Welcome to The Volunteer Newsletter
In this edition, hear Russell’s adventures to the Norfolk Coast and how our new interns Matt & Oli have been getting on in their first few weeks. We also have loads of volunteer opportunities you can get involved with, ranging from restoration on Marriott’s Way to conservation with The Conservation Volunteers!

SNAP AND WIN: PHOTOGRAPHY COMPETITION

We’re launching our summer photography competition!
As part of the Norfolk Walking and Cycling Festival running throughout October 2017, we’re asking everyone to send in their best shots from out on the Norfolk Trails! (If you’d like to be involved in running the events for the festival, please email Andrew.Middleton@norfolk.gov.uk)

As with previous competitions, we’ll be giving away prizes for the first place winner in three categories:

- **Children’s** — this prize is exclusively for photos taken by people under the age of 16
- **Landscape** — a prize for capturing the Norfolk landscape at its best!
- **People in Pictures** — this prize is given to the best photo which shows anyone out enjoying life on the Norfolk Trails!

Winners from each category will be awarded with their picture printed and framed, and your chance to showcase your work as part of the walking festival.

There are loads more details still to come for the festival, stay tuned!

Please be advised that by entering this competition, you agree that your photo can be used by Norfolk County Council and associated partners for promotional purposes including print and online distribution.

Good Luck!
Last Saturday I went out for a visit to the Norfolk coast. This was with my National Trails hat on to inspect the route and to check on various issues along this stretch of the coastline.

Starting in Sheringham, my ambition was to cover 20+ miles to get through to Wells-next-the-Sea. The day started in an absolute downpour as I set off walking past the Sheringham Golf course and watching the North Norfolk trains steam past. There can’t be many national trails that offer such a unique view in the first ½ mile!

From here, I walked along the cliff tops enjoying the view and hoping the rain would let up. Eventually at Weybourne the rain abated which allowed me to continue along the shingle ridge through to Cley-next-the-Sea.

The first thing you discover from the car park at Weybourne is the quite fabulous Muckleburgh Collection which specialises in repairing and protecting military vehicles. From here I started out for the next point on the horizon. When walking on a trail in Wales, a friend of mine said you need to earn the view and this was the case on the shingle ridge; walking along with very few others on this stretch, or even in view it felt like I had earned the view from the top of Gramborough Hill.

The line of old sea defence shows just how remote this stretch of the coastline is. This stretch was incredibly beautiful for its remoteness and feeling of wilderness between the bustling towns of the coastline. I met a family on this stretch who were walking from Blakeney through to Sheringham having come to stay at the coast for a few days. Their ambition was to get as much of the national trail covered as possible.

Following the trail through to Cley, I discovered the art works which the Norfolk Wildlife Trust have installed on their land. I loved the stick structure which could be seen from about a mile away. It’s interesting to see that this stretch of the trail boasts a fishing industry which supplies both the local area and wider afield.

By this time the weather had improved, there were more people around and I could see the new signs the team had installed the previous week.

Stopping at the delicatessen in Cley, I managed to restock on drinks and cakes before setting out for the next stretch of coast path around the Blakeney Freshers area.

This stretch of the coast path had been really badly hit by a tidal surge 3 years ago and needed a huge amount of repair work which was completed by the Environment Agency. The National Trail was also able to contribute towards a new surface along the stretch. It was fantastic to see just how many people were using this route. I met families, OAPs and two people using mobility aids to access this stretch of the coast.
I stopped off at Blakeney to watch a crabbing competition along the quay front. The change between the remote stretch between Weybourne and Cley could not be more pronounced when comparing the screeching of the sea birds to that of children catching crabs and splashing through the creeks.

From Blakeney, the coast path winds its way through Morston and then onto a remote section of the coast that is a real juxtaposition to the busy stretch just walked. The route follows the coast through a series of wild coves which offer stunning views across the salt marshes.

One of the reasons I came to check this section of the coast path was to have a look at the cutting that has just been completed in the Stiffkey area. As you can see the team have done a fantastic job opening up the whole area and providing excellent walking opportunities along this stretch of the coast path. The cutting team visit the coast path three times a year to cut all the vegetation growth so it was really helpful for me to see just how good a job they had done on this stretch of the coast path.

