

THE WALSINGHAM PILGRIMAGE 2013

ROUTE CARDS

Apart from their interest and information for each day's walk, these route cards are your life-line in an emergency. **Carry them with you at all times**. (You may want to remove the staple and only carry the sheet you need each day). If you get separated from the main party, the route cards will tell you where we are going and indicate an outline of our route, and may help you locate any public transport, used in conjunction with the alternative transport list. It is a good idea to take a map case with you to keep your route cards in, together with leaflets and postcards etc that you may pick up at churches en route - even if you do not carry a map.

Timings are correct at time of publication but subject to change

Abbreviations Used on the Route Cards

E - Explorer Map L - Landranger Map

Summary of Route			Length, miles	Ascent, ft
Day 1	Sat Aug 10th	Travel to St Albans and Induction	-	-
Day 2	Sun Aug 11th	St Albans to Whitwell	16.2	1220
Day 3	Mon Aug 12th	Whitwell to Barton le Clay	12.8	980
Day 4	Tue Aug 13th	Barton le Clay to Bedford	17.4	834
Day 5	Wed Aug 14th	Rest Day in Bedford	-	-
Day 6	Thu Aug 15th	Bedford to Little Gransden	18.6	951
Day 7	Fri Aug 16th	Little Gransden to St Ives	14.8	444
Day 8	Sat Aug 17th	St Ives to Ely	22.8	672
Day 9	Sun Aug 18th	Ely to Downham Market	19.5	640
Day 10	Mon Aug 19th	Downham Market to King's Lynn	14.1	533
Day 11	Tue Aug 20th	Rest Day in King's Lynn	-	-
Day 12	Wed Aug 21st	King's Lynn to Snettisham	13.0	625
Day 13	Thu Aug 22nd	Snettisham to Burnham Thorpe	17.0	902
Day 14	Fri Aug 23rd	Burnham Thorpe to Walsingham	15.3	1140
Day 15	Sat Aug 24th	Celebration Day in Walsingham	-	-
Day 16	Sun Aug 25th	Journey Home	-	-
Totals			181.5	8940

Contacting the pilgrims: An address is given for each hall that we stay in, to help pilgrims joining on that day find the hall. These are not intended to be used as postal addresses for contacting the pilgrims, as we do not know whether anybody will be collecting the mail. So the best way to contact the pilgrims is to use the emergency phone numbers given at the top of each page (but the coverage may be poor in rural areas) or the email address at the foot of each page, or via the website:

www.thepilgrims.org.uk

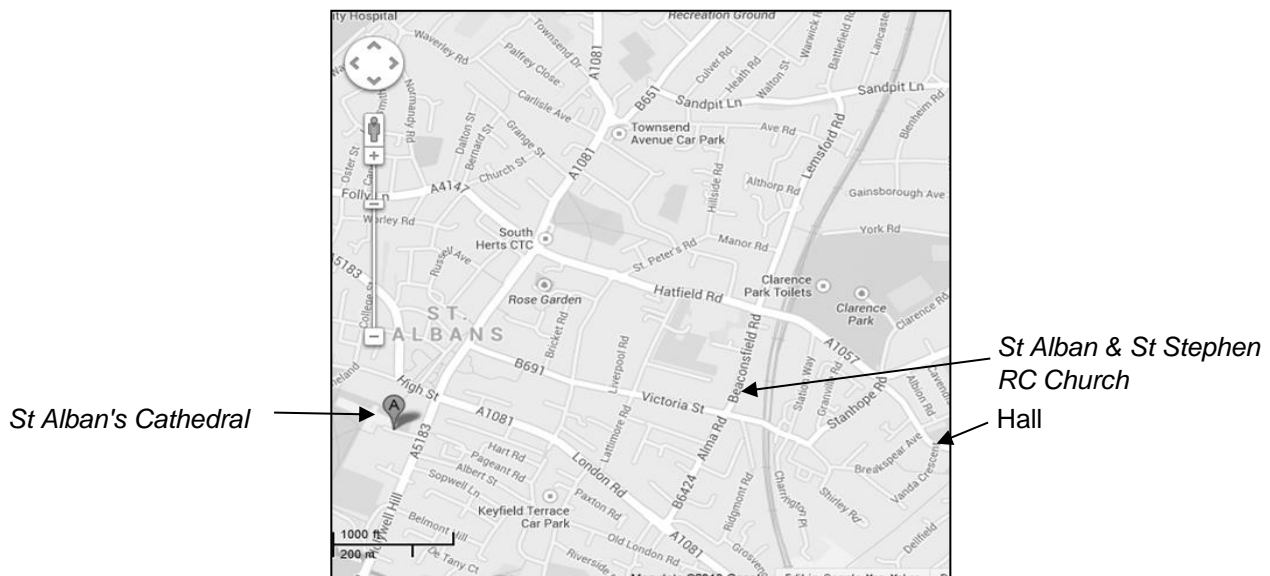
DAY 1 Saturday Aug 10th Travel to St Albans and Induction

Pilgrimage Theme: *"To be a Pilgrim"* **Context:** *"The Pilgrim's Progress"*
John Bunyan - history & background **Theme:** *Our Inner Journey*

The Pilgrims set out for Walsingham once again. This is the third time that A&B Pilgrims will have walked to Walsingham. On previous occasions: 1977 and 1987, the Pilgrims began at Arundel taking different routes. On Walsingham 1, Pilgrims visited Ely and on the Norwich Pilgrimage, 1993 they visited St Albans, Ayot St Lawrence and St Paul's Walden; places revisited this year. We hope for pleasant summer weather, neither flood nor heatwave. The theme we are exploring is "To be a Pilgrim" based on John Bunyan's "The Pilgrim's Progress" and relate Christian's journey to our own Pilgrimage through life. We also consider Christiana's Journey, in the second part of "The Pilgrim's Progress" and the vision of Our Lady of Walsingham, which inspired the building of the Walsingham Shrines, so visited today.

Time	Miles	Location	Grid Ref
14:00 - 15:00		REGISTRATION: St Alban & St Stephen First School After Registration leave for St Alban's Cathedral	TL159069
16:00 - 16:40	1.1	EVENSONG: St Alban's Cathedral	TL145070
17:00 - 17:45		INDUCTION SERVICE: St Alban & St Stephen RC Church	TL155073
18:00 - 19:00		VIGIL MASS: St Alban & St Stephen RC Church, Beaconsfield Rd	TL155073
19:10		RETURN: St Alban & St Stephen First School	TL159069

Addresses Hall: St Alban and St Stephen First School, Vanda Crescent, St Albans, Herts, AL1 5EX



The Magna Carta is being exhibited at St Albans Cathedral.

