

THE WAVENEY RAMBLER - NEWSLETTER

Number 91: July 2023

Editorial

We have another good programme of walks for the summer and early autumn months. However, there are quite a few gaps at the time of writing and with one of our regular leaders 'injured' and unable to add walks this programme without a backup, we really need several new walk leaders please.

If you think that you might be able to become a leader but need some help initially, just speak to one of the committee or a current leader who will gladly help.

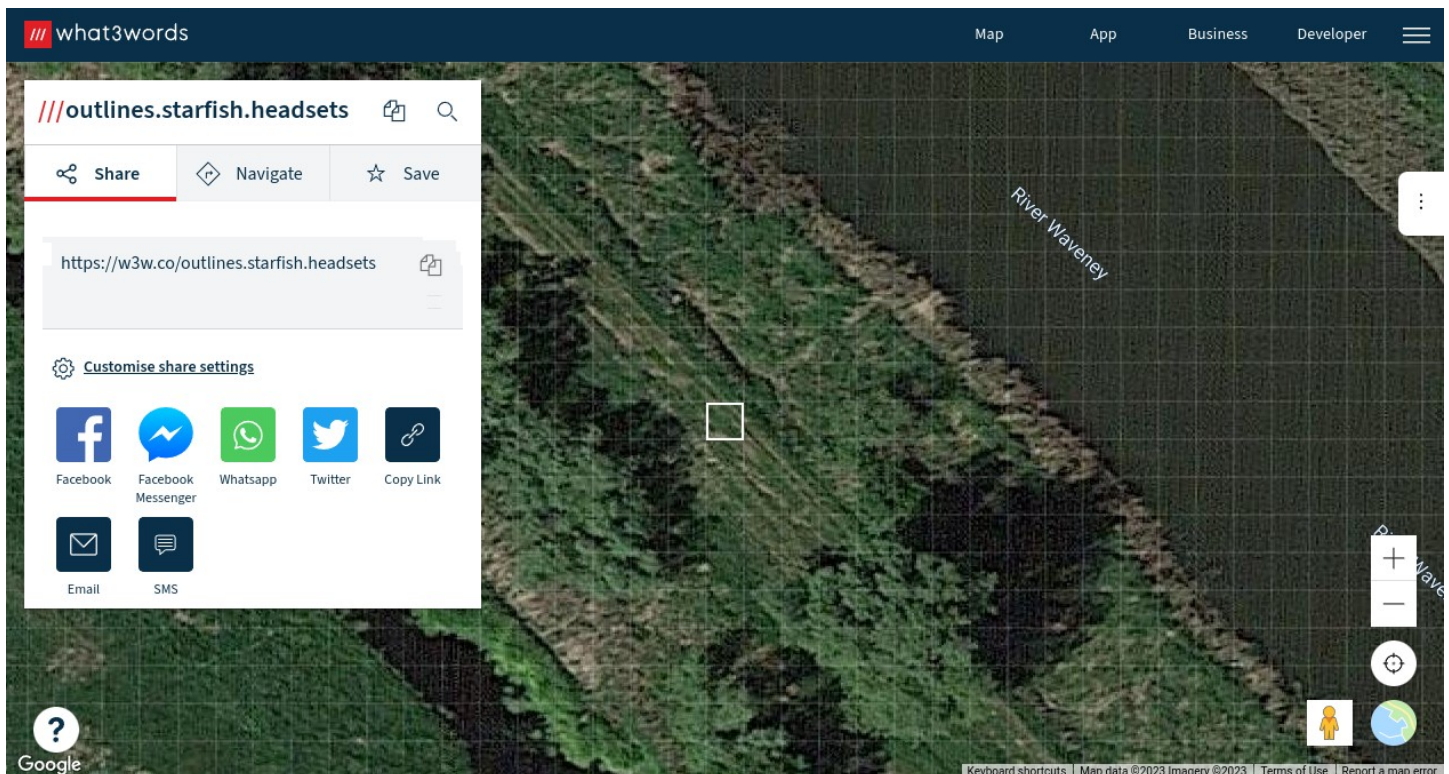
Looking online at our programme you will notice a week of walks in north Norfolk being led by Neil. If you want to join this for one or more walks just contact Neil whose details are shown by the walks.