The final leg of my walk (and it felt like I was on my final legs!) was from Stiffkey through to Wells. I met a long distance national trail walker who was walking the whole of the Peddars Way and Norfolk Coast Path on a week long visit. She had started at Knettishall heath last Monday and was hoping to get through to Cromer by the Sunday. She was then going to come back to finish off the route at the end of the summer.

I was delighted to hear just how easy it had been for her to use the national trail and the new signage on the Peddars Way had helped enormously with her using the route for the very first time.

Once at Wells I caught the Coasthopper back to the car at Sheringham. It’s only once I was sitting on the Coasthopper I realised just what an epic adventure the day had been. Walking through remote and wild sections of the Coast Path and also stopping in the local villages for food and drink to keep me going through the trip.

The Coasthopper is a brilliant service which opens up the coast path every year for thousands of visitors - a great service for a great national trail!

Keep up to date with more of my walks at twitter.com/NorfolkTrails
The Coasthopper is a fantastic way for visitors get around the North Norfolk coast.

Day tickets are around from £7 for children and £10 for adults, with deals for young people and families (correct at the time of publishing, see the Coasthopper website for the latest prices).

A copy of the Coasthopper timetable can be found online.

MARRIOTT’S WAY VINTAGE CYCLE RALLY

The Whitwell & Reepham Station, Whitwell Road, Reepham, Norwich, Norfolk, NR10 4GA

Join us on The Marriott’s Way Heritage Trail on the 10th September, where we will be celebrating the Bicentennial of the earliest form of bicycle, the Draisine or ‘Dandy Horse’, unveiled in 1817.

Vintage and dressed up cycles of all types will converge at Whitwell Station and ride a route along a section of Marriott’s Way towards Norwich, with traditional entertainments and activities for all. You are welcome to bring your own modern or vintage bike and/or wear vintage clothing to the event. If you don’t have your own bike you can borrow one at Whitwell, with minibus transport back to your car. Those wanting a shorter ride will be able to join at Drayton.

Activities will be at Whitwell from early, with rides starting from 11am, and at The Marlpit Arms in Hellesdon from 12:00-8pm (last ride at 4pm). The Marlpit Arms will be joined by Pushing Ahead, with cycling activities and challenges, and there will be competition for the best dressed vintage style bike, adult and child. Food and drink will be on offer, as well as exhibitions and displays on the heritage of Marriott’s Way, the pub and by local groups.

Volunteers are also needed on the day - at the two event locations and to marshal the route. Free refreshments will be provided! If you are interested please email norfolktrails@norfolk.gov.uk
OPPORTUNITIES with The Conservation Volunteers

How to get involved

BOOKING
If you are 16 or 17 you will need a parent or guardian to sign our permission form before you can get started - please contact us if you need one. Otherwise, you don’t usually have to book, but if you would find it helpful to ask us anything before coming on a project for the first time, please do contact us - see below. If you have any unspent convictions for sexual or violent offences you will not be able to volunteer with TCV.

MEETING POINTS
If you would like a map, or directions to the site, please contact us. FREE Minibus transport is available from outside stated pick-up points only, returning to the same place at the end of the session. We do our best to keep to time, but due to traffic, all timings are approximate.

WE PROVIDE
All tools, protective equipment and tea/coffee are provided, please bring your own snack or lunch for break time if you wish. If a site has toilets this is indicated on the programme by ‘WC’ in the ‘Site Meeting Point’ column.

PLEASE WEAR
Old work clothes, suitable for the weather. If you have them, please bring reasonably sturdy shoes or boots, and rainwear. Spare waterproofs and wellingtons are usually available if needed. We provide work gloves.

TETANUS
Please check if your tetanus inoculation is up to date.