In emergency contact: Nick 07801-546224 or John C 07866-971623 or Monica 07799-086626

DAY 2 **Sunday Aug 11th** **St Albans to Whitwell** **16.2 miles**

Context: *Christian leaves the City of Destruction*

Daily Theme: *Setting out: Moving on*

LEADER: Michael & Jonny Gamble

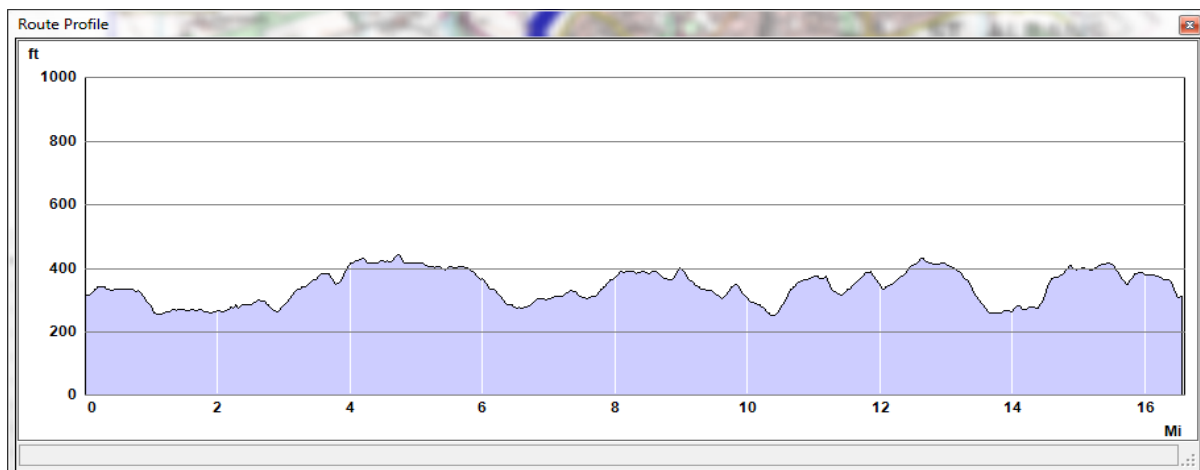
MAPS: L166 or E182, 193

Those on the 1993 Norwich Pilgrimage may remember some of this day. Following a similar route through the hills and valleys of wooded and agricultural countryside, this is a scenic walk, featuring a short morning and long afternoon. En route we revisit St Alban's Cathedral to join their morning Eucharist and leave St Albans to the west via Verulamium. Take care when crossing busy roads today. Towards late afternoon we join the Hertfordshire Way to Whitwell.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:50	0.0	DEPART: St Alban & St Stephen First School	TL159069
09:30 - 10:30	1.1	EUCCHARIST: St Alban's Cathedral	TL145070
10:55 - 11:15	2.0	PRAYERS: St Michael's Church, Verulamium Park	TL135073
12:45 - 13:45	5.9	LUNCH: The Queen's Head, Sandridge	TL169105
13:55 - 14:15	6.0	PRAYERS: St Leonard's Church, Sandridge	TL171106
16:35 - 16:55	12.0	PRAYERS: St Lawrence Church, Ayot St Lawrence	TL191169
18:25	16.2	ARRIVE: Whitwell New Fellowship Hall, Whitwell	TL180210

About the lunch pub: *Food is served from 12.00-3.00. The pub is open all day. Pilgrims will be advised as to whether they can eat their own sandwiches. It is a Sunday, so the pub is likely to be busy.*

Addresses Lunch: The Queen's Head, 7 Church End, Sandridge, AL4 9DL
Hall: Whitwell New Fellowship Hall, Bendish Lane, Whitwell, Bedfordshire, SG4 8HT



In emergency contact: Nick 07801-546224 or John C 07866-971623 or Monica 07799-086626

DAY 3 **Monday Aug 12th** **Whitwell to Barton le Clay** **12.8 miles**

Context: *The Wicket Gate*

Daily Theme: *Choice? Wide or Narrow Gate*

LEADER: Michael & Jonny Gamble

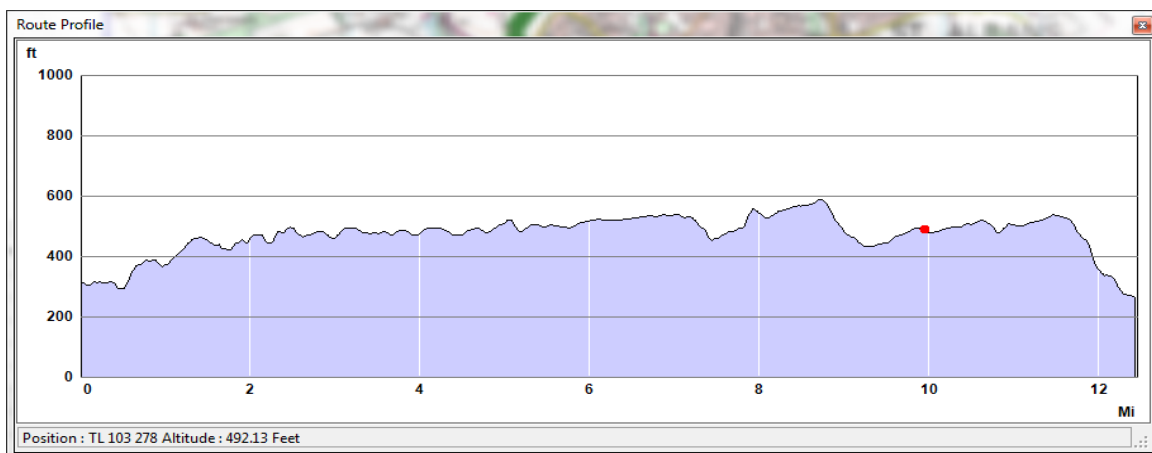
MAPS: L166 or E193

A short day; after St Paul's Walden, we leave the 1993 Norwich Route and head for St Martin's Preston. With more hills and valleys similar to yesterday, this is the shortest day on this pilgrimage; enjoy it. In the latter part of the day, we join the Ickniel Way and John Bunyan Trails.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:30	0.0	DEPART: Whitwell New Fellowship Hall, Whitwell	TL180210
10:15 - 11:15	1.3	EUCCHARIST: All Saints, St Paul's Walden	TL192222
12:10 - 12:30	3.7	PRAYERS: St Martin's, Preston	TL178248
13:30 - 14:30	6.4	LUNCH: The Red Lion, Great Offley	TL145266
14:40 - 15:00	6.5	PRAYERS: St Mary Magdalen, Great Offley	TL145268
17:15	12.8	ARRIVE: St Nicholas Church Hall, Barton-le-Clay	TL085305

About the lunch pub: *Pilgrims will be advised as to whether they can eat their own sandwiches.*

Addresses Lunch: The Red Lion, Kings Walden Road, Great Offley, Hertfordshire, SG5 3DZ
Hall: St Nicholas Church Hall, Church Road, Barton-le-Clay, Beds, MK45 4LA



