

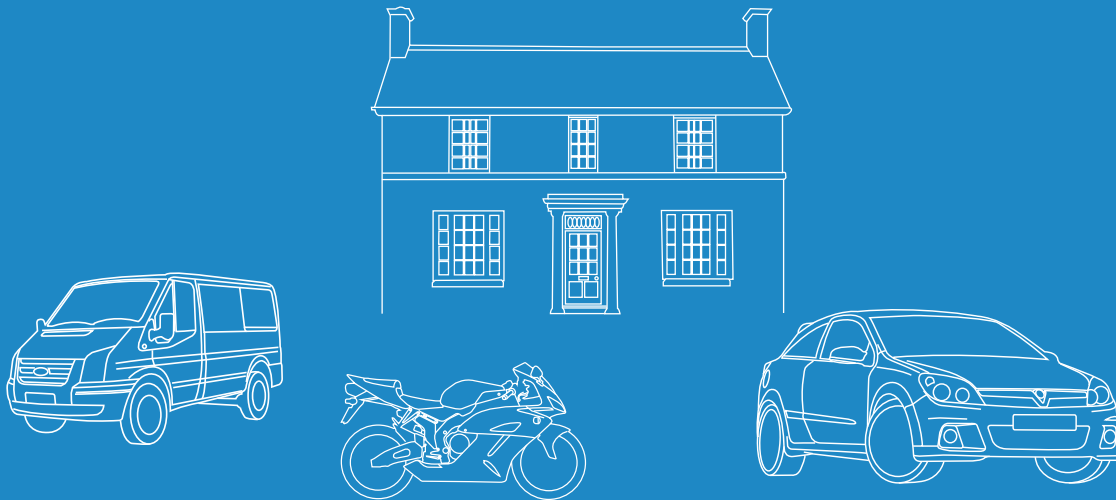
The Barking Bugle

Dogs' Holiday Guide to Norfolk



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First bark!



Hello and a very woofy welcome to the third edition of the 'Barking Bugle's Dogs' Holiday Guide to Norfolk', the definitive guide for the discerning canine tourist!

My name is Pupstar. I am a Cavalier King Charles Spaniel and the Editor here at the Barking Bugle, following in the pawsteps of my brother, Frodo Cavalier, who made history as the world's first doggy Editor of a magazine.

Us dogs at the Barking Bugle just love living in Norfolk and we want to tell you how pawsome it is to holiday here. It's one of the most dog friendly counties in the UK and there is a fantastic variety of welcoming places where you can stay, including cottages, hotels, inns, caravans and campsites.

If this is your first visit to our wonderful county I know you are going to love Norfolk's fabulous dog friendly beaches, woodland walks, parkland and the beautiful Norfolk Broads.

There is so much for doggies to do: take a trip on a steam train, enjoy a boat trip, visit a county fair or strut your stuff at a fun dog show.

Our guide is packed full of all the information you need for the pawfect vacation, and the Barking Bugle team have had a totally amazing time sniffing out all the very best Norfolk has to offer. I would like to thank everyone who has contributed - the businesses, the advertisers, the editorial team, our pawrents and a very special thank you must go to our friends at Town & Around.

We hope you enjoy reading our latest edition! Have a pawsome holiday and don't forget to send us your holiday snaps!

Woofs Pupstar

Editor of the Barking Bugle



The Barking Bugle is an award-winning website and publication written by dogs for dogs and has been featured on ITV News with appearances by the team on BBC Breakfast TV, Sky News, ITV's 'Britain's Favourite Dogs - Top 100', BBC Radio, Heat Magazine, The Telegraph and Dogs Today Magazine.

Check out our website for all the latest doggy news -

www.thebarkingbugle.co.uk



Contact Us:-

E-mail: newsdesk@thebarkingbugle.co.uk

Tel: 01485 534481 / 07810106471

The Editorial Team

Pupstar - Editor

I started off at the Barking Bugle making the tea and doing the filing but finally I got the big promotion and am now The Editor! Just shows if you work hard your dreams can come true!



Lily - Science Editor

I am pleased to announce that due to my huge stature and standing in the community I have been recruited to have my say (and there is plenty of it!) on the Barking Bugle.



Cocoa - Foreign Correspondent

I am a Spanish Water Dog and yes, that means I was born in Spain but I have now relocated to Norfolk which I love. I am a very active and intelligent dog and I like nothing better than a long hike or a swim in the sea, preferably the North Sea!



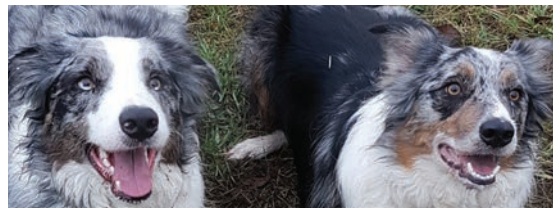
Will-i-am - Leisure & Tourism Editor

I am a ruby Cavalier King Charles Spaniel. After years of being the Barking Bugle's number one fan I am so excited to have finally been offered a job!



Thor & Loki - Health & Lifestyle Repawters

We are always on the sniff for pawsome new doggy stuff and health issues our readers should know about. Being Collies we are usually up to no good, but our pawrents still love us.



Oakley - Instagram Executive

I love cuddles with everyone and exploring! My job is to keep the Instagram community up to date with all of the BB news.



With contributions from Gizmo and Frodo Cavalier.

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DOG FRIENDLY BEACHES

Barked by Pupstar - Editor



If you love walkies on the beach then Norfolk is definitely the place for you! There are beaches to suit all dogs - sandy, pebbly, marshy and even muddy! Nearly all the beaches in Norfolk are very dog friendly. There are just a few little restrictions in some of the towns and tourist hot spots which we have mentioned.

Beaches are listed in geographical order from Snettisham to Gt. Yarmouth.

SNETTISHAM

This beach is a haven for nature lovers, totally uncommercialised and usually very peaceful. From the beach car park (charges apply) you can walk along the beach towards the RSPB Snettisham Nature Reserve. If you enter the Reserve you have to ask your human to pop you on the lead so you don't disturb the birds and other wildlife. The beach is more shingle than sand but access is very easy. The tide goes a long way out and it becomes rather muddy and a bit sticky so don't paddle out too far! There is also the option to walk along the grassy area parallel to the beach towards Heacham.

HEACHAM

Heacham has two beaches, North and South, both of which have car parks, snack bars and toilets. From the North Beach you can walk along to Hunstanton either on the promenade or on the beach. Like Snettisham, the beach can be very muddy in places especially when the tide is out so do take care! You can also walk on the path that runs next to the Heacham River towards Snettisham.

HUNSTANTON

The humans would rather we stayed away from the town beach between the 10th of April and the 31st of October, but this is only a small section of beach from the end of the promenade by the cliffs to the boat launch ramp. We can walk along the promenade throughout the year but only if our human is on a lead. There are plenty of poo bins on the prom. There are no restrictions on the beaches north and south of this section so there is still loads of space for us to run and play. The North Beach takes you to the stripy cliffs of Hunstanton which provide a stunning backdrop for holiday pics and are totally unique in

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the UK. This area is also great for paddles in the rock pools and while you're there see if you can spot the wreck of a 1907 fishing boat used in WWI & WWII. Hunstanton is one of several beaches stretching from Snettisham to Holme that face west so they are very popular with humans who like to watch the sunset.

OLD HUNSTANTON

This is a lovely, uncommercial sandy beach with safe water for paddles and swims. There's a pawsome beach café where you will find fresh water - plus they sell some rather tasty doggy snacks. Poo bins can be found at the lighthouse car park and by the lifeboat station.

HOLME

A great beach to visit as it's usually quiet and there are miles of beach to run around on. There's a small car park from which a short walk through the golf course will take you down to the beach. Alternatively turn right where you see the sign post for the Coast Path and walk on the compacted path through the sand dunes towards Thornham (approx. 3 miles). This path goes through the Holme Dunes Nature Reserve and there are a lot of birds about. Some nest in the sand dunes so be careful not to disturb them and please stay away from areas that have been roped off during the breeding season.



THORNHAM

There is a car park by the creek and you can walk along the embankment which will take you down to a nice, quiet beach. Birds and other wildlife do nest in the sand dunes - you know the rules, don't get too close or you will upset them and we know you don't want to do that!

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TITCHWELL

You can park at the RSPB car park (charges for non-members apply) and walk along the path through the nature reserve to the beach, so long as you have your human on the lead. It's approximately 1km to get to the beach but it is a very nice walk and the beach is lovely. Drinks and snacks are available at the RSPB visitor centre. Birds nest here in the spring and summer so be careful not to disturb them and, like at Holme, keep away from any cordoned off areas. There are also many birds that feed on the shoreline so be careful not to scare them as they lose valuable energy flying away.

BRANCASTER

Another nice, sandy beach. Very popular in the summer but if you carry on walking for about half a mile it gets quieter. A very small section has doggy restrictions from the 1st of May to the 15th of September. There is a pay and display car park, toilets and a small snack shop.

BRANCASTER STAITHE

We often have a paddle at Brancaster Staithe Harbour. We also take our canoe out here which is great fun. There is no access on foot to the beach but you can walk along the Coast Path through the marshes. Please stick to the path as it can be dangerous to veer off it and very muddy. You can walk through the marshes to Burnham Deepdale and even on to the next

village of Burnham Overy Staithe and beyond, if you've still got the energy! Do take plenty of water with you as the Coast Path is exposed to the elements and there is no shade!

BURNHAM DEEPPDALE

There is no access to the beach here but you can walk along the Coast Path to Brancaster Staithe or go the other way towards Burnham Overy Staithe. There is a nice dog friendly café here, an information centre and also a campsite.

BURNHAM OVERY STAITHE

The creek at Burnham Overy Staithe is very pretty with boats bobbing about and in the summer there is usually an ice-cream van parked up (yum yum!!). When the tide is in the car park can get very busy. From here it's approximately a one mile walk along the embankment to the beach but it's worth it as the beach is lovely and very quiet. There are no facilities on the beach so make sure you have plenty of water with you and some form of shade. You can also walk along the Coast Path through the marshes. The Coast Path will take you on to Holkham Beach or into the pine forest.

HOLKHAM

A lovely, vast sandy beach which has enough room for everyone so never seems crowded. There is a pay and display

car park at Lady Anne's Drive (off the A149 opposite the Victoria Hotel). Facilities include a dog friendly café and toilets. You also have the option to follow the Coast Path through the pine trees. Past winner of the most dog friendly beach in the UK. Definitely make sure you visit this beach!

WELLS-NEXT-THE-SEA

Another winner of the most dog friendly beach in the UK awards. There's a pay and display car park, toilets and a nice dog friendly café. There is a dog restricted area on the beach to the right as you come down the steps from the car park. Otherwise it's miles and miles of dog friendly beach. Wells is rather famous for its decorative beach huts. My pawrents walk out and away from the beach huts as we have been known to try and join in with the humans having their picnics! There's also the option to walk through the pine forest or follow the path to Holkham.

STIFFKEY

After all the sand at Wells-next-the-Sea it's back to sniffing out some new smells in the marshes. There are lots of paths through the marshes but do be careful; it is easy to get cut off when the tide comes in and it's muddy! The best bet is to stay on the Coast Path along the edge of the marsh where you can walk back towards Wells-next-the-Sea which is about six and a half miles away. The views are fantastic and the town is well worth a look around while you're there. You can also go the other way and head for Morston, and if you don't want to turn around for

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either route and re-trace your pawsteps you can jump on the Coastliner bus to get back. There is a pay and display car park at Stiffkey.

