of our Escape weekends and perhaps are a little wary I can assure you we encourage and welcome new members to achieve that little bit more in respect of walking (pace will be adjusted to suit). So please, take this opportunity to join us, and remember if you have any concerns or general questions please do not hesitate to contact me. I am available on 07889165278 or email me iain@walkfreebreakfree.co.uk

Walks: Our walks can be enjoyed by anyone who is walking fit or reasonably active. Our aim is to encourage participation and to be active surrounded by amazing scenery.

Weather: We are blessed in the UK with four seasons - wonderful but it is a shame at least two of them can be on the same day! Do check the weather forecast and come prepared with clothing suitable for the day - if you need any advice do not hesitate to contact me.

What to Bring:

Walks: Boots suitable for walking on country & mountain paths (remember they might get wet and muddy); Waterproof jacket/trousers & warm clothing; Small rucksack for drinks/snacks; camera; A little money for refreshments; As always your lovely sense of fun, humour and companionship.



Great British birds I have known (feathered)..... a personal memoir.



I'm not sure which came first, the bird watching or the walking. My dad used to walk us down to the woods every Sunday afternoon and an uncle took me to the local gravel pits one boxing day after I had been given a pair of binoculars for Christmas. Little did I know what a perfect combination the two would be. I must have been about 12 and I wasn't one for sitting about in hides all day, I had to be on the move, but neither could I see the point in just walking from A to B for the sake of it. So there

evolved a combination of lengthy birding walks with a couple of mates. It was a blend of the best of both worlds.

The desire to see new birds has taken me to places I otherwise wouldn't have explored and that in turn has fired my love of those remote less frequented corners of the country. I guess that's why I love the hills so much, the higher you go the wilder it becomes. You need to be on the top of the Cairngorms to catch the Dotterel, you need to be in the upland cloughs and ravines to share a slice of the Ring Ouzel's life. But it's not just the hills..... you need to be out on a bleak winters marsh at dusk to see the skeins of geese go honking overhead to their roosting grounds..... that still makes my hair stand on end. A barn owl wafting effortlessly along a dyke ignoring me and sailing inches over my head as I try not to move, does it for me too. But then hearing the first cuckoo of the year is a thrill too. Peering over the edge of a cliff face looking at the seabirds packed like sardines on the ledges and watching the antics of the puffins and the graceful dives of the gannets..... and that seabird stink of guano..... marvellous!

Then as I got older walking took over for a while and I got seriously into long distance paths..... but the journeys were always that much more inspiring if you took the time to check the birds and the other wildlife such as the flowers. You get a sense of things being ordered and a great sense of satisfaction at correctly identifying a flower or a fern. You soon develop a sense of habitat and come to know what to expect to see in different places. Then occasionally you come across spectacular wildlife events which leave you in awe and drive you on to explore more and see more. Out on the mudflats a peregrine falcon scything through a flock of waders creating mass panic as it seeks its breakfast. The sight of thousands of starlings swooping in unison, ever changing their shape, for minutes on end, and then suddenly dropping down into the trees to roost. The first time you hear a nightingale and wonder how it makes that amazing bubbling sound. It's not just the rare birds either, you begin to look at the antics of common birds and come to understand aspects of their behaviour that previously had you puzzled. The greatest thrill, of course, is seeing something you have never seen before and it still happens regularly, you just never know what might turn up. The seasonal variation is more marked if you take note of the arrival of the summer migrants and winter visitors. If you add these thrills and layers to what was already a great walk anyway, then you double the pleasure.

I have to make certain pilgrimages each year and I often can't fit them in, but some are sacred. These are things I have to see again because they give me such a buzz. For example, I have to get up high in Scotland every winter, nothing gets in the way of that. But my most pressing yearly summer engagement is to walk across a certain Suffolk heathland just as it is getting so dark you can hardly see. Then listening for a faint churring sound and homing in on it slowly until you catch a glimpse of a ghostly, faint image of a bird. You can just make out the two white spots on its wings that could be eyes and which have scarred countless people in the past. The Nightjar claps its wings together in display and fades as mysteriously as it came. I wander along to find another, the hair on my neck raised and a huge smile on my face.

Danny Walsh

Danny will offer an optional presentation before dinner on bird watching.





Further Information on Norfolk birds – Danny Walsh



The WALKFREE BREAKFREE North Norfolk walk will take you through a variety of habitats and it is this variety of different landscapes which is the key to seeing much birdlife. The highlight of the weekend is undoubtedly the sight of thousands of Pinkfooted and Brent geese flying in to roost in large skeins. The sight is preceded by the eery honking of the skeins as they come back to the fields after spending the day feeding out on the

saltmarshes and mud flats. As if this isn't sight enough add to it a ghostly Barn Owl floating along the hedgerows and reedbeds in search of an early evening meal.

Earlier in the day we will walk from Wells along the beach at Holkham (where non other than the queen has a beach hut) and on to the grounds of Holkham Hall. Here we meet a very different habitat and the halls herd of fallow and red deer. We will also see the local Egyptian geese and hopefully woodpeckers and finches feeding in the woodland. Leaving the park we venture into farmland habitat before embarking upon an encounter with Lord Nelson as we take in Burnham Thorpe the village where he was born and where his father was rector of the church. You cannot but stop at the Lord Nelson pub (built 1637) and taste their special rum, Nelson's Blood. (Therein hangs a tale, but you will have to join us to find out its secret). The walk ends with dusk approaching and the chance to see those geese and barn owls. Below is a list of birds we stand a good chance of seeing



G C Grebe	
Little Grebe	
Fulmar	
Cormorant	
Grey Heron	
Little Egret	
Mallard	
Teal	
Gadwall	
Wigeon	

Pintail	
Shoveller	
Tufted Duck	
Pochard	
Goldeneye	
Common Scoter	
Eider	
R B Merganser	
Shelduck	
Egyptian Goose	
Greylag G	
White fronted G	
Pink Footed G	
Brent Goose	

Canada Goose	
Mute swan	
Buzzard	
Sparrowhawk	
Marsh Harrier	
Hen Harrier	
Pergrine	
Merlin	
Kestrel	
R L Partridge	
C Partridge	
Pheasant	
Water Rail	
Moorhen	
Coot	
Oystercatcher	
Lapwing	
Ringed plover	
Grey Plover	
Golden Plover	
Turnstone	
Snipe	

Woodcock	
Curlew	
Black T Godwit	
Bar T Godwit	
Redshank	
Greenshank	
Knot	
Purple Sandpiper	
Dunlin	
Sanderling	
Ruff	
Avocet	
G B B Gull	
L B B Gull	
Herring Gull	
Common Gull	
B Headed Gull	
Stock Dove	
Woodpigeon	

Collared Dove	
Barn Owl	
Tawny Owl	
Short Eared Owl	
Kingfisher	
Green Woodp'r	
Skylark	
Shore Lark	
Carrion Crow	
Rook	
Jackdaw	
Magpie	
Jay	
Great Tit	
Blue Tit	
Coal Tit	
Marsh Tit	
L T Tit	
Nuthatch	
Tree Creeper	
Wren	

Bearded Tit	
Mistle Thrush	
Song Thrush	
Fieldfare	
Redwing	
Blackbird	
Robin	
Goldcrest	
Dunnock	
Meadow Pipit	
Rock Pipit	
Pied Wagtail	
Starling	
Greenfinch	
Goldfinch	
Linnet	
Twite	
Bullfinch	
Chaffinch	
Yellowhammer	
Reed Bunting	
Snow Bunting	

House sparrow	
Tree Sparrow	