DAY 4 **Tuesday Aug 13th** **Barton le Clay to Bedford** **17.4 miles**

Context: *The Cross:*
Daily Theme: *Salvation: Loss of Burden*

LEADER: Simon Dommett **MAPS: L166, 153 or E193, 208**

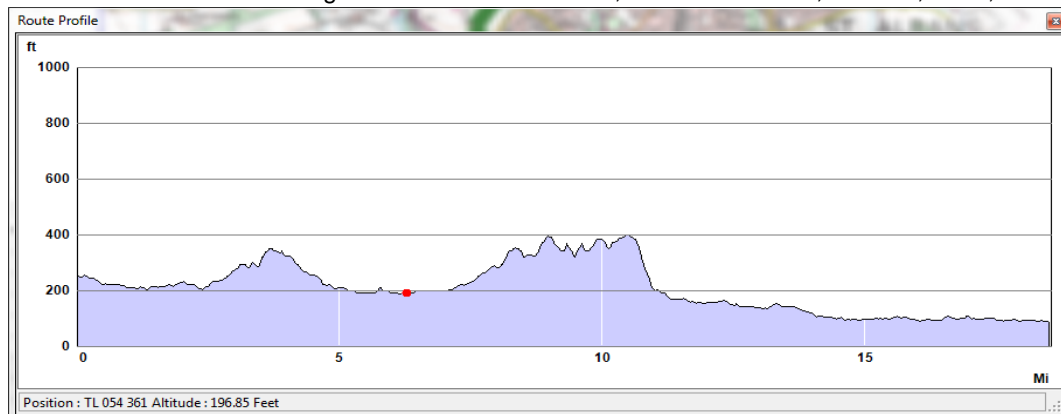
This is a long day with an early start, the focus of which are visits to Bunyan's birthplace: Moot Hall Museum at Elstow and Service in Elstow Abbey. In the morning, we follow part of the John Bunyan Trail and visiting Ampthill and Houghton House ruins, thought to be the inspiration for House Beautiful in "The Pilgrim's Progress". Lunch is late, so take your sandwiches and enjoy the rolling hills as we steadily climb down through the King's Wood into Houghton Conquest. Later in the afternoon we join the John Bunyan Trail again. Today's pilgrimage starts in the valley and rises slowly uphill to the House Beautiful which overlooks the vale of Bedford or Marston vale. Here the view used to be full of brickworks turning the slough of despond into the slums of the industrial towns. Today only 4 chimneys remain and the empty clay workings are now being filled by the waste from the slums they created. We walk through the slough of despond to Elstow Bunyan's birthplace, visit the church he was baptised in pass where he was born, see the prison door that kept him captive and the reach our rest at the edge of Bedford town.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0.0	DEPART: St Nicholas Church Hall, Barton-le-Clay	TL085305
09:55 - 10:15	3.9	PRAYERS: St James the Apostle, Pollux Hill	TL061337
11:00 - 11:00	6.0	Rurox Farm moat	TL048361
11:45 - 12:05	7.7	PRAYERS: St Andrews, Ampthill	TL036383
12:25 - 12:45	8.6	OPEN AIR PRAYERS: "House Beautiful" Houghton House	TL039394
13:30 - 14:30	10.7	LUNCH: Knife & Cleaver, Houghton Conquest	TL043414
14:35 - 14:40	10.7	DIY PRAYERS: All Saints Houghton Conquest	TL043415
15:25 - 15:45	12.6	PRAYERS: All Saints Wilstead	TL062435
16:55 - 17:25	15.9	VISIT: Moot Hall, Church End, Elstow MK42 9XT	TL049474
17:30 - 18:30	15.9	EUCCHARIST: Elstow Abbey: St Mary & St Helena	TL049474
19:00	17.4	ARRIVE: Christ the King Catholic Church, Bedford	TL063481

About the lunch pub: *Food is served all day. Pilgrims will be advised as to whether they can eat their own sandwiches.*

Addresses Lunch: Knife & Cleaver, Houghton Conquest, MK453LA

Hall: Christ the King Catholic Church Bedford, Harrowden Road, Bedford, Beds, MK42 0SP



DAY 5 Wednesday Aug 14th Rest Day in Bedford

Context: *The Armour of God*
Daily Theme: *Struggle: Battling the Enemy*

REST DAY GROUP VISIT: Ceri Potts

If yesterday gave you the opportunity to visit Bunyan's birthplace, Moot Hall and Elstow Abbey, today provides chance to explore Bunyan further in central Bedford. A group visit is planned for prayers at the Bunyan Meeting Free Church and visit to John Bunyan Museum. In 1672 Bunyan bought a barn on the present site of the church, which was later converted to a place of meeting. In 1707 the barn was replaced with a meeting house. The present church was built in 1850. The bronze doors' ten panels depict scenes from The Pilgrim's Progress and the church has some fine stained glass depicting scenes; the most recognised being of John Bunyan in gaol; a postcard of which was the only correspondence to reach Terry Waite, captured and imprisoned in the Middle East for several years. The John Bunyan Museum features artefacts from Bunyan's life and more scenes from The Pilgrim's Progress. Do join us to find out more about the life and work of this amazing man. Other sites of interest are listed below: (no time for the laundry!)

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
10:00 - 11:00		MASS: Christ the King Catholic Church, Bedford	TL063481
	1.3	Distance to town centre	
13:30 - 14:00	1.3	Prayers: Bunyan Meeting Free Church, Mill Street, Bedford, MK40 3LU	TL052498
14:00 - 15:00		Group Visit: John Bunyan Museum, Mill Street, Bedford, MK40 3LU	TL052498

Addresses Hall: Christ the King Catholic Church Bedford, Harrowden Road, Bedford, Beds, MK42 0SP

Pilgrims are left to find their own lunch.

Other Bunyan sites in Bedford; contact tourist office for more information:

St John's Rectory: St John St: house of the Interpreter
Baptism Pool: Duck Mill Lane in backwater off River Great Ouse
Town Gaol: Plaque where Bunyan thought to have served second prison.
Swan Hotel: Bunyan's wife Elizabeth pleaded her husband's cause. Staircase from Houghton House.
Bunyan's Statue: bronze on St Peter's Green and northern end of High Street
Chapel of Herne; Bunyan was held here when arrested
County Gaol; plaque on pavement marks spot where Bunyan served his prison sentences
Bunyan's Home, 17 St Cuthbert St, marked by blue plaque
Bedford Central Library: has a modern mural depicting scenes from Pilgrim's Progress in the foyer
Bedford Museum history and natural history of area. Open 11.00-17.00
Cecil Higgin's Art Gallery has a needle panel (1977) "Bunyan's Dream" on display. Open 11.00-17.00

Tourist Information Office: St Paul's Square, Bedford MK40 1SL 01234 215226 TL050497
www.bedford.gov.uk/tourism