For more information, please contact Mark Webster on 07843 069 567 or email m.webster@tcv.org.uk
### OPPORTUNITIES with The Conservation Volunteers

#### Mid-Norfolk

<table>
<thead>
<tr>
<th>Date</th>
<th>Site</th>
<th>Activity</th>
<th>Where to meet us on site (if coming by car or bike) at 11.15am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 11th August</td>
<td>Sparham Pools</td>
<td>Birds and brambles - keeping the pathway round this lovely lake open, but time for a bit of birdwatching too.</td>
<td>Sparham Pools nature reserve car park (at Wensum Way footpath sign), Lyng Road (near River Wensum bridge), Pockthorpe, Lyng, NR9 5QY (TG 075178)</td>
</tr>
<tr>
<td>Friday 18th August</td>
<td>Mayfields Farm</td>
<td>Squirreling things away? Summer BBQ, plus work on the squirrel enclosure and boardwalk.</td>
<td>Mayfields Farm car park, Reepham Road (between Peddlars Turnpike and Kerdiston Road), Foulsham, NR20 5PS (TG 053 245). WC.</td>
</tr>
<tr>
<td>Friday 25th August</td>
<td>Scarning Meadow</td>
<td>Managing the marsh - cutting and raking to encourage wildflowers at this town centre oasis.</td>
<td>Footbridge at the far (Western) end of Washbridge, Dereham, NR19 2BL (TF 985 132). Please note that this is NOT Scarning Fen! Please bring wellington boots if you have them.</td>
</tr>
<tr>
<td>Friday 1st Sept</td>
<td>Marriott’s Way Thetmelthorpe Loop</td>
<td>Snakes and loppers - continuing to improve habitats for reptiles and wildflowers along this beautifully quiet old railway line.</td>
<td>Crossing point of Marriott’s Way Path, Kerdiston Road (200 metres from junction with the The Street in Themelthorpe) NR20 5PT (TG 060 240). [From Foxley Wood head north away from Foxley village, go straight on at the next junction then next right signposted Kerdiston]</td>
</tr>
<tr>
<td>Friday 8th Sept</td>
<td>Blenheim Grange Watton</td>
<td>Battling through? Managing a new wildflower meadow and removing invasive laurel.</td>
<td>Spar car park, access via Lancaster Avenue off roundabout from B1108 Norwich Road, Watton, IP25 6JU (TF 937 007).</td>
</tr>
<tr>
<td>Friday 15th Sept</td>
<td>Watton Loch Neaton</td>
<td>You take the high road, and I’ll take the path by the lake. Cutting back encroaching vegetation.</td>
<td>Watton Sports Centre car park (far end near the park) off A1075 Dereham Road, Watton, IP25 6EZ (TF 916 013).</td>
</tr>
<tr>
<td>Friday 22nd Sept</td>
<td>Longham</td>
<td>Jungle explorers - creating a pathway around this fascinating hidden site.</td>
<td>Village Hall car park, Chapel Road, Longham, NR19 2AJ (TF 942 160). (Site entrance is a small driveway near a white cottage on Hoe Road: turn left out of the car park then right at the junction, then 100 yards).</td>
</tr>
<tr>
<td>Friday 29th Sept</td>
<td>Dereham ‘RB30’</td>
<td>Restricted, by the way? Opening out the footpath at Restricted Byway 30 for all to walk along.</td>
<td>Where the footpath crosses the Swanton Road, less than 1km beyond the railway crossing and the last houses in Dereham, at NR20 4AZ (TF 997 143).</td>
</tr>
</tbody>
</table>

**FREE Minibus** picks up at **10.45am** outside **Dereham Post Office**, Quebec Street, Dereham, Norfolk, NR19 2AA, returning at **2.45pm**. Sessions run from **11.15am** to **2.15pm** on site. Unfortunately transport is no longer provided to and from Norwich or Easton for this project.
## OPPORTUNITIES with The Conservation Volunteers