MORSTON

Here you have the option to walk to Stiffkey and carry on to Wells-next-the-Sea, or go the other way towards Blakeney. There is no access to the beach at Morston but what you can do, which is really good fun, is to take a boat trip to see the seals (Yes, us dogs can go on the boats!). There is a pay and display car park and poo bins by the quayside.

BLAKENEY

Like Morston there is no access to the beach but don't let that stop you from visiting this very pretty place. You can pick up the Coast Path and walk to Morston, or go the other way towards Cley. There's a pay and display car park which is free if you're a National Trust member.

CLEY-NEXT-THE-SEA

At Cley-next-the-Sea you can access the Blakeney Point Nature Reserve. Now there are restrictions here - we cannot visit Blakeney Point at any time from the 1st of April to the 15th of August and the western end of the point is closed to visitors at all times. This is to protect the wildlife, so it's very sensible. However, all is not lost as there is a nice area for us on the



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shingle beach at Cley and Salthouse. Some wildlife may stray into these areas so make sure your human is under control. There is a beach pay and display car park.

WEYBOURNE

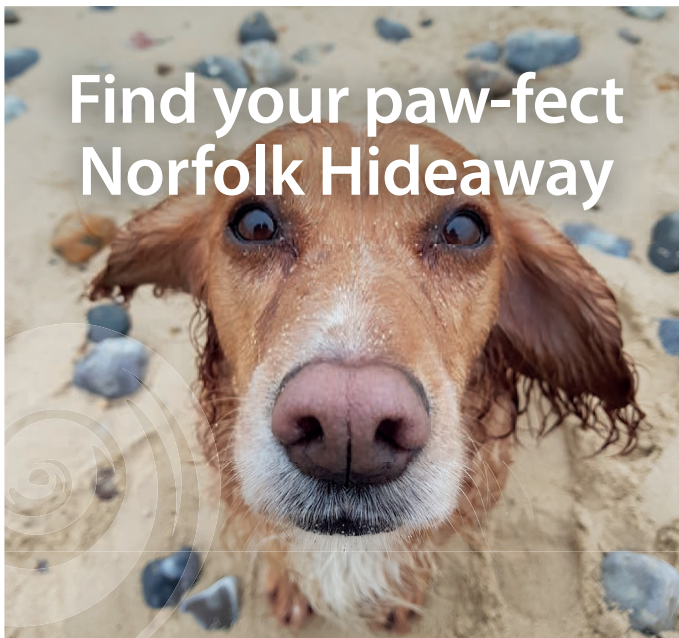
This beach forms part of the Coast Path, so you can have a nice walk in either direction. The beach is pebbles/shingle. If you like to swim be careful as the beach shelves away steeply in places. There is a pay and display car park at Beach Lane.

SHERINGHAM

From the 1st of May until the 30th of September we are not allowed on a section of the beach where the promenade is. Go to either end of the promenade which we are allowed on throughout the year as long as we have our leads on, and there you will find plenty of space for a good old run on the sandy beaches. If the tide is in you can walk along the cliff tops where you can get some great views. If your humans are feeling energetic why not get them to climb to the top of Beeston Bump, the highest point in Norfolk – that will wear them out!



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Mundesley

WEST RUNTON

There is a very small section which has restrictions from the 1st of May to the 30th of September but don't let that put you off visiting this lovely sandy beach. You can walk along the beach both east and westwards. Check the tides please; there are cliffs so make sure you don't get cut off. Eeek! You can also walk along the cliff tops but be careful and keep away from the edge! There is a pay and display car park and a dog friendly café. The beach is great for fossil hunting!

EAST RUNTON

No cliff top walking possible here but there is a lovely sandy beach to walk on in either direction, just keep an eye on the tide. There are no restrictions on this beach at the moment. Popular with holidaymakers in the summer. There is a pay and display car park with a slope down to the beach.

CROMER

Cromer is a very popular holiday destination so the humans have grabbed the beach for themselves during the period from

the 1st of May to the 30th of September. However, this is only the section where the promenade is, so once you've got past that bit normality resumes. We are allowed to walk along the promenade all year round. The beach is sandy and there is a pay and display car park on the cliff top as you enter Cromer (Is there no free parking anywhere?). What did surprise us is the fact that we can visit the Pier where there are plenty of places to sit, enjoy the views and beg for ice creams! The café at the end of the Pier is also dog friendly.

OVERSTRAND

This beach is accessed via a long gradual slope which is also used to launch fishing boats. The beach is nice and sandy when the tide is out - pawfect for playing on and building sandcastles! When the tide comes in the whole beach disappears! There is a car park nearby. There are restrictions on the central part of the beach where the promenade is from the 1st of May to the 30th of September. You can also walk along the cliff tops but be careful and stay well away from the edge! There is a dog friendly café on the cliff top with great views overlooking the beach.

MUNDESLEY

Very similar to Overstrand beach with restrictions on the promenade section from the 1st of May to the 30th of September, but don't let that deter you as the beach is massive and once beyond the restricted zone you can walk for miles. The easiest way to get to the beach is from the cliff top gardens.

BACTON

This beach used to be difficult to access at high tide but, due to something called 'sandscaping' which took place in 2019, it is now accessible for most of the day. Yippee! There are dog restrictions from the 1st of May to the 30th of September on the main section of the beach. On either side of the restricted zone there are nice sandy beaches which are usually very quiet.

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You can walk to Mundesley or in the other direction to Walcott. There is also a pathway along the back of the beach.

WALCOTT

Dog restrictions on the central part of the beach from the 1st of May to the 30th of September. The road does run parallel to the beach so take care. Facilities for your human include cafés, fish and chips, ice-creams and toilets.

HAPPISBURGH

This is a nice sandy beach, very quiet and peaceful. There is a problem though with coastal erosion so please do not get too close to the edge of the cliff! Access to the beach is down a steepish sandy slope. The red and white stripy lighthouse is very pretty and makes for a pawsome place to pose for any holiday snaps. There is a car park and toilets on the cliff top. An alternative way to get to this beach is to park at Cart Gap and walk down the concrete slip – it’s much easier than the sandy slope. Doggies interested in history might like to know that flint tools over 800,000 years old have been dug up here. That’s the oldest evidence of human occupation anywhere in the UK. Wow!

SEA PALLING

A pretty sandy beach with restrictions on the west side from the 1st of May to the 30th of September but completely dog friendly if you head eastwards. There is a car park. Just before you arrive at the beach you will notice an impressive life-size sculpture of a bull seal called Cooter, who has been visiting Sea Palling beach since 2012. He is carved from one single piece of wood.

WAXHAM

Lovely beach with soft, yellow sand backed by grassy dunes. It is very quiet – you might not see anyone! There have been reports of adders in the sand dune area so keep your eyes peeled for any warning signs. There is no regular car parking (sometimes local campsites offer day parking) or facilities.

HORSEY GAP

We would kindly ask that you avoid walking on this beach between October and February when it is breeding time for the seals. If you get too close you will upset the seals; they may even try and bite you, resulting in a very, very nasty infection! You can view the seals from the roped off paths in the dunes, but please stay on the lead at all times and listen to the advice from the wardens. If you think seeing the seals will be too much and you might get over-excited we suggest you avoid this area altogether. There is a pay and display car park.

WINTERTON-ON-SEA

Another wooftastic sandy beach which forms part of the Winterton Dunes National Reserve which means there is a lot of wildlife about and birds nesting, so do not disturb them. Like Horsey Gap the seals arrive on this beach during the breeding season so please heed the advice from the wardens, stay on the lead, and keep a safe distance away. There is a large grassy car park. The pretty historic fishing village is full of thatched cottages and well worth a look round. It is the most northerly seaside village in the borough of Great Yarmouth and is the pawfect location if you want to get away from it all! It is even mentioned in the Domesday Book!



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HEMSBY

There are restrictions on the main beach from the 1st of May to the 30th of September. This is a small section of approximately 100m either side of the beach entrance. If your human likes to keep busy there are plenty of amusements, cafés and attractions in the village of Hemsby.

SCRATBY

This beach is a mixture of sand and shingle and stretches along the coast for many miles. Walk northwards along the cliff top and enjoy wonderful panoramic views across the sea before coming back to the beach via one of several pathways. Parking and toilets are available on the cliff top and access to the beach is via a slope and some steps.

CAISTER-ON-SEA

Dog friendly all year round. Miles of sandy and part pebbly beach backed by sand dunes. A small free car park is available alongside the beach with public and disabled toilets. The beach is usually nice and quiet.

GT. YARMOUTH

Gt. Yarmouth has three beaches, North, South and Central. North and South are dog friendly all year round but Central has

restrictions from the 1st of May until the 30th of September. The South beach starts south of Wellington Pier and the Pleasure Beach. It is quieter than the main beach with grassy sand dunes but still close to the main attractions. North beach stretches from Britannia Pier and is the quietest of the 3 beaches - you can walk for miles. You can walk along the promenade all year round, just make sure your human remembers to keep you on the lead.

GORLESTON-ON-SEA

There are restrictions on this beach from the 1st May to the 30th of September from the bottom end near the harbour for a third of the beach (there are signs). You might find the south end of the beach a bit quieter in the summer, which is where the cliffs back onto the beach. If you don't fancy getting your paws sandy you have the option of having a gentle trot along the promenade. There is a doggy diner situated next to the Pier Hotel that is well worth visiting. We always get thoroughly spoilt with treats by the owners whenever we go there!

Please take care if you are heading for the beach during the summer as it can get very warm even on overcast days. When the weather is hot please go for your walk early in the morning or late evening and find a nice shady spot in which to nap during the day!

Woofs Pupstar



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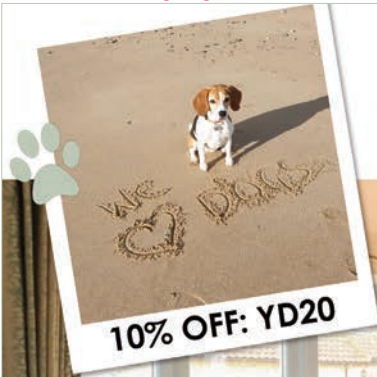
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Lending a paw to help the environment

Barked by Maisie - Guest Barker

Hi – Maisie, the Cairn Terrier here!

Like me and my turbocharged nose, my human's into poo. Unlike me though, he's more of a looker than a sniffer or roller - not just dog poo but bird, badger, cow, otter, sheep etc. You name it, he's found it, photographed it and got the T-shirt! Apparently it helps him do his job – rather than just being weird. He's a qualified dogologist and works for the Kennel Club, local councils and wildlife charities helping them be dog-friendly, while also protecting wildlife and farm animals. He does ok but there are lots of ways we canines can also help protect our dog walks and the environment.



Train your human to always remove your poo to protect the environment and avoid a fine. Any public waste bin will do for bagged dog poo (See how I made that rhyme? #Maisierocks!).

Even better pop it in the home composting system that really can make your poo smell like roses!

Doggie-doo fact: poo is least dangerous to human health when it's just come out of your bum, so picking it up straight away is the safest thing to do. Leaving it behind on the ground or in a bag gives time for the infectious worms to grow that can cause blindness.

Stay alert on pawtrol

You don't need to be a police dog to help protect the countryside. Dog walkers are great at noticing when there's something wrong. Quickly reporting your concerns can help stop environmental crime and bring the baddies to justice, so put the numbers below in your human's phone. Never put yourself in danger though as the criminals involved can turn very nasty, so just take notes and photographs as best as you can without attracting attention (don't touch – it could destroy evidence).