DAY 6 **Thursday Aug 15th** **Bedford to Little Gransden** **18.6 miles**

Context: *Christian meets Faithful*

Daily Theme: *Encouragement: Actions speak louder than words*

LEADER: **Bruce Matheson**

MAPS: L153 or E208

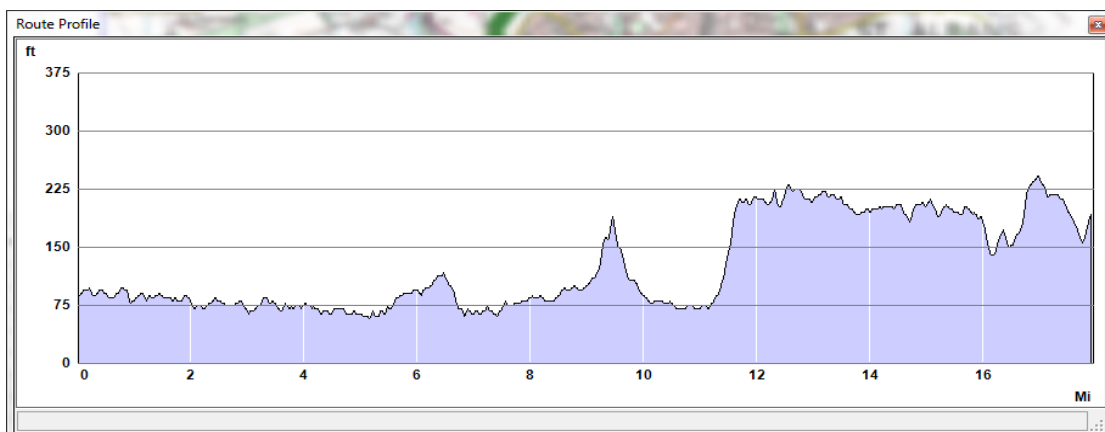
Pilgrims: I hope you are well rested as we embark on the most challenging stretch of our pilgrimage. This middle section of 5 consecutive days' walking has one saving grace; much of it is flat! Today's walk starts easy along Cycle Path 51 to lunch, albeit rather late, so do take advantage of the mid-morning pit stop. The afternoon is more hilly, in part following the Greensand Ridge Walk and is peppered with churches and varied rural scenery, culminating in a walk through the woods to our destination. Bruce writes: "This day is a long haul across pleasant countryside with glimpses of interesting feature such as the old airship hangers at Cardington. The morning is virtually all cycleway with a stop at St Laurence Willington near some very unusual NT properties. The late lunch is in Sandy where we have permission to bring food into the pub (from local shops). In the afternoon we zigzag across beautiful open farm and parkland with the chance of a good coffee at a garden centre in Waresley. There is some road walking so take the usual care."

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
	08:50	0.0 DEPART: Christ the King Catholic Church, Bedford	TL063481
08:55 - 09:55	0.0	MASS: Christ the King Catholic Church, Bedford	TL063481
10:55 - 10:55	2.7	A421	TL090501
11:20 - 11:40	3.9	PRAYERS: St Laurence, Willington	TL107498
11:55 - 12:05	4.4	PIT STOP: Danish Camp Café	TL112502
13:45 - 14:45	9.2	LUNCH: Sir William Peel	TL173491
14:50 - 15:10	9.2	PRAYERS: St Swithun, Sandy	TL173491
16:25 - 16:45	12.5	PRAYERS: St Mary, Everton-cum-Tetworth	TL203513
18:10 - 18:30	16.3	PRAYERS: St James, Waresley	TL249545
19:15 - 19:15	18.3	St Peter & St Paul Little Gransden	TL270551
19:25	18.6	ARRIVE: Little Gransden Village Hall	TL274554

About the lunch pub: *This pub will open for us; it serves no food, so take your pilgrim rolls; you may eat them on the premises. A brief stop at Danish Camp Café also provides refreshments; the morning is long. There is a chippie, a curry house and Mama's coffee shop also in Sandy.*

Addresses Lunch: Sir William Peel, 39 High Street, Sandy, Beds, SG19 1AG

Hall: Little Gransden Village Hall, 5, Primrose Hill, Little Gransden, Sandy, Beds, SG19 3DP



In emergency contact: Nick 07801-546224 or John C 07866-971623 or Monica 07799-086626

DAY 7 **Friday Aug 16th** **Little Gransden to St Ives** **14.8 miles**

Context: *Vanity Fair*

Daily Theme: *Trials & Tribulations. Sacrifice*

LEADER: **Louise & John Chenery**

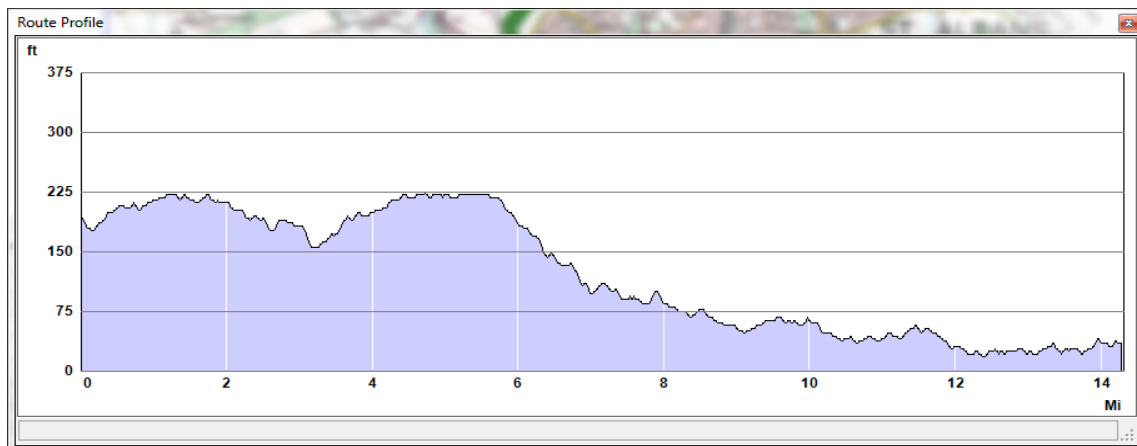
MAPS: L153, 154 or E208, 225

Kits, cats, sacks and wives, how many going to St Ives? Tricky question but around 50 pilgrims will be! This is a pleasant day's walk, not too taxing, through agricultural land, with church stops in a variety of villages. We skirt the brand new town on Cambourne (so new that it wasn't on the map we used when we drove up to go route planning). The church at Elsworth, which we visit just after lunch, was where Rev. Wilbert Awdry, author of Thomas the Tank Engine, was at one time rector. At the end of the day, we walk to St Ives upstream along the River Great Ouse; the last stop being a chapel on the 15th-century bridge. You will be seeing a lot more of the River Great Ouse, in fact walking most of it, in forthcoming days to King's Lynn.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:45	0.0	DEPART: Little Gransden Village Hall	TL274554
09:00 - 10:00	0.3	EUCCHARIST: St Peter & St Paul Little Gransden	TL270551
10:10 - 10:15	0.6	DIY PRAYERS: St Bartholomew, Great Gransden	TL271556
11:15 - 11:35	3.2	PRAYERS: St Andrews, Caxton	TL300578
13:20 - 14:20	7.9	LUNCH: The Poacher, Elsworth	TL316636
14:30 - 14:50	8.1	PRAYERS: Church of the Holy Trinity, Elsworth	TL319636
15:35 - 15:55	10.1	PRAYERS: St Mary, Conington	TL320661
16:40 - 17:00	12.1	PRAYERS: St Peter and St Paul, Fenstanton	TL320687
17:50 - 17:55	14.4	DIY PRAYERS: Bridge Chapel, St Ives	TL313712
18:05	14.8	ARRIVE: All Saints Church Hall, St Ives	TL311715