Roger's Memorial Plaque

Near North Cove

53.464, 1.615

TM 45634 01292



<https://map.what3words.com/outlines.starfish.headsets>

A new member on our Carlton Marshes Walk



A picture quiz for a change.

All the following 5 photos (Thank you Pauline) were taken in and around Lowestoft and there is a question or two below each.

A bottle of wine (white, pink or red) to the first person to email Tony (langfordajs@hotmail.com) with the correct answers.

Q1

What is below this turret?



Q2

What is this and what was it used for?



Q3

Where is this and what was the original business?



Q4

Where is this and what was it?



Q5

Where is this and what business used to be based here?



A Nice Idea - More like this if we can ...

Margaret has planned a 5 mile walk with a shorter option. This works because the route is a figure eight and there is a second car park ideally positioned to allow walkers a shorter option. The shorter walk starts later, ends earlier and combines with the longer walk.

Perhaps walk leaders could look out for opportunities like this so members who can't manage the full distance have a shorter option.

Not all walks will lend themselves to this but it's a nice idea when possible.

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Parking Problems

- To avoid parking problems, please could walk leaders think about possible congestion and perhaps select an alternative car park to avoid pressure.
- Sometimes a back-up plan might be appropriate, using an alternative car park nearby, or street parking if necessary.
- Pressure can be extreme at seaside car parks during the summer holidays.
- Wednesday walks tend to have larger attendances during spring and autumn.
- Sometimes, other groups want to use the car park. It's hard to avoid this as we have no way of predicting when this might happen.
- During Covid, we were asked to avoid car sharing. We should now encourage car sharing when possible.
- And finally, we could run more, but smaller, walks to reduce parking pressure. Our habit is to walk on Wednesdays and Sundays but this is not a group rule. Additional midweek and Saturday walks would be welcome. We could reintroduce dawn or evening walks, especially in summer. A choice of Wednesday walks could be tried. More volunteers would be needed for this - always a problem.

Alburgh Trees Walk



Spotted on the Rumburgh Walk



Sea Palling to Hopton - Walking 84 miles for Dementia.

Many members will know that Pauline started this walk for a local dementia charity on 22nd May and got within 6 miles of completion on the last day before she had to give up with severe pain.

The fundraising was for The Remember Me Club (A club for people living with Dementia and their carers) and for Alzheimer's Research UK).

Many of each day's walks were near or just over 20 miles which requires a certain determination to tackle and she should be congratulated on such an achievement. Well over £200 has been raised so far.

