

Points of interest



1 The memorial commemorates the residents of North Walsham who were killed or went missing in World War I and World War II.

2 The state-of-the-art play park was opened in 2018. Outdoor gym equipment has recently been added to the park, allowing adults to play too! Electricity is generated from using the equipment.

3 The thatched pavilion at the centre of the War Memorial Park houses a children's nursery. Thatch is a traditional material that has been used for roofing in Norfolk since prehistoric times.

4 The park contains several different trees and you may walk along red oaks, holly, evergreen and Cyprus trees. Can you spot any birds?

About this walk



This out and back walk is approximately 0.72km through North Walsham Memorial Park, giving you the opportunity to take in the play parks, wide open green areas and a war memorial.

This walk has features designed to be accessible for people living with dementia:

- **Flat hard surfaces underfoot**
- **Wide walkways**
- **Regular seating during route**
- **No steps**
- **Refreshments at start point**
- **Toilets at start of route**
- **Parking in front of Library, free for Library users, disabled bays, 5 metres from starting point**

Experience more on your walk

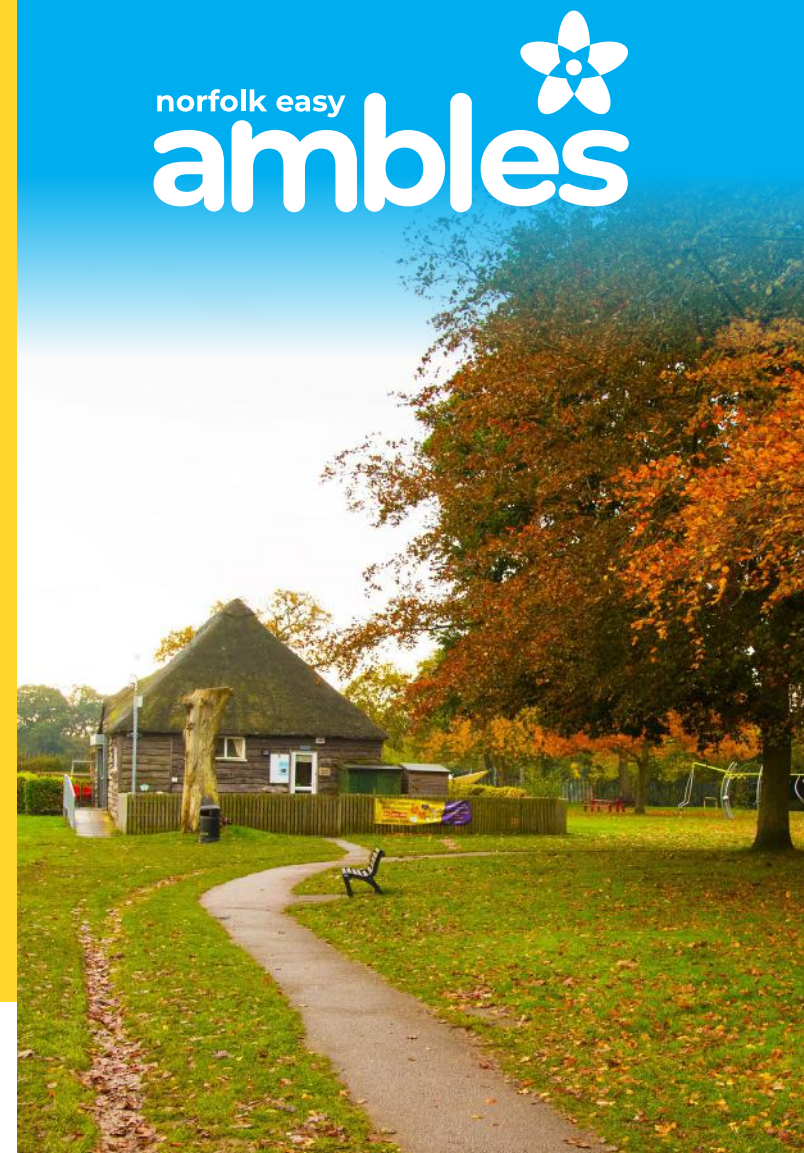
Using our senses when we walk can help us connect with the world, jog our memory, and spark a conversation. Can you use all your senses on this walk? Here are some examples:

- **Listen:** Can you hear any birds? What do they sound like?
- **Smell:** What can you smell? How does it make you feel?
- **Sight:** Look up, look right, look left. What do you notice?
- **Touch:** Stop and touch something on your walk. Is it hard or soft? Rough or smooth? Warm or cold?

North Walsham Walk

An accessible walk suitable for people living with dementia

norfolk easy
ambles



Location: North Walsham Library, NR28 9DE

Interreg 
2 Seas Mers Zeeën
SAIL
European Regional Development Fund

 **Norfolk**
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- Key
- Start/Finish
 - Parking
 - Café/Restaurant
 - Accessible Toilets

North Walsham Walk