About the lunch pub: *serves food from 12.00 to 2.00. Pilgrims will be advised as to whether they can eat their own sandwiches.*

Addresses Lunch: The Poacher, 1 Brockley Road, Elsworth, Cambs, CB23 4JS
Hall: All Saints Parish Church St. Ives, Ramsey Road/Church Street, St Ives, Cambs, PE27 6DG



DAY 8 **Saturday Aug 17th** **St Ives to Ely** **22.8 miles**

Context: *Christian meets Giant Despair*
Daily Theme: *Hope. Despair*

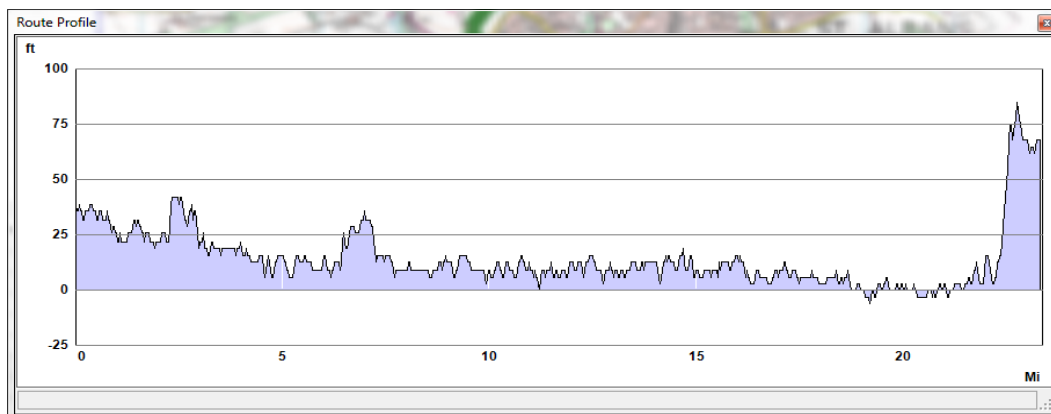
LEADER: Michael & Susan McCabe **MAPS: L153, 154, 142, 143 or E225, 226**

This is a beautiful day's walk across the fens following a section of the Ouse Valley Way which gives lovely open views and plenty of boats to watch as we follow the river for much of the way. Other sights include a Holy Well by the beautiful church of St John the Baptist. We also cross the Greenwich meridian line and pass Stretham Old Engine used formerly to drain the fens. It is a long day, but the walk is largely flat and, for the most part, easy walking. We will need to maintain a good pace. Be careful to ensure you carry water in the middle part of the walk where the river makes access difficult for the drinks car. Instead we have a tea time stop scheduled at the Lazy Otter to provide refreshment and a brief respite before we complete the final stage of our yomp to the beautiful small city of Ely where we stay in a central location.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0.0	DEPART: All Saints Parish Church, St Ives	TL310715
09:50 - 10:10	2.2	PRAYERS: St John the Baptist, Holywell-cum-Needingworth	TL336708
11:55 - 12:55	6.9	LUNCH: The Crown, Earith	TL385748
15:25 - 15:25	14.2	B1049	TL479712
16:05 - 16:35	15.9	TEA: The Lazy Otter, Elford Closes	TL501722
17:10 - 17:10	17.5	A1123	TL520736
18:40 - 18:40	21.8	A142	TL544793
19:05	22.8	ARRIVE: Ely Methodist & Countess Free Church	TL539804

About the lunch pub: *Do buy a drink then you may eat your rolls in the pub garden. This is a very long day, take plenty of water for the long stretch after lunch. There is a short mid-afternoon stop at the Lazy Otter for refreshments, where food is served all day.*

Addresses Lunch: The Crown, 48 High Street, Earith, PE28 3PP
 Tea The Lazy Otter, Cambridge Rd, Stretham, Ely, Cambridgeshire, CB6 3LU
 Hall: Ely Methodist Church & Countess Free Church, Chapel Street, Ely, Cambs, CB6 1AD



DAY 9 **Sunday Aug 18th** **Ely to Downham Market** **19.5 miles**

Context: *Byway to Hell*

Daily Theme: *Navigation: finding the way. Retracing steps.*

LEADER: Francis O'Sullivan

MAPS: L143 or E226, 228, 236

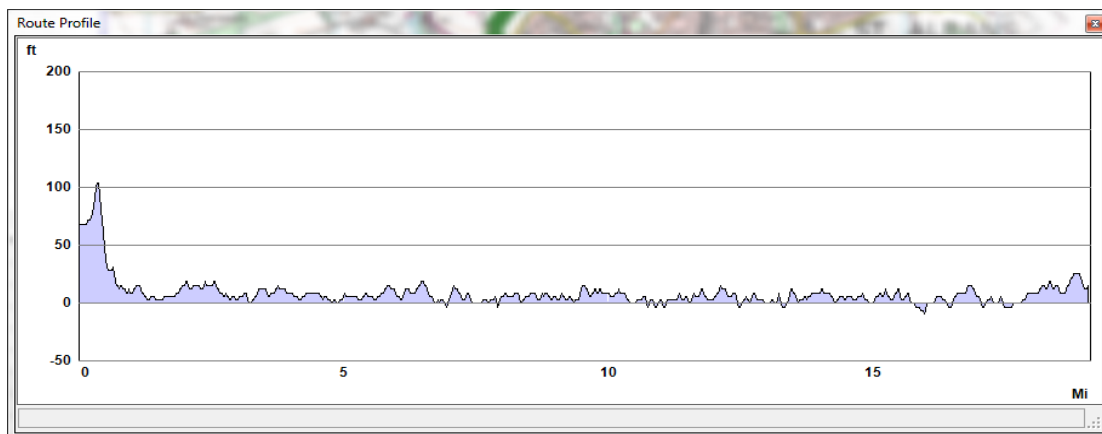
The Pilgrims last visited Ely in 1977! Today we take the opportunity to visit Ely Cathedral for prayers; we need to be prompt departing from Mass and also in leaving the Cathedral as there is a scheduled service at 10.30 to which we are not staying. There is an 8.00 am Anglican Eucharist for those wishing to partake or spend more time in this splendid Fen-Land cathedral. Today is another long day's walk by the River Great Ouse. Our lunch stop is early, and afternoon long. Although flat all the way, it is a footpath walk along the Fen Rivers Way until Ten Mile Bank, where the going gets easier along a minor road: The Ouse Valley Way. Keep a good pace; time has been allowed mid-afternoon at Brandon Creek for refreshments. The walk is quite open with little cover and views of the vast fens.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
	(0.3)	ANGLICAN EUCHARIST: Ely Cathedral 8.00-8.45 Holy Communion	TL540802
08:50	0.0	DEPART: Ely Methodist & Countess Free Church	TL539804
09:00 - 10:00	0.2	MASS: St Ethelreda's RC Church, 19 Egremont St, Ely CB6 1AE	TL538806
10:10 - 10:30	0.5	PRAYERS: Ely Cathedral, CB7 4DL	TL540802
12:30 - 13:30	6.3	LUNCH: Swan on the River, Littleport CB6 1NT	TL575865
13:45 - 13:45	6.9	Littleport Station	TL575874
15:05 - 15:25	10.6	DRINKS: Brandon Creek (Ship Inn PE38 0PP)	TL607918
17:00 - 17:20	14.8	PRAYERS: St Marks, Ten Mile Bank	TL599975
18:15 - 18:15	17.3	Denver Sluice (Jenyn's Arms PE38 0EQ)	TF587009
18:55 - 18:55	19.1	Downham Market Station	TF602032
19:05	19.5	ARRIVE: The Sovereign Centre, Sovereign Way, Downham Market	TF604027