### North Walsham

<table>
<thead>
<tr>
<th>Date</th>
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<th>Activity</th>
<th>Where to meet us on site (if coming by car or bike) at 11.15am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 9&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Mill Farm Southrepps</td>
<td>We’re all getting Alder, you know...removing invasive alder bushes from this orchid-rich meadow</td>
<td>Mill Farm, down driveway from Bradfield Road, Lower Street, NR11 8UJ (TG 263 347).</td>
</tr>
<tr>
<td>Wed 16&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Honing Old Station (Briggate)</td>
<td>No need to take a fence - repairing the woodwork at this old station.</td>
<td>Weavers Way car park, Station Road between Meeting House Hill Road and Corner Common Road, Briggate, near honing, NR28 9QX (TG316276).</td>
</tr>
<tr>
<td>Wed 23&lt;sup&gt;rd&lt;/sup&gt; August</td>
<td>Thorpe Market Churchyard</td>
<td>Rakes and cakes - raking up to conserve wildflowers at this award-winning conservation area.</td>
<td>St Margaret's Church, Church Road (leads to Gunton Train Station), Thorpe Market, NR11 8UA (TG 245 353). Car parking across the road from the church.</td>
</tr>
<tr>
<td>Wed 30&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Felmingham Old Railway Cutting</td>
<td>Bramble and willowherb: back to the butterfly reserve to maintain and expand the habitat.</td>
<td>Weavers Way car park, opposite Papworth’s Fruit Farm, Church Road (off B1145), Felmingham, NR28 0LL (TG 251 286).</td>
</tr>
<tr>
<td>Wed 6&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>Antingham Lakes</td>
<td>Return of the swamp thing? We return to make log piles and burn brash, at a hopefully dry time of year!</td>
<td>Pond Road, Antingham, NR28 0NF. Please contact us for further details.</td>
</tr>
<tr>
<td>Wed 13&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>Knapton Old Railway Cutting</td>
<td>Step on - removing old steps, and removing bramble from the grassland butterfly reserve.</td>
<td>Paston Way car park, between Pigney's Wood and Knapton Village on Hall Lane, Knapton, NR28 OSQ (TG 301 330). [NOT the Hall Lane in North Walsham].</td>
</tr>
<tr>
<td>Wed 20&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>Antingham Lakes</td>
<td>Creatures from the black lagoon? We return to make log piles and burn brash at this beautiful spot.</td>
<td>Pond Road, Antingham, NR28 0NF. Please contact us for further details.</td>
</tr>
<tr>
<td>Wed 27&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>Honing Old Station (Briggate)</td>
<td>Platform tickets please? All aboard for a session of uncovering the old station.</td>
<td>Weavers Way car park, Station Road between Meeting House Hill Road and Corner Common Road, Briggate, near honing, NR28 9QX (TG316276).</td>
</tr>
</tbody>
</table>

**FREE Minibus** picks up at **12.40pm** outside **North Walsham Train Station**, **Norwich Road (B1150)**, **Norfolk, NR28 0DZ**, returning there by around **4pm**. Sessions run from **1pm to 3.40pm** on site.
As shown on the left, the steps which form part of Paston way in North Walsham were completely rotten and therefore unsafe. Last week the team visited the site and decided to replace the entire set of steps. The photos below show parts of the construction process, as well as a ‘before’ and ‘after’ shot.

This was the first chance Matt and myself (as year in industry students) to get out of the office and involved on site hands-on. It was a fantastic opportunity to learn how to install this type of infrastructure and also to give us an idea of the average lifespan of these types of installations.

I found it particularly interesting how we had to work around the surrounding infrastructure — just a few metres beneath the steps is a high pressure oil pipeline, so we had to mark this out and stay clear of it when digging for the main posts.

While we were out at the site, we also removed overgrowing vegetation to make the steps and surrounding paths easier to navigate.

Since these photos were taken, a new handrail has also been installed to improve safety on the steps.

**WE’RE TWEETING!**

Follow us on Twitter @NorfolkTrails for updates on the team’s work across our trails network.
My coastal trip continued last weekend starting from Holkham and continuing through to Burnham Deepdale. I first met with Colin, one of the Holkham estate staff and we discussed installing number counters on this stretch of the coast line in order to count just how many people walk this stretch of the coast path.

As you can see from the picture I arrived early in the morning when the car park was largely empty. An unusual sight for the Norfolk Coast.

Having installed hundreds of finger posts and items of waymarking over the past 3 years I still think this is the single biggest finger post on the network!

I walked through the dunes and then out as far as Gun Hill before following the boardwalk back through to Burnham Overy Staithe. I met a family and friends exercising their horses on this stretch of the coast. It was a beautiful morning and seeing the horses on the beach was really something. We had the whole area to ourselves and no-one else in sight.