Groups of men out with greyhounds and lurchers could be chasing hares which is illegal and cruel. It's fine to call 999 if you see it happening, as human life can also be at risk – ask for the rural crime team or wildlife officer. Non-urgent information should be passed to the police on 101.

If you find dead birds of prey or other animals that might have been illegally poisoned phone 0800 321 600.

If you spot pollution of land, rivers or streams (like lots of dead fish) call the Environment Agency on 0800 80 70 60.

Fly-tipping is also a crime. Report it anonymously to Crimestoppers on 0800 555 111.

Follow the Dog Walking Code

Humans forget stuff, unlike me who remembers everything including where I buried all my bones, so it's a good thing that there is a great guide to having happy, healthy dog walks they can download for free at: www.dogwalkingcode.org.uk.

Though for me, just remembering to "leave only pawprints" is simple enough for any human to understand.

Keep your tails a-wagging and that poo a-bagging!

Woofs

#Maisie!



Here are my tips for happy, healthy, hassle-free dog walks:-

Play makes perfect: this is THE BEST thing

Like any dog, but especially a terrier like me, if I'm bored I'll just follow my nose, which can get me into soooo much trouble by sniffing out wildlife, sheep and cows. Getting your human to play with you on walkies (and not just yap, yap yapping away to each other, or nattering on their pawphones) keeps us interested and out of danger. Fetching safe toys (no sticks please – as they can be deadly) or sniffing out dog treats hidden in the sand and behind trees keeps me busy and safe.

Keep clear of wildlife and farm animals

Norfolk is a great place for people, dogs and seeing sooo much wildlife and we can help keep it that way. Ensure your human prevents you from following your instincts and going up to, let alone chasing, any animals or birds at any time of year; get them to clip on your lead if need be.

In spring and summer rare birds nest on the ground, and in winter seabirds can get really tired and hungry looking for food. Going near the birds will cause them to fly off, using up their valuable energy making it even harder for them to survive. Look out for signs that help you avoid the most sensitive times and places.

Take extra care around farm animals like sheep and cows by always clipping on the lead, so the farmer sees you are being responsible. However, tell your human to release you if you feel threatened by cattle so you can get to safety separately. Always go around groups of cows, not between them.

Poo: never leave it behind

There's nothing more likely to get all us dogs a bad name and have us banned from places than leaving our poo behind, even in a bag - that means don't leave it anywhere including paths, parks, beaches, marshes, woods, verges, fields, by crops and riverbanks.

To find out more about Maisie's human's work go to www.sjacm.co.uk



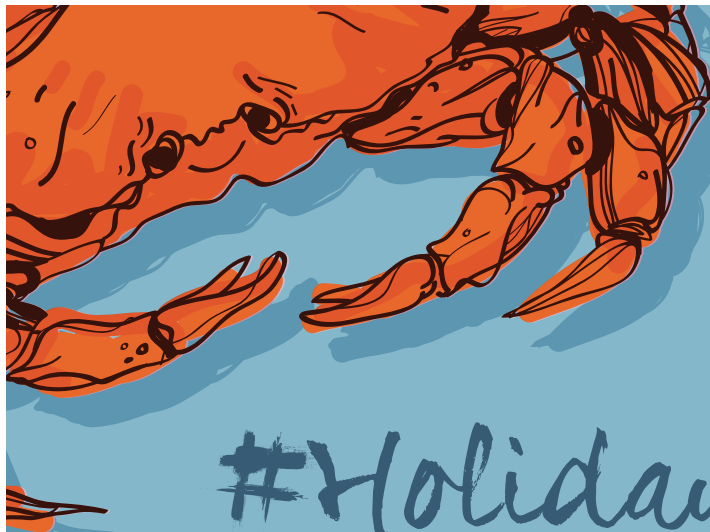
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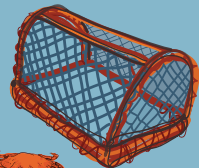
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Anchors Aweigh!

All aboard Gizmo's tour of the Broads National Park!



Over at Barking Bugle HQ we had been hearing tales about how the woodlands, marshes, riverbanks and even the waterways of the Broads were great places for a dog to enjoy a day, a weekend, or even a longer visit accompanied by their humans. We had also heard that many self-catering properties and holiday boats also welcome dogs, as do many visitor attractions, pubs and some other eateries.

This all sounded pawsome to us so I was very excited when our Editor, Pupstar, suggested sending me on assignment to check it out! I've always thought of myself as a bit of a sea-dog, so when I asked, 'Can I hire a boat on expenses?' and got a 'Yes', I thought this was an opportunity not to be missed.

I quickly discovered that there are several companies on the Broads that are dog friendly, where you can hire a boat by the hour, day, or even by the week. For my adventure I hired a day boat from Broads Tours at Wroxham.

The thought of being captain of my own boat was quite daunting at first but I had been reliably informed that the 125 miles (200km) of the area's waterways are in fact very easy to navigate. So, following in the pawsteps of Norfolk born Horatio Nelson it was Anchors Aweigh!

It was totally pawsome gliding along in my open-top electric boat and waving away to fellow captains and their passengers in passing boats.

There's loads of wildlife to spot, in fact the Broads is home to more than a quarter of the rarest wildlife in the UK including Britain's largest butterfly, the swallowtail, and the rare Norfolk hawker dragonfly.

There are also plenty of places where you can moor up to enjoy a picnic, visit a dog friendly pub or just lie back and enjoy the views! Look out for windmills, ruins, pretty villages and delightful market towns.

For those of you who would prefer to sit back and relax and let someone else take charge, Broads Tours at Wroxham in the Northern Broads and Waveney River Tours, which go from Oulton Broad in the Southern Broads, offer river trips with commentary.

The Broads is a watery triangle between Lowestoft, Stalham and Norwich, an area that has been referred to as the Venice of the East because it has more miles of waterway than Venice or Amsterdam! Wow! This was far too much for me to see in a day so it's a good thing that you can hire boats for a week or more, and for those of you who like to sleep on terra firma there is a massive choice of dog friendly self-catering cottages and campsites to choose from.

The Broads definitely isn't just for boating though – it has over 190 miles (300km) of footpaths, with circular walks from many villages and moorings. Several long distance routes run through



the area. In the south, the Wherryman's Way follows the River Yare from Norwich to Great Yarmouth, from where the Angles Way continues south and into the Suffolk Brecks, while the Weavers' Way passes through the Northern Broads and then goes on to North Norfolk. The Norfolk Coast Path takes in Horsey and Winterton, and the first part of the Three Rivers Way walking and cycling route is now open between Hoveton and Horning. Plus, from Wroxham the narrow gauge Bure Valley Railway runs to Aylsham, with a walking and cycling route alongside it. Phew – it would take me months to walk that lot!

Two outstanding historical sites in the Broads are happy to welcome dogs. Burgh Castle, overlooking Breydon Water where the rivers Yare and Waveney meet, is the remains of a third century Roman Fort, built to defend the coast from Saxon raiders. It's a lovely place for a walk as well as somewhere to absorb the history of the Broads and to enjoy one of the best views in the national park. On the River Bure, and near the rivers Ant and Thurne too, you'll find the ruins of St Benet's Abbey – 2019 was its thousandth anniversary. There are lovely walks to the Abbey from the village of Ludham and from Ludham Bridge.



Fairhaven Woodland and Water Garden at South Walsham has lots for us to explore. Its organically managed ancient woodland is a fantastic habitat for wildlife, plus it has its own broad, with dog friendly boat trips. At Horsey, the National Trust site is another great place to visit and there's a little boat trip from the staithe or mooring place, which will take you and your humans out on to Horsey Mere. Further south and close to Oulton Broad you'll find Suffolk Wildlife Trust's wonderful Carlton Marshes Nature Reserve, where well-behaved dogs on leads are welcome.

If you'd like to combine a city visit to Norwich with some outdoor activity close by, head to Whitlingham Country Park at Trowse. There's an accessible path around most of Whitlingham Great Broad, suitable for dog strollers, and there are other walks through meadows and ancient woodlands.

For doggies who are interested in history a visit to the Museum of the Broads, near Stalham, is a must. You can learn all about the history of the Broads and how the shallow lakes were formed in medieval times due to flooding of peat excavations. From the museum you can enjoy two unique boat trips. The Falcon, a Victorian steamboat built in 1895, is a waterborne, working exhibit. Originally a pleasure boat, the Falcon was requisitioned by the Royal Navy during both World Wars before being donated to the museum in 1997, where the volunteers restored both her and her steam engine back to service. The other trip is on the Marsh Harrier, an Edwardian-style launch. She is wheelchair accessible and with a roof, is weatherproof! The Marsh Harrier is an electric boat and her batteries are charged by electricity produced by the museum's own solar panels.



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Safety on the Broads

If you are intending to hire a boat we highly recommend that your pawrents buy you a doggy life jacket prior to your trip and that you wear it at all times when on the boat. Do remember to never jump from the boat to the bank before your boat has been safely moored, otherwise you could slip and get stuck between the boat and the bank... Eeeek! The Broads is not suitable for swimming – there are strong currents, reeds and all sorts of trouble you could get yourself into! If you would like to dip your paws in the water then visit Salhouse Broad where there is a gentle slope into the water – ideal for paddles. Always follow guidance and ask your human to ensure you are under control at all times. Please don't get over-excited and start chasing the wildlife – you'll upset and scare the animals and I know you don't want to do that!

I shall be repawting back to Pupstar that all the 'tales' we had heard about the Broads were really true. With its outdoor activities and places for you and all the family to explore it makes for a truly pawsome adventure!

Woofs Gizmo



For more details on everything mentioned here and lots more besides, contact the Broads National Park's Hoveton/Wroxham Information Centre on 01603 782281/756097 or go to www.visitthebroads.co.uk.

Our thanks to the Broads National Park for sponsoring this feature.

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Dining out in Norfolk

Barked By Pupstar - Editor

If your pawrents fancy a meal out in Norfolk they will be totally spoilt for choice! Most of the pubs in Norfolk are very dog friendly as are many hotels. You'll also find lots of options for pit stops at various cafés and restaurants when out and about.

Of course we do have a few favourites of our own which include the Lifeboat Inn at Thornham. Not only are dogs welcome in the Inn but they have special dog friendly rooms which cater for up to 4 dogs – yes 4! I tell you, I practically fell over with excitement when I heard this!

The Dabbling Duck is another one of our regular haunts. They have a canine menu with some very tasty dishes, all of which can be washed down with a pint of 'Snuffle', one of the finest beers around for dogs ('Snuffle' is really a non-alcoholic healthy drink but don't tell Will-i-am as he believes it's real ale!).

For those of you who like a bit of retail therapy whilst tucking into some treats, stop off at The Granary in Snettisham where you might just find that pawfect holiday memento amongst their range of crafts and gifts.

If you're visiting the lovely beaches of North Norfolk we can highly recommend refuelling at Caley Hall and The Golden Lion in Hunstanton, both of which are very dog friendly and open all year round. After a run on Old Hunstanton beach I often call in at The Old Town Beach Café where you can fill up your water bottles for free and grab a tasty snack or two!

Further along the coast at Wells-next-the-Sea make sure to visit the Beach Café which has won awards for its dog friendliness. Another very popular café, highly rated by many of my k9 pals, is the Cliff Top Café at Overstrand. It's a

great place for a rest after a walk on the beach and you can tuck into one of their homemade burgers made especially for dogs!

A super place to go when visiting Cromer is the Doggy Diner which has recently opened, a canine café for both humans and hounds. Don't forget to check out their pupcakes. Yum, yum!!