About the lunch pub: *Food is served from 12.00 to 18.00. Pilgrims will be advised as to whether they can eat their own sandwiches. There is a brief mid-afternoon stop at Brandon Creek for refreshments from the Ship Inn. This is a long day, with a late start & finish, so don't linger.*

Addresses
Lunch: Swan on the River, 1 Sandhill, Littleport, Ely Cambs, CB6 1NT
Drinks: Ship Inn, Brandon Creek, PE38 0PP

Hall: Downham Market Christian Fellowship, The Sovereign Centre, Sovereign Way, Downham Market, Norfolk, PE38 9SW



DAY 10 **Monday Aug 19th** **Downham Market to King's Lynn** **14.1 miles**

Context: *Enchanted Ground*

Daily Theme: *Persistence. Overcoming obstacles*

LEADER: **Ann Lavelle & Henriette Van Zaelen**

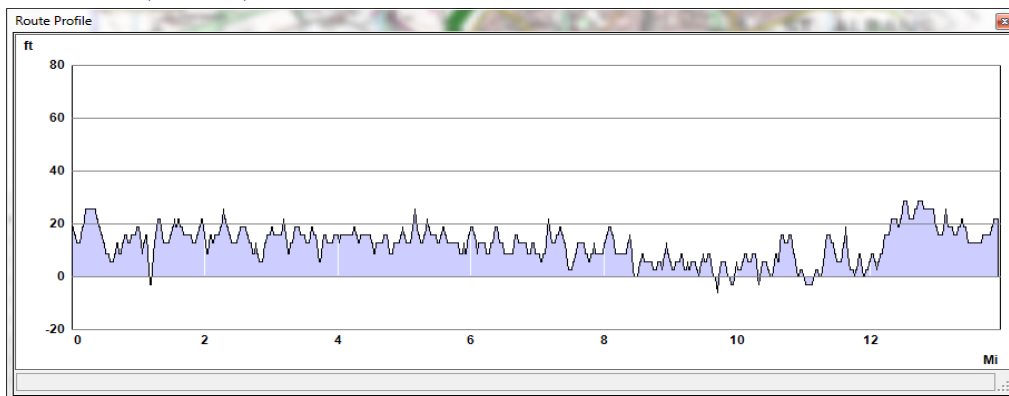
MAPS: L143, 132 or E250

This is a very easy day where we continue along the Fen Rivers Way with very little diversion and very little shade or shelter. We visit Fenland Wiggenghall villages, parts of which are below sea-level when the tide is high. The River Great Ouse is quite wide at this point. Please remember to take your pilgrim rolls as the pub does not serve food. Late afternoon, we stop at Red Mount Chapel in the historic town of King's Lynn; this chapel is a traditional place of worship for pilgrims en route to Walsingham and is being opened specially for us. We reach our destination through parks and a disused railway line, now turned into a recreational area.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0.0	DEPART: The Sovereign Centre, Sovereign Way, Downham Market	TF604027
09:00 - 10:00	0.0	EUCHARIST: The Sovereign Centre, Sovereign Way, Downham Market	TF604027
10:10 - 10:10	0.5	Downham Market Station	TF602032
11:15 - 11:25	3.1	DRINK STOP: Stowbridge	TF603070
12:30 - 13:30	6.0	LUNCH: The Cock, Wiggenghall St Mary Magdalene	TF599113
13:35 - 13:55	6.1	PRAYERS: St Mary Magdalene, Wiggenghall St Mary Magdalene	TF598113
14:25 - 14:45	7.5	OPEN AIR PRAYERS: St Peter, Wiggenghall St Peter	TF604131
15:00 - 15:20	8.2	PRAYERS: St German, Wiggenghall St Germans	TF597140
16:15 - 16:15	10.7	Sluice	TF605172
17:05 - 17:35	13.0	VISIT/PRAYERS: Red Mount Chapel	TF624198
18:00	14.1	ARRIVE: Gaywood Church Rooms	TF635204

About the lunch pub: *no food is served in this pub; it is OK to eat Pilgrim Rolls.*

Addresses Lunch: The Cock, 39 Church Road, Wiggenghall St Mary Magdalen, PE34 3DG
 Hall: Downham Market Christian Fellowship, The Sovereign Centre, Sovereign Way, Downham Market, Norfolk, PE38 9SW



DAY 11 **Tuesday Aug 20th** **Rest Day in King's Lynn**

Context: *The Celestial City*

Daily Theme: *Crossing the River. Joy*

REST DAY: Roger Keyes

In the 12th Century, King's Lynn was one of England's important ports. Pilgrims might like to visit King's Lynn Minster, open daily or follow the Heritage, Hanseatic or Maritime trails (see tourist office) and explore the streets of the medieval town and market place. Highlights include The Lynn Museum (home of Sea Henge), The Green Quay exhibitions: secrets of the Wash (the sea not Pilgrim Laundry) & Fens (those flat bits that you have been walking over for days), the Custom House (maritime history) and the Corn Exchange.

Time	Miles	Location	Grid Ref
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Rise time and breakfast time will be announced the night before.

09:30 - 10:30		PILGRIM EUCHARIST: St Faiths, Gaywood 1.0 Distance into town centre	TF635204
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Addresses Hall: Gaywood Church Rooms, Gaywood Church Rooms, Gayton Road, King's
Lynn, Norfolk, PE30 4DZ

Pilgrims are left to find their own lunch.