<https://www.gofundme.com/f/walking-84-miles-for-dementia>

Apple stop on the Hempnall Walk



Redwings Horse Sanctuary on the Hempnall Walk



September Holiday in North Norfolk – Nine Walks

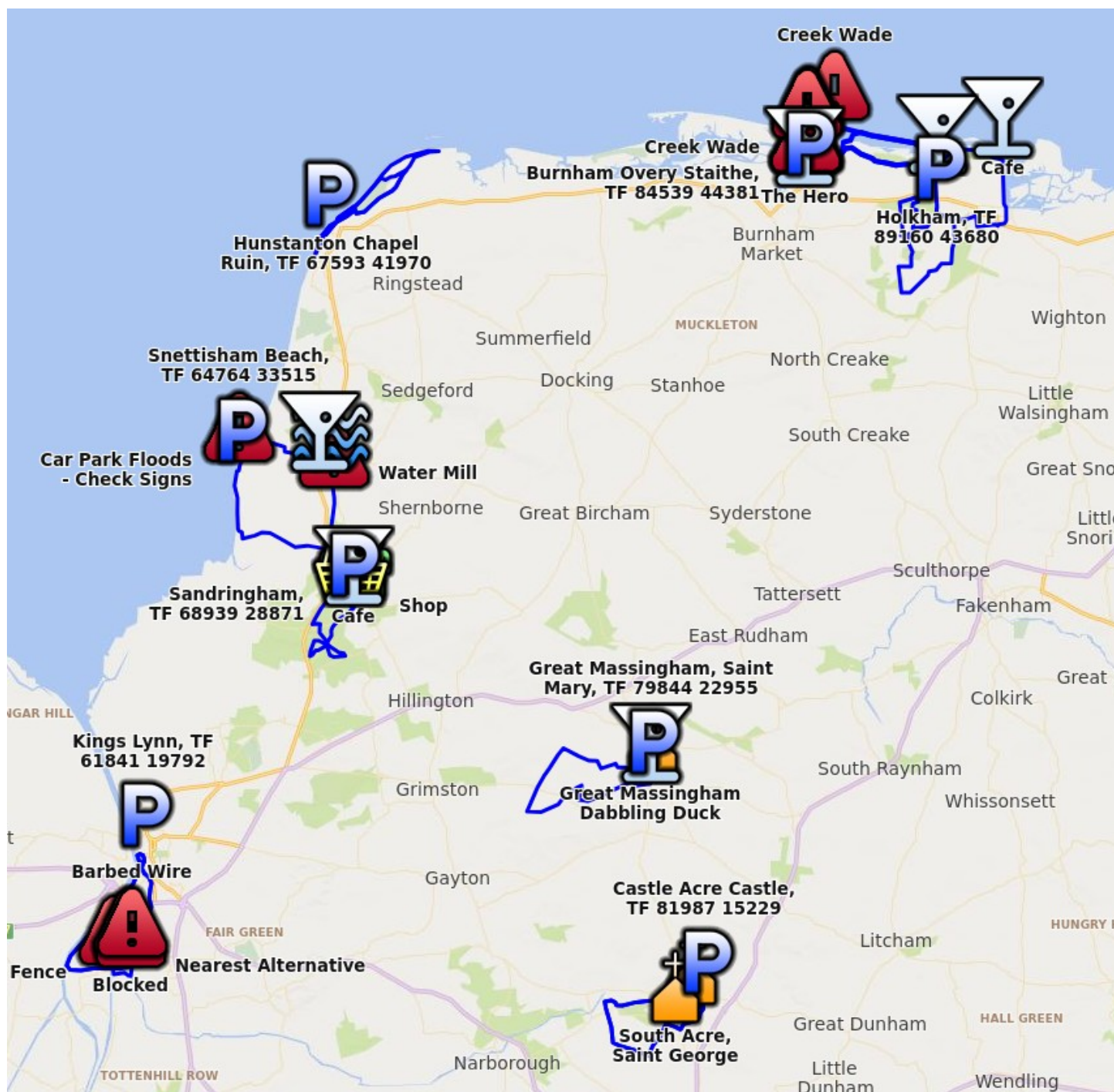
The first walk is on Saturday September 16th.

Please join us for day visits, a short break or come and do all the walks.

The walks include the coast and dunes, Holkham Hall, Sandringham forest, the rivers Great Ouse and Nar, Wells Next the Sea, historic Castle Acre and mud flats (a clean alternative is available!) Local ramblers are welcome to join these walks!

[PDF Programme](#)

[Visit the Website](#)



Update on Local Lunch Stops

The **Wissett Plough** has again closed with rumours that it may reopen later in summer so if you are planning a walk from Wissett and want refreshments after, it would be best to check first. If still closed, the **Rumburgh Buck** is near and still a favourite.

Speaking of favourites, others that seem to feature regularly after the Wednesday walks include the **Five Bells** at Wrentham, **The Racehorse** at Westhall, **The Star** at Wenhaston, **The Artichoke** at Broome, **The Swan** at Gillingham and **The Black Swan** at Homersfield. These and several others are happy to accommodate larger groups and have good parking as a bonus.

Lead a Walk – On Line Form

Please volunteer walks using the on-line form. New leaders should email Neil and new start points will need an email too.

https://waveneyramblers.org.uk/lead_a_walk

nbauers@btinternet.com

Thanks!

The Ramblers is a registered charity (England & Wales no. 1093577, Scotland no. SC039799) and a company of limited guarantee, registered in England & Wales (no. 4458492)

Registered office: 1 Clink St, 3rd Floor, London SE1 9DG

Next Newsletter

Contributions for next edition of The Waveney Rambler should be sent to Tony Langford 16 Holton Road Halesworth IP19 8HF.

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