If you fancy putting on your bow tie and dining out in style head over to Lynford Hall, Mundford, where scenes from the TV series 'Allo Allo', 'You rang my Lord' & 'Dad's Army' were filmed.

So wherever you are in Norfolk be it on the coast, in the countryside or enjoying forest walks you will always be welcome at the inn.

Woofs Pupstar 



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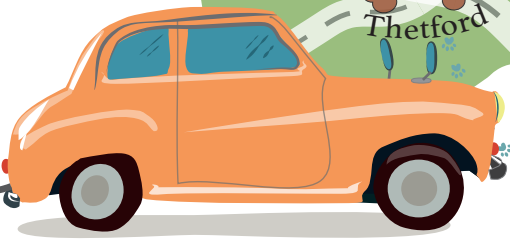
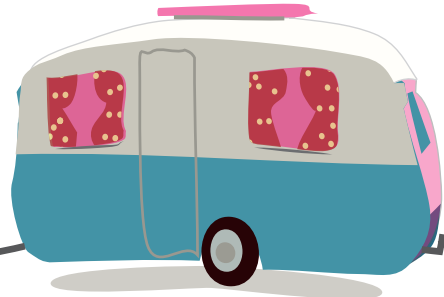
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See page <

North Sea

Welcome to Norfolk



Nelson the Norfolk Terrier



Frodo Cavalier Founder of the BB



Balleeeee!

Ahoy there Frodo lad!

I love dog watching!

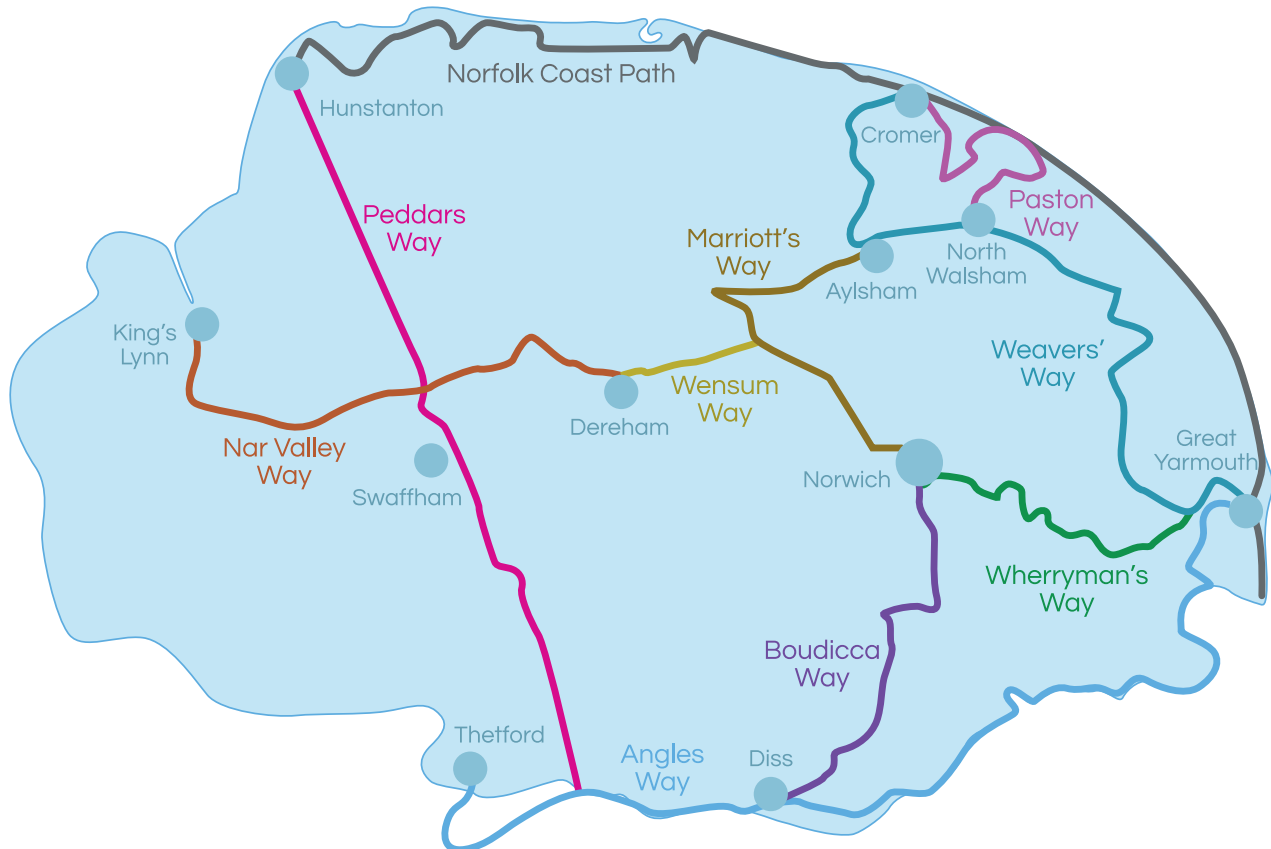
Put your human on their lead and let's go!

© Kate Dunbar Barking Bugle

Fun Map...not to scale!

The Norfolk Trails

Barked by Cocoa - Foreign Correspondent



Norfolk is a doggy walking paradise: discover over 1,200 miles of shoreline and countryside trails.

Originally when my pawrents sat me down and explained that we were moving from Spain to Norfolk I was very worried. My Spanish friends

didn't help, gleefully informing me of the reported lack of space and green areas for walking. But oh, how wrong they were! Norfolk still remains a very countrified area with plenty of different walks through heathland, woods and along the coastline.

I was very excited to hear that the coast wouldn't be very far from where we were going to live. I think there is nothing better than splashing about and having fun in the water, don't you?

Mum also told me about the Norfolk Trails and after hearing her talk about all of those wonderful walks, a lot of them taking in the coast and sea, I couldn't wait to get there and start exploring. Since then I haven't looked back as there are so many different walks to do. It's hard to tell you what my favourite one is, so I think it would be best if I just bark about them all! So here goes...

The trails are a network of hikes which brings over 1,200 miles of walks, cycle and

bridle routes together. These trails all go by various names, normally followed by a 'Way' after them. You have the Angles Way, Boudicca Way, Marriott's Way, Nar Valley Way, Paston Way, Peddars Way, the Weavers' Way, Wensum Way, Wherryman's Way, Bure Valley Path and finally the Coast Path. Wow! Try saying all of that after you have had a glass of Pawsecco or three!

Angles Way
Distance: 93 miles

This is one of the main long-distance paths in Norfolk, which starts in the seaside resort of Great Yarmouth and ends in Thetford. At 93 miles it would take me several weeks to walk, so it's a good thing that it's very easy to



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access the path at different towns and villages in order for you to break it down into sections to suit your ability. There are also plenty of options to enjoy, depending on whether you want to go on circular, shorter or longer walks.

Most of the path is on flat ground with good quality footpaths, although it can get muddy so expect sticky paws in winter especially when it's been raining.

Highlights for me include the section from Great Yarmouth to Burgh Castle which is a lovely walk of about 4 miles along the southern shore of Breydon Water. Burgh Castle welcomes doggies on leads and you can wander around the ruins of this ancient Roman fort. From here the Way follows the Waveney Valley passing through the Broads, open countryside and the market towns of Beccles, Bungay, Harleston and Diss before winding through heathland and woodland and finishing up in Thetford.

Boudicca Way
Distance: 36 miles

This Way runs between Norwich and Diss following close to the old Roman road passing through Caistor St. Edmund, Saxlingham, Nethergate, Shotesham and Pulham Market. If you are a doggy who likes history then

you might be interested to know that this route is named after the legendary warrior and Queen of the Iceni who used to live in these parts. The Boudicca Way passes through the beautiful, unspoilt rural countryside of South Norfolk and the Waveney Valley.

Bure Valley Path
Distance: 9 miles

Starting at the Bure Valley Railway in Aylsham this path runs beside the railway track to Hoveton and Wroxham. Along the line are wayside halts serving the picturesque Broadland villages of Brampton, Buxton and Coltishall. The carriages on the railway are dog friendly so if you get tired you can hop onto one of the steam or diesel trains by waving down the driver.

The Marriott's Way
Distance: 26 miles

Another 'Way' is the Marriott's Way. This starts in the old pretty market town of Aylsham, wending its way through Cawston and Reepham which is along an old railway line and through Whitwell, then onto Lenwade, Attlebridge and Drayton, and finally after 26 miles it ends on the outer ring road of Norwich. The good thing about this walk is (if you are less than able) that the path is wide enough to get a dog



stroller all of the way - so you can take it easy, get a breath of fresh air while your hooman does all of the work! There are also a few refresher stops along the way, not at every section but Aylsham, Reepham, Whitwell and Lenwade offer a few dog friendly pubs or cafés where you can put your paws up for a while. We particularly like Reepham, where you will find the old Reepham & Whitwell Railway station that has now been restored into a museum. There's a pawsome dog friendly café there as well with indoor seating.

The Nar Valley Way
Distance: 34 miles

One of the 'Ways' that we hadn't touched on until recently is the Nar Valley Way. This section of the trail goes from Gressenhall to King's Lynn which is 34 miles long. However, on this particular day we weren't up

for a long walk. Instead Mum found a short circular walk based around the castle and priory of Castle Acre, which is one of the stops on the Nar Valley Way. I love a bit of culture (unlike my canine brother, Luca, who is the less intelligent one of the family!) and I was very impressed to see parts of the castle and priory still standing. The priory was founded back in 1089 (that's a lot of dog years ago!) and the castle was originally a Saxon hall. The walk takes in all of this, sometimes following the course of the river, and I found the landscape particularly beautiful around this part of Norfolk. As the walk was only 1.5 miles long we had the time to savour and enjoy the views and the history. Well, when I say we, what I really mean is that I was happy enjoying the views as Luca only had eyes for the wildlife!



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Norfolk Coast Path

Distance: 84 miles

This is one of my favourite walks, starting off in Hopton-on-Sea, taking in Gt Yarmouth, Happisburgh, Bacton, Mundesley, Cromer, Wells-next-the-Sea (to name just a few stops along the way) and finishing up in the seaside town of Hunstanton. I haven't done all 84 miles of it because going at Luca's pace would take forever and a day! The sections that I have done have been superb with such a mixed variety of landscapes. For example, part of the path touches the edge of Sheringham National Trust Park (so you can take in a bit of natural heritage) and around the Weybourne area there is a lot of heathland (the colourful gorse pointing the way). As you near Weybourne station you might be lucky enough to glimpse the old steam train as it huffs and puffs its way between

Sheringham and Holt (we can also take a trip on this as they are very dog friendly). Of course along this path the sea is the main feature as it rolls back and forth dominating the landscape. Sometimes it feels as if you are quite a distance away from the sea; sometimes you're so close that you don't need to stray far from the path to be able to dip your tootsies into the water and trust me, those are my favourite bits - well, I am a water dog!

The Paston Way

Distance: 22 miles

The Paston Way takes in a lot of mum's old stomping grounds starting in North Walsham, through Paston, Bacton, Trunch, Mundesley, Southrepps, Northrepps and ending up beside the seaside in Cromer. The section between North Walsham and Bacton does not have any refresher stops, just plain old walking but again the

countryside it takes you through is very pretty. Parts of it around Knapton Cutting (where there is a butterfly reserve) are on the disused railway line so the paths are wide and shaded and you can see far into the distance. However, at various parts there are steep steps to negotiate. Further along is Pigney's Wood which apparently has over 40 different species of trees and is a designated local nature and butterfly reserve - this is a really great place in which to get in tune with nature!