The boardwalk runs through the dunes at this point providing easier access and protecting the surrounding dune landscape from the impacts of many people walking across them.

The walk into Burnham Overy was fantastic seeing children sailing on the sea and talking to families who were staying in the area. The skies started to become more dramatic as the weather started to change with the predicted rain threatening.

I met this guy from Australia on the walk. He had completed the Peddars Way and the coast path from Hunstanton to that point. When I asked him about getting information about the national trails, he said they were advertised in magazines in Australia as being places to visit in the UK. He has loved the trail so far and had no quibbles about the route other than a couple of stretches that needed extra cutting. As our cutting team are out at the moment this will be resolved as part of the cutting contract.
As part of the Marriott’s Way Heritage Lottery Funded project, we are seeking to restore historical railway stations back into a better state, so they can be recognised for what they are. As part of this, Oli and I went to have a look at probably the worst of the lot: Hellesdon station.

Believe it or not behind this undergrowth is an old railway station platform! Over the period of a generation the station has been overgrown with vegetation which has smothered the old platform entirely. We pulled away the ivy on the old platform to expose the brickwork that was underneath to have an idea of the current condition of the platforms.

The platform on the other side was perhaps not quite as badly affected by growth but still shows significant signs of vegetation ingress as you can see.

The trails team will be carrying out some felling of the larger trees etc and will then set up a series of volunteer days for anyone wanting to get involved with the railway heritage project. Please keep your eyes peeled for upcoming dates!
Monitoring Tubular Water-dropwort (TWD) and Greater Water-parsnip (GWP) in East Anglia

PondNet is a volunteer monitoring network putting in place regular standardised checks for both common and rare freshwater species. The project will make a real difference to how we understand and protect species and habitats. You can get involved with the species TWD and GWP survey, which are also featured in Norfolk’s Most Wanted. These target wetland plants are both priority species for conservation in England and Wales. The species are being searched in ponds, fens and ditches and other wetland sites. Visit freshwaterhabitats.org.uk/projects/pondnet/twd-gwp-2017 for the two different surveys. See Norfolk’s Most Wanted for more about the TWD and GWP. If you think you are successful, contact NBIS for any siting’s of Norfolk’s Most Wanted or complete the PondNet survey forms.

The Brecks Earth Heritage Trail is now open

Want to try a new trail? Full of prehistoric wildlife with 90 million years of geological history, the Brecks Earth Heritage Trail is one of Britain’s great natural areas to explore. Please visit for more information breakingnewground.org.uk/earthheritagetrail/ or download the Earth Heritage Trail Map app.

Join in with Wash Week!

Wash Week is back! This celebratory series of events explores the maritime history, culture, people and wildlife of The Wash and North Norfolk. This summer from the 4th to the 13th of August Wash Week partners will deliver an exciting series of events including fun filled family activities, guided walks, boat trips, informative talks in historic places around coastal Norfolk and Lincolnshire and much more. Come and immerse yourself in this extraordinary part of the Great British coastline. tinyurl.com/y73snz2e

Help survey the Pine Lines!

The pine lines are the most familiar and iconic feature of the Brecks landscape. Comprising of long straight lines of contorted Scots and Corsican pines, they march across the landscape, silhouetted against the sky. The HLF Breaking New Ground Pine Lines and Pine Connections Project has helped to restore 8.95km of pine lines and plant 4.65km of new pine lines; but your help is needed to survey them! For more information and to help visit tinyurl.com/zkbwugo

National Plant Monitoring Scheme

The National Plant Monitoring Scheme (NPMS) is a new habitat-based plant monitoring scheme designed by BSBI, CEH, Plantlife and JNCC. The aim is to collect data to provide an annual indication of changes in plant abundance and diversity. Thanks to volunteers, there is a very good understanding of changes in the populations of birds, butterflies and bats. Plants are the foundation of habitats and ecosystems, but currently we do not have a good measure of changes in plant populations across the country. Anyone who is interested in nature can participate! For more information, visit npms.org.uk

email: norfolktrails@norfolk.gov.uk
Twitter: @NorfolkTrails @walkthetrail

Norfolk County Council

If you need this document in large print, audio, Braille alternative format or different language please contact the Norfolk Trail office and we will do our best to help.