Lynnsport & Leisure Park, Greenpark Avenue, PE30 2NB No Showers unless book activity	TF632210
St James' Swimming & Fitness Centre, Blackfriar's Road, King's Lynn, 01553 764888	TF621197
Launderette, St Faith's Street off A148 Lynn Road (5 minutes from hall)	TF633206
Tourist Information Centre, Custom House, Purfleet Quay, PE30 1HP 01553 763044	TF617200

DAY 12 **Wednesday Aug 21st** **King's Lynn to Snettisham** **13 miles**

Context: *Christiana sets out on her journey*

Daily Theme: *Repentance. Desire for a better life.*

LEADER: Roger Keyes

MAPS: L132 or E250

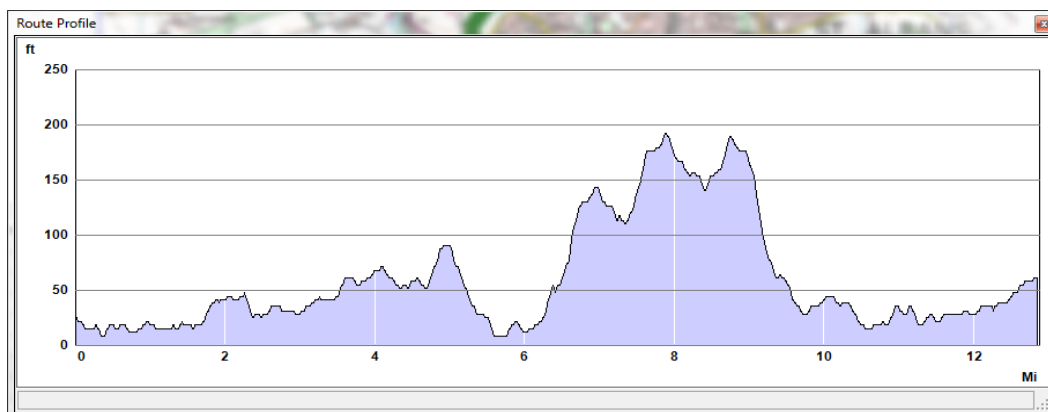
Our last stretch of Pilgrimage takes us into the rolling inclines of Norfolk. This is an easy, pleasant walk from King's Lynn, past the 12th century castle at Castle Rising (National Heritage) and through the Queen's Estate at Sandringham, to the village of Snettisham, mostly along National Cycle Path 1 and a disused rail path. Morning Eucharist at a small church with a massive Norman font with fierce faces and a lovely garden; noon prayers at a church with another Norman font with three 'madly grinning cats' heads' and stunning Norman west entrance (by Wm. d'Albini, c. 1150); afternoon prayers at the only tin church in the country with a thatched roof, and at the spectacularly decorated small chapel at Sandringham ('one of the finest Karrstone buildings in existence').

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:10	0.0	DEPART: Gaywood Church Rooms	TF635204
10:00 - 11:00	2.1	EUCCHARIST: St Mary the Virgin, South Wootton	TR640227
12:05 - 13:05	5.0	LUNCH: Black Horse, Castle Rising	TF666247
13:10 - 13:30	5.1	PRAYERS: St Lawrence, Castle Rising	TF666248
14:05 - 14:25	6.5	PRAYERS: St Felix, Babingley	TF675263
15:15 - 15:30	8.5	PRAYERS: St Mary Magdalene, Sandringham & Visitor Centre	TF691285
16:15 - 16:35	10.1	PRAYERS: St Cecilia RC Church Dersingham	TF685303
17:40	13.0	ARRIVE: Snettisham Memorial Hall	TF687343

About the lunch pub: *Food is served from 12.00 to 15.00. This is a busy touristy village, and you might like to visit the castle (English Heritage). Pilgrims will be advised as to whether they can eat their own sandwiches.*

Addresses Lunch: Black Horse, Castle Rising, King's Lynn, Norfolk PE31 6AG

Hall: Snettisham Memorial Village Hall, Old Church Road, Snettisham, Kings Lynn, Norfolk PE31



DAY 13 **Thursday Aug 22nd** **Snettisham to Burnham Thorpe** **17 miles**

Context: *Christiana's Journey to the Celestial City*

Daily Theme: *Family and Community. Vision of Heaven*

LEADER: Howard & Theresa Park

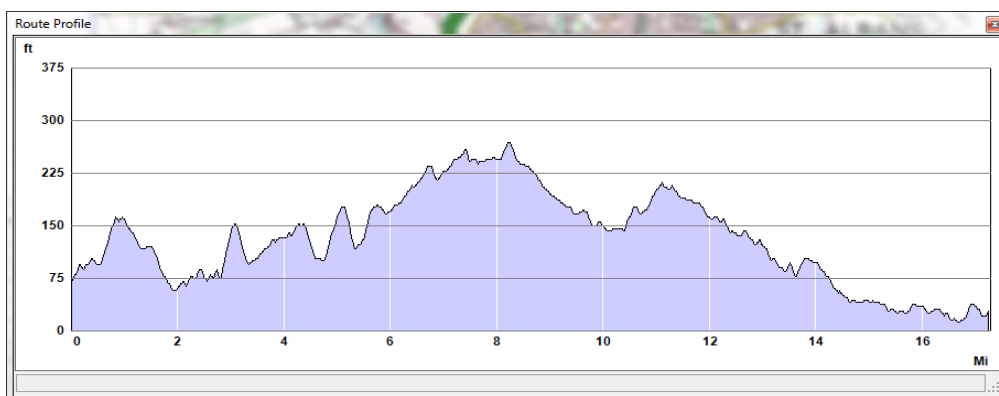
MAPS: L132 or E250, 251

Today's walk is some twenty-seven kilometres (17 miles) long with just 210 metres of climb. It is mostly on tracks and or on quiet open roads except for a two-kilometre road section near the end of the morning so keep to the right kerb in single file here. We also need to cross a busy road with poor sightlines just after our first payer stop in Sedgeford and in the afternoon, the first crossroads after a long section of track. We have the permission of Mr Robinson and Mr Hare to use their land just before and after lunch so we need to be particularly respectful of this privilege. The land and the churches we will come across are delightful, highlights are the Snettisham, and Sedgeford Churches, quaint Burnham Market with its tourist atmosphere and Catholic Church and the nearby church at Burnham Thorpe where Nelson's father was the vicar. Best of all is the Railway Inn in Docking where we can eat our sandwiches without restriction. Let Howard or Theresa know if you plan to get a meal here. At Burnham Thorpe right across the green in front is the Lord Nelson public house; do not delay in Burnham Market too long.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0.0	DEPART: Snettisham Memorial Hall	TF687343
09:10 - 10:10	0.3	ANGLICAN EUCHARIST: St Mary the Virgin, Snettisham	TF690342
11:05 - 11:25	2.8	PRAYERS: St Mary the Virgin, Sedgeford	TF707364
13:30 - 14:30	8.3	LUNCH: The Railway Inn, Docking	TF765376
17:00 - 17:20	15.0	PRAYERS: St Mary the Virgin, Burnham Market	TF830421
17:35 - 17:55	15.3	PRAYERS: Saint Henry Walpole, Burnham Market	TF835422
18:25 - 18:25	16.8	All Saints, Burnham Thorpe, PE31 8HL	TF852417
18:30	17.0	ARRIVE: Nelson Memorial Hall, Burnham Thorpe	TF854415