Peddars Way

Distance: 46 miles

This trail starts in the Brecks, an area of forest and river valleys at Knettishall Heath near Thetford, and ends on the beach at Holme-next-the-Sea on the North Norfolk Coast near Hunstanton. Some parts of the route are on small country roads and it's also a

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popular route for cyclists, so do take care. Along the trail are the villages of Little Cressingham, Castle Acre and Ringstead and in between miles of countryside. Legend says that the Peddars Way was traditionally supposed to be a haunt of the ghostly East Anglian hound, the Black Shuck...Eeek! Don't walk this path after dark or close to Halloween!

The Weavers' Way

Distance: 61 miles

We have walked some of the smaller sections of the Weavers' Way which is renowned for historic country estates and also the Norfolk Broads - yes, water is involved again, yippee! The walk is well sign-posted and takes in various sections of the the country estates of Felbrigg and Blickling. It is said that the ghosts of Anne Boleyn and her father, Thomas, haunt Blickling Hall on every

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anniversary of her execution so beware! She was born in the original manor house where this impressive Jacobean building now stands. Unfortunately whenever we visit the estates Mum always seems to pick the section where the cows are grazing and for some reason they always seem very intrigued by Luca. This then unsettles Mum so we normally have to make a rather unsightly dash through the cow pats, stopping for breath only once we have cleared the final gate, which I think is a great game but I don't think Mum is so keen! The route links two popular coastal resorts: Cromer in the North and Great Yarmouth, taking you on a journey through the Norfolk countryside.

Wensum Way
Distance: 12 miles

This Way goes through some very pretty countryside in central Norfolk, much of it close to the river that gives it its name. Starting at Gressenhall, it winds its way through to Lenwade.

Wherryman's Way
Distance: 37.5 miles

This trail runs between Norwich and Great Yarmouth and is named after the Wherry, a type of boat that was used on the Norfolk Broads to carry passengers and cargo. The Way passes through the centre of the Broads, along the River Yare, open marshes and several riverside villages. It's a very scenic walk and a great way to discover the Norfolk Broads if you like to stay on firm ground and don't fancy a boat trip. Don't forget to wave a paw at any boats you see on your walk! There are lots of options for short, long and circular walks on the Wherryman's Way, so something for every dog to

enjoy. Plus of course there are loads of dog friendly pubs to visit after all that walking.

So as I travelled around Norfolk on various different walks I soon came to realise - I love Norfolk! My Spanish friends were wrong as there is so much to see and do here and the Norfolk countryside still remains just that, countryside. There are plenty of areas for walking and hiking and you don't have to be a fitness fanatic to enjoy them - everything is possible.

Many of the tourist attractions are dog friendly too. We have been on trains, boats and in museums to name but a few and have always been made to feel very welcome. The cafés and pubs are a joy, and my brother Luca can vouch for those as he lives for the culinary delights he finds underneath tables! But for me, you can't beat the Coast Path which is a beautiful walk and of course water is featured heavily on this trek so that's a paws up from me!

Free maps are available to download from the norfolk.gov.uk website. For even more trails check out the Explore West Norfolk app available from iTunes. So get out and get exploring. Norfolk is a beautiful county, so make the most of it!

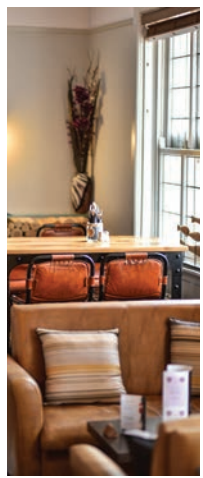
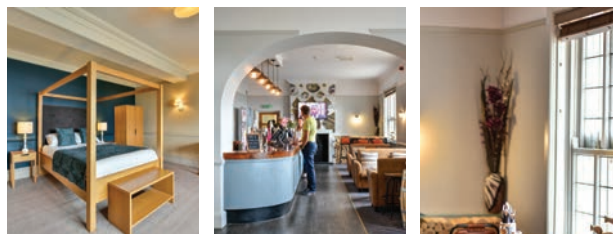
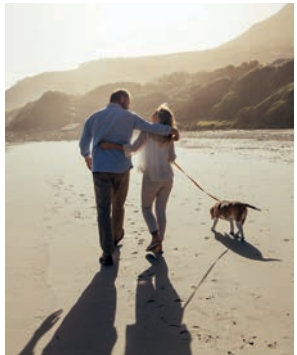
Woofs Cocoa - Foreign Correspondent



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Be Prepared! What to include in your doggy first aid kit!

Barked by Lily

Admit it, we've all been there – too much pawtying or one or too many Pawseccos by the pool – surely that's what holidays are for! Unfortunately, such wild behaviour could lead to an injury or an upset tummy causing your pawrents problems whilst on holiday. Be prepared and have a travel first aid kit to hand.



Hopefully you already have a nicely stocked first aid kit at home and can bring that or pack up a smaller version. If not, the best thing to do is to ask mum or dad to add a small travel first aid kit to your packing requirements and keep it to hand (or rather paw) for emergency situations.

The vets here in Norfolk are first class so I would always urge you to seek professional help but for those occasions when you need immediate care, these would be my top tips on what to have handy:-

- Blunt ended scissors, preferably curved
- Non-adhesive absorbent dressings to cover open wounds
- Antiseptic wipes or ointment
- Thin latex/rubber gloves to protect you and everyone from germs
- Saline solution for wound washing and eye flushing

- Bandages
- Cotton Wool
- Tick remover
- Dressing tape to secure bandages
- Sterile absorbent gauze pads
- Foil Blanket
- Large towel to use for warmth, as a sling or a stretcher
- Probiotic paste for diarrhoea and sensitive tummy
- Cone collar or a nice inflatable bumper collar
- Local vet's phone number

If your pawrents are new to first aid, ask them to keep an eye out for canine first aid courses in your home area so they can learn how to treat you in an emergency.

Hopefully you will have an amazing time in Norfolk and you won't need any medical help, but please don't hesitate in contacting any vets in the area if you are concerned and need advice. (A list of vets can be found on page 50 of this guide).



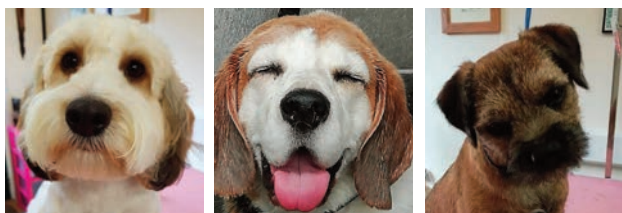
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Full Steam Ahead!

Barked by Frodo Cavalier - Founder of the Barking Bugle



Norfolk really is a great county for any visiting train enthusiasts. There are many opportunities for humans wishing to travel on the steam trains, but how dog friendly are they? My brothers and I decided to investigate!

Our first destination was the Wells & Walsingham Light Railway! We arrived at the station at Wells-next-the-Sea and sampled a few light refreshments in the waiting room before the train arrived.

Having never visited before we were not sure how the staff would feel about four dogs turning up with a doggy stroller! However, I have to say they could not have made us more welcome. 'Dogs – the more the merrier!' stated the Station Master. Plus, an added bonus – there was no charge for us!

When the train arrived I got chatting to the train driver. We took rather a shine to each other and I joined him up front where he showed me the basics of engine driving!

The journey from Wells to Walsingham took 30 minutes through the lovely Norfolk countryside and in the distance I saw some sheep!

Once we arrived in Walsingham we walked along the old railway track to the Catholic National Shrine of Our Lady. The walk there and back takes about 45 minutes along an easy path which is suitable for strollers, dogs and humans!

After a bit of exercise it was time for some more refreshments and Walsingham has plenty of choice with

two dog friendly pubs and a café in the High Street. Walsingham is famed for its religious shrines and is a major pilgrimage centre. For doggies interested in all things historical we are very welcome to visit Walsingham Abbey. The Abbey is also well renowned for their snowdrop walks in February. After a trip around the village looking at all the lovely buildings we boarded the train back to Wells and headed off to our second destination - The Bure Valley Railway.

We had heard that Bure Valley had a resident railway dog called Henry and were delighted when we arrived to find that he was in the office. Henry, who is a Cocker Spaniel, informed us that he was in fact in charge of operations and the brains behind the organisation. 'I love

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working here,' he barked. 'I get lots of pats and more treats than I can eat.'

The 18 mile round trip runs between Aylsham and Wroxham and takes 45 mins. each way. Along the route there are several wayside halts where you can hop on and off. There is a footpath that runs alongside the railway line so we decided to stretch our paws and walk from Aylsham to the next stop at Brampton and pick up the train there. When the train arrived we found that Henry had arranged a specially reserved carriage just for us! We felt like VIPs (Very Impawtant Pups!).

Upon arrival at Wroxham we had a short walk to the town where we hired a boat for a trip on the Broads. Alternatively you can book a combined train and boat trip ticket at the Bure Valley Railway station.

Another dog friendly steam train is the North Norfolk Railway at Sheringham, also referred to as 'The Poppy Line'. This 10.5 mile round trip puffs through designated areas of outstanding natural beauty. You can even see the sea in places! There are stop offs at Weybourne, Kelling Heath and Holt, so you can have a paddle, a walk on the heath, followed by a bit of retail therapy at the pet shop in Holt.

If all the above isn't enough we can highly recommend a trip to Whitwell and Reepham Railway Station. The station closed in the 1950s but has now been restored to its former glory. There are steam and diesel locomotives to view and a really interesting museum. The Sidings bar and café is super pawsome and woof friendly with a big sign outside saying - 'Doggies with well-behaved owners welcome!' There is also a

small secondhand book shop to have a browse around. You'll find water bowls and if you're lucky like us you might even get given a treat or two! The station is on the Marriott's Way, a long distance footpath, great for walking off all that tea and cake!

We love steam trains and really enjoyed our trips out on the heritage railways of Norfolk. There's nothing more pawsome than chugging through the countryside with the wind blowing through your ears, the smell of the smoke and barking at the sheep as you pass by! Everyone was very nice to us and we were made to feel most welcome wherever we went. Why not take a train ride yourself - we can thoroughly recommend it!

Woofs Frodo 



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Norwich Road, Aylsham, Norfolk, NR11 6BW
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The Wells & Walsingham Light Railway, Wells-next-the-Sea, NR23 1QB

Tel: 01328 711630

Bure Valley Railway, Aylsham Station, Aylsham, NR11 6BW

Tel: 01263 733858 (charges for dogs apply)

North Norfolk Railway, Sheringham Station, Sheringham, NR26 8RA

Tel: 01263 820800 (charges for dogs apply)

Whitwell & Reepham Railway, Whitwell Road, Reepham, NR10 4GA

Tel: 01603 871694



Pawsome Ideas for a Great Day Out!

Barked by Will-i-am – Leisure & Tourism Editor



Norfolk has miles of dog friendly beaches but if you fancy something different for a day out why not visit one of our many parks, woodlands or tourist attractions.

BACTON WOODS

Here you can see over 30 different species of trees within the wood and it is a haven for wildlife including rare birds and plants. There are 280 acres to enjoy and explore, including three signposted forest walks - the Red Trail (1.3 miles), the Blue Trail (2 miles) and the Yellow Trail (2.5 miles). *Off the B1159 between Bacton and North Walsham.*

BLICKLING ESTATE

You can enjoy a really nice walk around the grounds of this stately home. Sadly for all those cultured doggies out there we are not allowed inside to learn about the Jacobean Hall and its impressive history, unless you are a guide dog. The same restrictions apply to the gardens. However, we are welcome in the parkland and there are four walks to choose from including the 4 mile Multi Use Trail which is suitable for dogs in strollers. The walks range from 1.5 to 4.5 miles and are all signposted and easy to follow. Livestock graze freely on the estate so do be aware and follow the countryside code. We are also welcome in the café by the car park and in the plant centre. There is a pub close by which is dog friendly. Car parking charges apply. *Blickling Hall, Aylsham, NR11 6NF. Tel: 01263 738030*

BURLINGHAM WOODS

There are walks to suit all abilities here from one to several miles, some suitable for wheelchairs, mobility vehicles and strollers. There is also a very interesting sculpture trail. *Access opposite St Andrew's Church, North Burlingham, Nr. Norwich.*

CASTLE ACRE

Castle Acre is a pretty village well worth a visit. History buffs will like the Priory, (a well preserved monastic site dating back to 1090), the Bailey Gate and Castle (12th century), all of which are woof friendly. There are also some lovely walks in the area through the countryside. *Castle Acre, PE32 2XD*

CASTLE RISING

Castle Rising is a 12th Century Castle and Keep. We are allowed on the site but not in the main castle structure. *King's Lynn, PE31 6AH. Tel: 01553 631330*

COURTYARD FARM

There are three beautiful country walks through this organic farm on well-established public footpaths (two way-marked 2 mile circular walks and one 6 mile walk). The countryside is totally unspoilt and it's a haven for wildlife and flowers so please don't stick your nose in the hedgerows and disturb anything. There is livestock around so please be aware of this and ask your human to keep you under control or on the lead. Free maps of walks are available at the car park. *Ringstead, PE36 5LQ. Tel: 01485 525251*

DROVE ORCHARDS

40 acres of orchards and 160 varieties of apples right on the coast. Drove Orchards is family friendly and good fun for a walk around. Free parking (hooray) on site. The pawrents can pick their own apples and pears when in season. *Thornham Rd, Thornham, Nr Hunstanton, PE36 6LS. Tel: 01485 525652*

EARLHAM PARK

A large open park on the outskirts of Norwich next to the University of East Anglia. The River Yare runs through the park if you fancy a paddle. There is a dog friendly café in the park. *Earlham Park, Norwich, NR4 7TQ. Tel: 03449803333*

EATON PARK

80 acres of fabulous walkies to enjoy. This is a formally laid out park with a tree-lined avenue, bandstand, boating lake and a pavilion with a dog friendly café. If you are visiting the rose garden please stay on the paths. *Eaton Park, South Park Avenue, Norwich, NR4 7AZ. Tel: 03449803333*

FAIRHAVEN WOODLAND & WATER GARDEN

Nearly 4 miles of woodland pathways to explore! Also boat trips on the Broads. Entry charges apply. Dog watering stations made from recycled beer barrels in the garden, tearoom and picnic area. Open all year (Except Christmas Day). *School Road, South Walsham, NR13 6DZ. Tel: 01603 270449*

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With over 40 acres of orchards and 160 varieties of apples right on the coast, Drove Orchards is becoming a real destination for family days out and long dog walks.

Visitors can park for free and then stroll leisurely around the glorious orchards, even picking their own apples and pears when in season.

This can be followed by a great bite to eat at the two on-site restaurants run by award-winning local chefs; the newly refurbished The Yurt serving rustic food in a relaxed setting in a large Yurt or Eric's, a traditional fish and chip restaurant

with a modern twist. Both have outside areas in which to unwind.

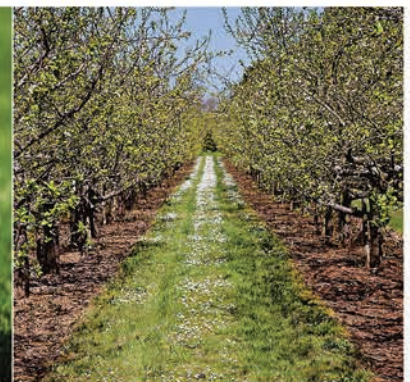
There is also a free play area on-site for more energetic younger ones and umbrellas to provide shade for our 4-legged friends, with dog water bowls provided by our restaurants.

Retail therapy, covering everything from home to clothes to art is available in Joyful Living, Nelle-DK, Bells and Whistles Kids and Doric Art, all of which are dog friendly.

The recently expanded Farm Shop is stocked to the brim with amazing local produce and Gurney's Fish Box

offers the freshest fish and sea fayre caught a stone's throw away.

Andrew Jamieson, Drove Orchards proud owner says, "We've been growing steadily for years now, producing our popular range of quality juices made from apples, pears and quince. More recently we have added our own Drove Orchards cider; all are grown, pressed and bottled on-site. We've also developed a real diverse community of great local businesses on-site. I hope like our many returning customers you can take the time to visit us and let our 'family' look after yours."



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FELBRIGG HALL

We are not allowed inside this imposing 17th century stately home but we can visit the grounds and the tearooms. There are three easy to follow circular walks; one is a 2 mile walk which is suitable for dogs in strollers. You'll find a map with information on the walks in the car park. *Felbrigg, NR11 8PR. Tel: 01263 837444*

GARDEN CENTRES

If you fancy a bit of retail therapy then you can't go wrong with a trip to a garden centre. 'We love dogs' is the motto at Cherry Lane Garden Centres where dogs are allowed throughout the store (with the exception of the food aisle). All they ask is that we stay on the lead and that the pawrents clean up if we have an accident! You can find them at:- *Early Dawn Nurseries and Garden Centre, Rushmere Road, Carlton Colville, NR33 8HA* (Café - designated area for doggies inside).

Pulham Market Garden Centre, Ipswich Road, Pulham Market, IP21 4XP (Café - seating area outside under canopy).

South View Nurseries, Beccles Road, Fritton, NR31 9EU (Café - dog friendly seating area outside).

Just ten minutes' drive from the coast

you will find A.G. Meale & Sons, a family run business renowned for quality home-grown and local produce. Doggies are welcome in the Plant Centre and Pick Your Own areas (phone ahead to check what PYO is available). There is a patio area at the rear of Vera's Coffee Shop overlooking the garden where dogs are welcome. *A.G. Meale & Sons Ltd, Wayford Nurseries, Stalham, NR12 9LJ. Tel: 01692 580226*

GOODERSTONE WATER GARDENS AND NATURE TRAIL

Water gardens and nature trails set in 6.5 acres. Humans on leads with well-behaved dogs welcome. Entry charges apply. *The Street, Gooderstone, PE33 9BP. Tel: 01603 712913*

HOLKHAM HALL

We are not allowed inside this majestic 18th century country house but there are 3,000 acres of parkland to visit. Lots of deer and other wildlife around so please stay on the lead. There's also a dog friendly café, plus a lake which makes for a nice round walk and a park walk too - both are signposted.

Wells-next-the-Sea, NR23 1RH. Tel: 01328 713111

HOLT COUNTRY PARK

Lots to do at this country park including several colour-coded woodland walks for great sniffs. It is home to many varieties of butterflies. There's a visitors' hut where you can get some information. Watch out for the wild ponies and livestock! The Park is open every day. From Holt you can walk to Baconsthorpe Castle (8.5 miles) and visit the ruins of this 15th century manor house. *Hempstead Road, Holt, NR25 6SP*

KNETTISHALL HEATH COUNTRY PARK

This is a park with well over 400 acres of Breckland heath and mixed woodland and is located in both Norfolk and Suffolk. For those of you who love your walking it is the starting point of the famous Peddars Way and Angles Way. There are four trails around the reserve between 1 and 2.5 miles, including an all access trail around the river. Be aware that ponies and cattle graze in certain areas and birds nest during the period between March 1st and July 31st. Open 7 days a week. Toilets open from April to October. *Knettishall, Thetford, IP22 2TQ*

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LYNFORD ARBORETUM

Part of Thetford Forest the Arboretum has three way-marked trails between 1 and 1.5 miles. There is an easy access walk and a lake with a small sandy beach area for paddles. Parking is free and there is also a free dog agility course adjacent to Lynford Hall. *Lynford Road, Mundford, IP26 5HW*

MOUSEHOLD HEATH

184 acres of heath and woodland. There is a wealth of wildlife here, including birds, lizards, butterflies, dragonflies and small mammals. *Heartsease Lane, Norwich, NR7 9NT. Tel: 03449803333*

OSBURGH HALL

This is a moated country house built around 1482. We are welcome in the gardens and woodlands but not in the house. *Oxburgh Hall, King's Lynn PE33 9PS Tel: 01366 328258*

PRETTY CORNER WOODS

I really like the name of this place! This is an area of woodland, ponds, open heathland and grassland located on the outskirts of Sheringham. If you're lucky

you can spot the fluttering wings of bats, bullfinches, kingfishers, buzzards, owls and woodpeckers here. For those of you who are feeling really fit why not stroll up to the highest point in the wood - at 96 metres (315 feet) above sea level it is one of the highest points in Norfolk and from here you can look out onto Sheringham and the North Sea. The views are totally pawsome! There are two car parks at either end of the wood and parking is available all year round and guess what, it is entirely free! How woofingly good is that? There is a dog friendly tea room. *Pretty Corner, Upper Sheringham Rowan House, Sheringham NR26 8TW.*

REDWINGS HORSE SANCTUARY

Abandoned, mistreated and neglected horses and donkeys from across the UK are given a safe place to live their lives at these wonderful rescue sanctuaries. Funded entirely by donations. You can meet many of the rescued animals at either of the two centres in Norfolk. Well worth a visit! Free car parking and entry. Open all year.

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*Spa Lane, Aylsham, NR11 6UE
Caldecott Hall, Beccles Road, Fritton,
NR31 9EY Tel: 01508 481008*

SALHOUSE BROAD

A woofastic day out can be had by everyone at Salhouse Broad. Fabulous scenery and footpaths to follow through the trees. There is lots of space for you to run about in and you can even hire a canoe here if you feel adventurous!
Lower Street, Salhouse, NR13 6RX

SANDRINGHAM COUNTRY PARK

The Norfolk retreat of Her Majesty The Queen. Unfortunately we are not allowed in the house or the gardens but we can run around in the Country Park. We are also welcome to attend the many craft fairs, the annual flower show and even visit the parish church of St. Mary Magdalene. We've not met the corgis yet but we have seen the Queen. Please check signs for repawts of any cases of Seasonal Canine Illness between August and the end of January to be on the safe side. *Sandringham, King's Lynn, PE35 6EH. Tel: 01485 545400*

SEA BOAT TRIPS

If we are very good and don't bark and try to jump out of the boat, we can join our humans and take a boat trip from Morston Quay to see the seals from a safe distance. Beans Boat Trips, Blakeney (Open all year).

Searles Sea Tours at Hunstanton offer short trips along the Hunstanton coast in the Wash Monster, dogs welcome at their discretion (*Find them at the Kiosk on Hunstanton Prom. Seasonal*).

SHERINGHAM PARK

This is a National Trust site with a landscaped park and gardens. If you're into horticulture there are a lot of azaleas in the spring. There are marked trails between 1-5 miles to enjoy. Please ask your human to pop you on the lead around the car park area, toilets, courtyard café, visitor centre and where there are any cattle grazing.

*Upper Sheringham, NR26 8TL.
Tel: 01263 820550*

SNETTISHAM PARK

A 329 acre working farm. We are allowed to visit but we must be on leads and well-

behaved so as not to upset the deer and other animals. We can visit the farm and the trails but we can't go on the deer safari. *Bircham Road, Snettisham PE31 7NG. Tel: 01485 542425*

STODY ESTATE

There are two very popular dog walking areas near Briston and Edgefield. Dogs may use the paths in daylight hours and on leads outside the designated 'open access' areas. Stody Lodge Gardens are open to the public on various dates in May when over 200 varieties of rhododendrons and azaleas are in bloom. Dogs on leads in the gardens.