About the lunch pub: *Food is served and it is OK to eat Pilgrim Rolls in this pub, but do buy a drink.*

Addresses Lunch: The Railway Inn, Station Road, Docking, Norfolk, PE31 8LY
 Hall: Lowes Lane, Burnham Thorpe, Norfolk PE31 8HY



DAY 14 **Friday Aug 23rd** **Burnham Thorpe to Walsingham** **15.3 miles**

Context: *Arrival at Walsingham*
Daily Theme: *Inspiration: Vision of Mary*

LEADER: Nick Lamb

MAPS: L132 or E251

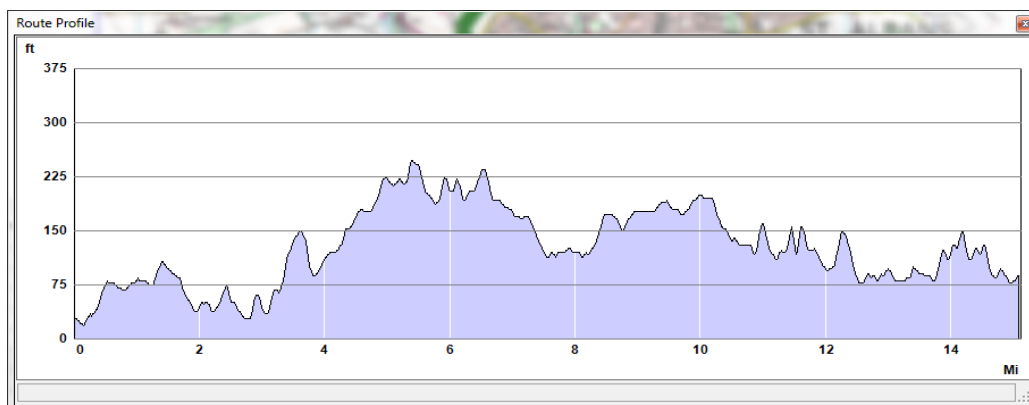
Our journey's end at Walsingham beckons and the day should prove quite easy after some longer distances earlier in the pilgrimage, although hard surfaces are a feature today. We start with prayers in the church where Admiral Nelson's father was the vicar, and the Nelson link provides a very unique feature. We then head east to pass through the Holkham estate (reckoned to be one of the best in the land) and then head south mainly on quiet country lanes through pleasantly rolling terrain, curving east once again to our lunch stop. There are then less than 4 miles after lunch to complete our journey with a bit less than 2 miles being required to reach the Catholic shrine and a further mile and a half from there to the Anglican shrine and a final short distance to the hall.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0.0	DEPART: Nelson Memorial Hall, Burnham Thorpe	TF854415
08:35 - 08:55	0.3	PRAYERS: All Saints, Burnham Thorpe, PE31 8HL	TF851417
10:40 - 10:40	4.9	DRINKS: New Holkham	TF882397
11:45 - 12:05	7.9	PRAYERS: All Saints, Waterden	TF884358
13:00 - 13:05	10.5	DIY PRAYERS: Assumption of the Blessed Virgin Mary, West Barsham	TF904337
13:30 - 14:30	11.5	LUNCH: White Horse Inn, East Barsham	TF917338
14:35 - 14:55	11.6	PRAYERS: All Saints, East Barsham	TF915337
15:20 - 15:25	12.7	DIY PRAYERS: All Saints, North Barsham	TF915349
16:15 - 17:15	13.1	COMMEMORATION MASS: Our Lady of Walsingham RC Shrine (Chapel of Reconciliation)	TF920352
18:00 - 18:15	14.7	ARRIVAL PRAYERS: Our Lady of Walsingham Anglican Shrine (Altar of Light)	TF935368
18:20 - 18:20	15.0	ARRIVE: Walsingham Village Hall	TF935372
18:25 - 18:25	15.2	ARRIVE: Pilgrim Hall, Our Lady of Walsingham	TF935368
18:30 - 19:15	15.3	EVENING MEAL: Refectory, Our Lady of Walsingham: Food served 6.30-7.15	TF935368
20:00 - 21:00	15.3	THANKSGIVING SERVICE & ANGLICAN EUCHARIST: Our Lady of Walsingham Anglican Shrine	TF935367

About the lunch pub: *Food is served and it is OK to eat Pilgrim rolls in this pub, but do buy a drink.*

Addresses Lunch: The White Horse Inn, Fakenham Road, East Barsham, Fakenham, Norfolk, NR21 0LH

Hall: Walsingham Village Hall, Wells Road, Walsingham, Norfolk, NR22 6DJ



In emergency contact: Nick 07801-546224 or John C 07866-971623 or Monica 07799-086626

DAY 15 Saturday Aug 24th Celebration Day in Walsingham

Context: *Our Lady of Walsingham*
Daily Theme: *Background, History, Abbey & Shrines*

CELEBRATION DAY Nick Lamb

MAPS: L132 or E251

Enjoy a relaxing day in Walsingham. Visit the Abbey and shrines (not forgetting the Orthodox Shrine in Gt Walsingham nearby). Alternatively, take the train to Wells-next-the-Sea, walk across town and take another to Holkham beach and bask on the miles of sand or swim in the sea and walk among the pines. You may not want to walk ANYWHERE after all those miles; if so, the Anglican Shrine refectory is nearby as well as various hostelries in tea shops in Walsingham and Wells-next-the-Sea: a resort and fishing port, with many attractions.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
11:00		First train to Wells-next-the-Sea	TF933371
12:00 - 13:00		ANGLICAN EUCHARIST: Our Lady of Walsingham Anglican Shrine	TF935367
14:30		"Blessing at the Holy Well"	
16:30		Last train back from Wells-next-the-Sea	TF926430
19:00		MASS & CELEBRATION MEAL:	TF935372

Pilgrims are left to find their own lunch.

Addresses Hall: Walsingham Village Hall, Wells Road, Walsingham, Norfolk, NR22 6DJ

DAY 16 Sunday Aug 25th Journey Home

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
10.00.		Coach DEPARTS Walsingham Village Hall	TF935372
11.00.		ARRIVE King's Lynn Station	TF624201

Pilgrims make their own way home from King's Lynn Station

Addresses Hall: Walsingham Village Hall, Wells Road, Walsingham, Norfolk, NR22 6DJ