*Stody, Melton Constable, NR24 2ER.
Tel: 01263 860572*

THETFORD FOREST PARK

Covering 47,000 acres this is the largest lowland pine forest in the UK. There are lots of fun walkies to be had. The Forestry Commission do ask that you stay under control for the safety of the wildlife. Please check signs for repawts of any cases of seasonal canine illness between August and the end of January. *Thetford, Visitors' Centre, IP27 OAF.
Tel: 03000674400*

WALSINGHAM ABBEY

Doggies are very welcome to visit these famous ruins of the medieval priory of Our Lady of Walsingham. We love it here between late January and early March when all the snowdrops are out. *Walsingham Estate Office, 10 Common Place, Walsingham, NR22 6BP. Tel: 01328 820510*

WATERLOO PARK

This is a Grade II listed park. Dogs are welcome but must have their humans on a lead. There is a dog friendly café in the pavilion. *Angel Road, Norwich, NR3 3HX. Tel: 03449803333*

WHITLINGHAM COUNTRY PARK

You can enjoy a nice circular walk around the lake which took us just over the hour. The path is suitable for doggy strollers. There are lots of sailing boats on the lake. Car parking charges apply. *Trowse, Norwich, NR14 8TR.
Tel: 01603 617332*

Woofs Will-i-am



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CLICK & COLLECT





The other day I was enjoying a restful nap when Pupstar came rushing into the room, tail all awag and full of excitement. 'I'm going to join the Home Guard! Will-i-am, can you give me a lift to Walmington-on-Sea tomorrow? I've had enough of being the Editor of the Barking Bugle and only getting minimum wage - I'm going to enlist. I'm too old for the army at the age of 10 but the Home Guard take veterans,' he woofed.

At this point I looked up from my basket and barked, 'You stupid Pup. You've been watching too many repeats of Dad's Army, haven't you? Don't you know it's a TV show and Walmington-on-Sea doesn't exist? There's a Dad's Army Museum in Thetford so why don't we visit - it will explain everything! I've heard it's dog friendly. I'll drive!'

And so the very next day we headed off to Thetford to visit the Dad's Army Museum which was founded in 2007 and is independently run by an enthusiastic platoon of volunteers. Since then every year thousands of visitors come to the town and museum to learn more about what is considered one of the best comedy programmes ever made.



The show originally ran from 1968 to 1977 with audiences reaching over 18 million. Such is its enduring popularity that repeats still top BBC 2 ratings today and a feature film based on the series was produced in 2016 starring Tom Courtenay and Catherine Zeta-Jones. Dad's Army was set during the Second World War and follows the antics of Captain Mainwaring, Sergeant Wilson, Corporal Jones, Private Pike and other members of the Home Guard as they prepared to repel any invading Germans.

The museum includes a reconstruction of the Church Hall office from the programme. There are several areas displaying photographs, uniforms and other memorabilia, a shop and the Marigold Tea Room where your humans can enjoy a cup of tea and a slice of wartime recipe cake. (Dogs cannot visit the tea room but the friendly staff will set up a special table for you in another area of the museum).

Guided tours can be booked which visit the various locations within the town where filming for the series took place. This includes the Bell Hotel in King Street where each summer the cast would stay during filming. (Dogs are allowed in all the standard hotel bedrooms, the



bar and lounge area). A full size bronze statue of Captain Mainwaring stands outside the hotel.

In 2012 the Dad's Army museum acquired the original 'Jones's Van', which fans of the series will know as the butcher's delivery van and the main mode of transport for the platoon. The van is currently housed in the Charles Burrell Museum, another dog friendly attraction in Thetford.

Canine volunteer, Archie, who is Head of Operations at the museum, is on hand to teach you about the history of the Charles Burrell Works and the steam and traction engines, and of course show you the famous 'Jones's Van'. Other exhibits include machinery, three Charles Burrell engines and recreated workshops.

For fans of Dad's Army a visit to the museum is a must. We had a totally pawsome time and were made to feel very welcome. The friendly and

informative volunteers at both museums obviously love what they do and are more than happy to answer any questions you may have and pose for photos.

And so our day out in Thetford came to an end and we were heading for home when a sleepy voice from the back of the car said, 'So Dad's Army was a TV show and I can't enlist in the Home Guard after all.'

'I wondered how long it would take you to work that one out,' I replied.

'Oh well, probably all for the best,' woofed Pupstar. 'I'm not very good at marching. What I don't understand though is why you kept saying 'Pupstar Pike' and then collapsing into giggles?'

'Oh Pup - Don't Panic, I was just teasing! Would you like a scarf for Christmas?'

Woofs Will-i-am 



Dad's Army Museum
Open Saturdays from the 21st March to the end of November and on Tuesdays in July, August, September and Tuesdays during the Norfolk school holidays. (10am - 3pm).
Entry Free.
Cage Lane, Thetford, IP24 2DS.
Tel: 07470 165795
To book Tour tickets - visit www.dadsarmythetford.org.uk

Charles Burrell Museum
Limited opening hours. Entry Free.
Minstergate, Thetford, IP24 1BN.
Tel: 01842 751166

Whilst you are in Thetford a few other dog friendly places of interest include: **Thetford Priory** which was one of the most important monasteries in medieval East Anglia. Today the surviving remains include the lower walls of the church and cloister and most of the 14th century gatehouse, and the Church of The Holy Sepulchre, the only surviving remains in England of a Priory of Canons of the Holy Sepulchre.

Thetford Priory
Open all year. Entry Free.
Water Lane, IP24 1BB. Visit English Heritage for more information.

Thetford Church of The Holy Sepulchre
Open all year. Entry Free.
Canon's Close, IP24 3PW. Visit English Heritage for more information.

The Legend of The Black Dog

Barked by Pupstar - Editor

Has anyone out there heard of the grisly legend of the Black Dog of East Anglia? If not, I feel I should tell you more!

The 'Shuck' is the name given to a ghostly black dog which is said to have roamed the coastline and countryside of East Anglia for centuries, in particular graveyards, side roads, bodies of water and dark forests.

Opinions differ as to the origin of the word 'Shuck'. It may derive from the Old English word 'scucca' meaning 'demon' or possibly from the local dialect word 'shucky' meaning 'shaggy' or 'hairy'.

There have been various accounts of the animal's appearance: some have stated that the beast has only one red eye in the middle of its forehead! It varies in size and stature from being simply a large dog, to being the size of a calf or even a horse! It has also been seen headless and at other times floating on a carpet of mist. His howl is supposed to make one's blood run cold! If you meet him, legend has it that your death will occur before the end of the year!

Its infamous appearance on August 4th 1577 in Bungay and Blythburgh has been well documented and images of the sinister black dog have become synonymous with the area ever since! He is said to have run up the nave at Holy Trinity Church in Blythburgh past the sizeable congregation, killing a man and a boy and causing the church steeple to collapse through the roof. As the dog ran off he left scorch marks on the north door which can still be seen at the church today.

The Black Shuck is also supposed to have been seen on the same day at St. Mary's Church in Bungay. There was a terrifying thunderstorm – such

darkness, rain, hail, thunder and lightning, the like of which has never been seen before! During the storm the beast is said to have set upon the congregation killing at least two people.

For those of you out there who believe these are the ramblings of men who lived so long ago and whose tales are impossible to confirm accurately, think again. There have been far more recent accounts of the Black Shuck rearing its beastly head and tormenting the inhabitants of East Anglia!

During the 1920s and 1930s there were reports from the fishermen of Sheringham hearing a hound howling on the cliff tops during stormy nights. As recently as 1970 a sighting of the Black Shuck in Great Yarmouth made the headlines. In 1980 a young woman claimed to have met the hound whilst walking with her young son near Wisbech.

In the village of Overstrand to this day there is still a road called Shuck's Lane, named after the Norfolk hell hound. Another of the hound tracks runs through what today is Mill Lane and into the grounds of Cromer Hall. It is said that this particular locality was the inspiration behind Sir Arthur Conan Doyle's 'Hound of the Baskervilles'. He had visited the area on a golfing holiday and although the original film is set in Dartmoor, there are scenes in the film which one can quite imagine as having some semblance to the area within Cromer Hall.

Beware though my canine friends for 'Shuck' is not the only black dog who has been seen prowling when darkness falls. A dog-like creature stalks the ruins of Burgh Castle: some believe it is a werewolf whilst others say it is the devil in disguise! Eeek! The beast is called 'Old Scarfe' after Baron Rudolf Scarfe, a notorious, depraved and evil



knight of the 13th Century. So bad were his deeds of wickedness that upon his death some say the devil changed him into a dog, laden him with chains and sent him back to earth. 'Old Scarfe' has also been seen at Gorleston and Great Yarmouth rattling his chains and howling into the night!

If this isn't enough to have you quivering with fright in your basket then listen up! Close to Cromer Pier a black dog has been spotted near the shoreline looking out to sea! But when approached the hound vanishes into thin air! It is believed he is waiting for his human who will never return!

Now I don't want to distress you further with any more stories of a hideous, ghoulish and demonic nature but my fellow repawters on the Barking Bugle thought that those of you visiting Norfolk ought to beware and be VERY VERY careful going out after dark! I can assure you, however, that although I am a black dog, I am NOT one of the beasts I have woofed about! I also get very scared about going out late at night!

Beware though of any sinister, large black dogs in the area – you never know, if you spot one you may just be the first person in the 21st Century to have spotted the infamous Black Shuck. If you do, avert your gaze or your life may soon be over. You have all been warned!

Woofs Pupstar



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LOST DOG!

**Barked By Thor And Loki
Health & Lifestyle Repawters**

A lost dog is every pawrent's worst nightmare! Here is some advice to get you reunited as quickly as possible.

Going on holiday is wonderful! We get to experience new places, sounds, smells and meet different dogs and humans. However, what happens if a scent catches your attention, you get distracted or something startles you? By the time you stop and look around your pawrents are nowhere to be seen! You're not familiar with the area and neither are mum or dad...Eeek! Heck, you could be anywhere! What happens now? Who can help get you and your family reunited as quickly as possible?

Petlog and DogLost are two organisations that can assist.

Petlog is the UK's largest database for microchipped pets (by law we should all be microchipped). Before you go on your holidays visit their website and make sure that you are registered with them. If you were to go missing, animal wardens, vets, welfare centres and other organisations will be able to trace your family quickly by scanning your microchip, hence it is very important that your details are kept up to date, i.e. address and contact telephone numbers. Petlog should be contacted straight away if you are lost. If you have a Petlog premium account they will send out alerts to animal professionals in a 30 mile radius of where you were last seen.

DogLost is the UK's largest dog rescue community. Missing/stolen and found dogs can be registered on their site quickly, easily and for free. When registering with DogLost, it is important to ensure that as many details as possible are included, with up-to-date photographs. The Norfolk co-ordinator for DogLost will help by making sure that the DogLost social media accounts are updated with the relevant details. They also have area volunteers who will help in the search to reunite both dog and keeper.

If you go missing it is vital that the animal warden for the area and the local council is contacted, and provided with an accurate description and a recent photo. We also recommend that nearby animal rescue centres and vets are informed as

Important Numbers:
 To register a lost or found dog visit: www.doglost.co.uk
 Tel: 01633 673859

Dog Lost Norfolk and Suffolk Facebook group:-
www.facebook.com/groups/DogLostNorfolkSuffolk/

Pet Log Tel: 01296 737600

Animal Warden Services for Breckland, Broadland, Great Yarmouth, South Norfolk and North Norfolk Council
 Tel: 01362 858500

King's Lynn & West Norfolk Borough Council
 Tel: 01553 616200 (Found dogs are usually taken to the **Dogotel Kennels.** Tel: 01485 520346)

members of the public will often take found animals there. Local radio stations may also help by putting out a public appeal.



Mum and dad should keep going back to the area from where you went missing because you may return. They should leave something that smells familiar, for example a dog blanket, toy or an item of their clothing. They should also check that you've not snuck into any garages or sheds of properties near to where you were last seen.

Before your holidays your pawrents might want to consider purchasing a Dog Tracker. These can be bought as a collar or a tag. The GPS trackers are electronic devices that communicate with a mobile phone app, pinpointing your location in real time. These cost from £45 and some may have monthly charges. Do also make sure your I.D. tag or collar has contact details for both home and your holiday accommodation.

Have fun on your holidays but do take care and make sure your family is always within sight.

Woofs Thor & Loki



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Dog Show & Events' Guide

The Best Events for Dogs this Year!

Hello from me, Pupstar. We do our best to ensure our Dog Show & Events' Guide information is accurate. However, changes may occur so please check with the event organisers for the latest information.

New events are added to our website regularly. For a current listing visit www.thebarkingbugle.co.uk

The Hunstanton Fun Dog Show - The Barking Bugle Event of the Year!

Glebe House School, Hunstanton, PE36 6HW.

For details of the date for this show please visit our website at www.thebarkingbugle.co.uk or email newsdesk@thebarkingbugle.co.uk



18th July 2020 – Fête with Fun Dog Show hosted by The Barking Bugle

Snettisham Village Fête, Snettisham. PE31 7LX.

Fête opens noon - dog show judging from 12.15pm.

10 classes with rosettes to 5th place plus Best in Show.

Enquiries: newsdesk@thebarkingbugle.co.uk

25th & 26th July 2020 – Worstead Festival and Fun Dog Show

Worstead, NR28 9SD.

For further information visit: www.worsteadfestival.org

12th July 2020 – Fun Dog Show

East Park, Holkham Estate, Holkham, NR23 1SF.

10am – 4pm. Trade stands, dog classes, agility and flyball, children's activities and entertainment. Food court and live music. Enquiries: Wells Community Hospital Trust on 01328 711996/ admin@wellshospital.co.uk

26th July 2020 - Fun Dog Show hosted by The Barking Bugle

Old Hunstanton Church Flower Festival, Old Hunstanton, PE36 6JS.

Judging from 2.30pm - 4pm. 6 classes with rosettes to 5th place. Enquiries: newsdesk@thebarkingbugle.co.uk

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- Doggie Shopping

And if you've got the time afterwards, there's the rest of the fair with three main areas, food show, craft show, steam & vintage, Have-a-go Country Sports to name but a few.

For full show information and details of purchasing advance tickets please visit our website - it's essential viewing!

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www.sandringhamgameandcountryfair.co.uk Tel: 01283 820548





26th July 2020 - Fun Dog Show
Gimingham Village Hall, Church Street, Gimingham, NR11 8HF.

Entries from 1pm, judging from 2pm – 4.30pm
Enquiries: giminghamvillagehall@gmail.com

16th August 2020 - Fun Dog Show
Fakenham Racecourse, Fakenham, Norfolk, NR21 7NY.

Entries 9am, judging from 10am
Enquiries: hemptondogtraininggroup@gmail.com

30th & 31st August 2020 - All About Dogs
Two fun-filled days at the Norfolk Showground, Norwich.

Enquiries & Tickets: www.allaboutdogsshow.co.uk

6th September 2020 - Fun Dog Show hosted by The Barking Bugle

Lynford Hall, Mundford, Nr Thetford, IP26 5HW.
Judging from 1.30pm. 10 classes with rosettes to 6th place plus BIS.
Enquires: www.thebarkingbugle.co.uk

6th September 2020 - Family Dog Day with Fun Dog Show

Fairhaven Woodland & Water Gardens, School Road, South Walsham NR13 6DZ.
Enquiries: 01603 270449

12th & 13th September 2020 - Sandringham Game & Country Fair

Sandringham Estate, PE35 6EN.
Opens 10am daily. A full weekend of events including Fun Dog Shows on both days.
Enquiries: www.sandringhamgameandcountryfair.co.uk

13th September 2020 - Fun Dog Show

Gold Park, Mundesley, NR11 8BG.
From 11am – 4pm.
Enquiries: bevreynolds9@gmail.com

10th & 11th October 2020 - Schnauzerfest

A weekend of organised walks throughout the whole of the UK for Schnauzers, their humans and other canine friends. Fun and fundraising to help pay for veterinary treatment for dogs saved from puppy farms.
For details of all walks visit: www.schnauzerfest.org

14th - 18th December 2020 - Santa Paws
Cherry Lane Garden Centres at Pulham Market, Fritton and Carlton Colville.

All friendly dogs are welcome as long as their owners are well behaved.
Tickets and Enquiries: www.cherry-lane.co.uk

Vets in Norfolk

If you're feeling a bit under the weather while on your holidays in Norfolk our Veterinary Practices are on hand to ensure you get the best care to make you feel better.

Please confirm Sat Nav with the veterinary practice before setting off!

Anchorage Veterinary Practice, South Walsham Road, **Acle**, NR13 3EA. Tel: 01493 750255

Aylsham Vets, 12 Hungate Street, **Aylsham**, NR11 6AA. Tel: 01263 732130

Connaught Veterinary Clinic, Station Road, **Attleborough**, NR17 2AS. Tel: 01953 454945

Taverham Vets, Bure Valley, 22 Norwich Road, **Aylsham**, NR11 6BN. Tel: 01263 733949

Uplands Way Veterinary Clinic, Low Road, **Bressingham**, Nr Diss, IP22 2AA. Tel: 01379 642865

Chapelfield Vets, Bungay Road, **Brooke**, NR15 1DX. Tel: 01508 558228

Caister Vets, 5 Ormesby Road, **Caister-on-Sea**, NR30 5JY. Tel: 01493 809766

Taverham Vets, Longwater Lane, **Costessey**, Norwich, NR8 5AH. Tel: 01603 747344

Chapelfield Vets, 162 Norwich Road, **New Costessey**, Nr Norwich. NR5 0EH. Tel: 01603 743725

Eaton Veterinary Practice Ltd, Cringleford House, 24-28 Cantley Lane, **Cringleford**, Nr Norwich, NR4 6TA. Tel: 01603 455196

Miramar Veterinary Centre, Unit 1, Old Station Yard, Norwich Road, **Cromer**, NR27 0HF. Tel: 01263 513976

Larwood & Kennedy, 7 Wellington Road, **Dereham**, NR19 2BP. Tel: 01362 692508

The Grove Vets, 1 Newton Court, Norwich Road, **Dereham**, NR20 3ES. Tel: 01362 696772

Cherry Tree Vets, Cherry Tree Stables, Roydon Road, **Diss**, IP22 4LN. Tel: 01379 870999

Vets One Group, Home Farm Barns, Downham Road, Crimplesham, Nr. **Downham Market**, PE33 9DU. Tel: 01366 384644

Anchorage Barns Veterinary Clinic, Fakenham Rd, **East Rudham**, King's Lynn, Norfolk, PE31 6TA. Tel: 01485 528221

Summerhill Veterinary Clinic, 14 Queen's Road, **Fakenham**, NR21 8DB. Tel: 01328 855814

The Grove Veterinary Clinic, Grove House, Holt Road, **Fakenham**, NR21 8JG. Tel: 01328 862137

The Veterinary Hospital and Surgery, Magdalen Way, **Gorleston**, NR31 7BN. Tel: 01493 661833

Haven Veterinary Surgeons, Queen Anne's Road, **Great Yarmouth**, NR31 OLE. Tel: 01493 416700

Medivet, 98-100 High Street, **Heacham**, PE31 7DW. Tel: 01485 570065

Medivet, 61 Holt Road, **Hellesdon**, NR6 6XS. Tel: 01603 404716

Willow Veterinary Clinic, 323 Drayton High Road, **Hellesdon**, NR6 5AA. Tel: 01603 411520

All Creatures Healthcare, Sandy Lane, **Horsford**, Norwich, NR10 3FB. Tel: 01603 898984

Glaven Vets, Oakland House, Old Station Way, **Holt**, NR25 6DH. Tel: 01263 713200

Medivet, 95 Westgate, **Hunstanton**, PE36 5EP. Tel: 01485 535950

Mill House Veterinary Surgery & Hospital, 20 Tennyson Avenue, **King's Lynn**, PE30 2QG. Tel: 01553 771457

Medivet, Priory Court, 53 St. Augustines Way, South Wootton, **King's Lynn**, PE30 3TE. Tel: 01553 670021

Terrington Veterinary Centre – 24 Marshland Street, Terrington St Clement, **King's Lynn**, PE34 4NE. Tel: 01553 828423

Three Rivers Veterinary Group, 19 Beccles Road, **Loddon**, NR14 6JQ. Tel: 01508 520247

Chapelfield Vets, Wellesley Road, Tharston I.E., **Long Stratton**, NR15 2PD. Tel: 01508 530686

Three Rivers Veterinary Group, Norwich Road, **Mulbarton**, Nr Norwich, NR14 8DE. Tel: 01508 570960

Toll Barn Veterinary Centre, Heath Road, **North Walsham**, NR28 0JB. Tel: 01692 407126

Westover Veterinary Centre, 40 Yarmouth Road, **North Walsham**, NR28 9AT. Tel: 01692 403202

Three Rivers Veterinary Group – 70 Hall Road, **Norwich**, NR1 3HP. Tel: 01603 765897

Companion Care Vets – Sprowston Retail Park, Salhouse Road, **Norwich**, NR7 9AZ. Tel: 01603 484150

Chapelfield Vetship, McIntock House, 21 Chapelfield Road, **Norwich**, NR2 1RP. Tel: 01603 629046

Willow Veterinary Clinic, 202 Thorpe Road, **Norwich**, NR1 1TJ. Tel: 01603 300814

Sunnyside Veterinary Clinic, Hall Farm, Church Lane, **Roydon**, PE32 1AR. Tel: 01485 600022

Miramar Veterinary Centre, 15 Weybourne Road, **Sheringham**, NR26 8HF. Tel: 01263 822293

Coastal Veterinary Group, 16 Alma Road, **Snettisham**, PE31 7NY. Tel: 01485 544201

Broadland House Veterinary Surgery, 33 High Street, **Stalham**, NR12 9AH. Tel: 01692 580171

Swaffham Veterinary Centre, Unit 3, Tower Meadows, **Swaffham**, PE37 7LT. Tel: 01760 722054

The Grove, 17 Lynn Street, **Swaffham**, PE37 7AU. Tel: 01760 723739

Taverham Vets, Fir Covert Road, **Taverham**, Nr Norwich, NR8 6HT. Tel: 01603 867330

Eastgate Vets, 31 Bury Road, **Thetford**, IP24 3AW. Tel: 01842 753991

Knotts Yard Veterinary Practice, 2 Griston Road, **Watton**, IP25 6DL. Tel: 01953 889750

Glaven Vets, The Old Mill, Maryland, **Wells-next-the-Sea**, NR23 1LY. Tel: 01328 711022

Chapelfields Vets, Postmill Close, **Wymondham**, NR18 ONL. Tel: 01953 602139

Bridge Veterinary Practice, 63 Norwich Road, **Wroxham**, NR12 8RX. Tel: 01603 783920

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