**Walks with a difference at former Norfolk airbase**

People in Norfolk have the opportunity to get on their walking boots through the Fit Together Walks Programme at a special ‘former Coltishall Air Base History and Walk’ this summer.   
  
Fit Together is an exciting project in Norfolk run by Active Norfolk and funded by Norfolk County Council Public Health to encourage greater levels of sport and physical activity.   
  
At 10.30am on Thursday 28 May and Tuesday 25 August, members of the public have the chance to walk around the perimeter of the former airbase (now Scottow Enterprise Park) while at the same time see and hear about the rich heritage the site has to offer.   
  
The ‘Informative Walk and Talk’ later this month will be 3.1miles, and the event in August will be slightly longer at 4.2 miles. Both events provide accessibility for people in wheelchairs and motorised buggies as the routes will be on tarmac.   
  
Both walks are being organised by David Gurney, Historic Environment Manager at Norfolk County Council with members of the Spirit of Coltishall Association (SoCA) as expert guides, providing an opportunity for people to see many of the airfield buildings, including the hangars, a spitfire pen and the control tower.  The spitfire pen is being restored this year by Norfolk County Council with a grant from the Ministry of Defence's Community Covenant Grant Scheme.  
  
David Gurney said: “This is a great opportunity as those who come along will not only be able to find out more about the history of former RAF Coltishall, but also get some fresh air and exercise at the same time.   
  
“It’s great when people want to explore heritage and there is certainly plenty to see at Scottow Enterprise Park. These particular walks are different from those usually held by Active Norfolk as they will be on tarmac so we can accommodate people with disabilities, in wheelchairs or motorised buggies.  The nature of the walks also means we will stop at a number of locations around the site for people to learn more about the heritage.”   
  
In addition to heritage experts leading the walks, trained volunteers will be present, where possible, at the front, middle and back of the group. The volunteers are on hand to support all those taking part in the walk.   
  
Peter Neave from Active Norfolk helped co-ordinate the walks, and said: “I’m really pleased we have been able to arrange the walks at the former airbase as they offer quite a unique experience. I therefore hope lots of people will feel encouraged to come along.   
  
“Walking is beneficial in a number of ways as you can find out more about the area where you live, it provides an opportunity to meet new people and also improves your health.”   
  
Norfolk County Councillor for Hoveton and Stalham Nigel Dixon said: "These intelligent walks and the Heritage Open Days demonstrate creative thinking by Norfolk County Council on how public access and cultural benefits can be offered in ways which don't compromise the business and economic regeneration of the site, yet widen the menu of personal fitness motivation choices."  
  
Anyone interested in attending either of the walks should arrive by 10.30am at the Guardhouse (site main entrance), Scottow Enterprise Park, Lamas Road, Badersfield, Scottow.  
   
NB - If using a Sat Nav the postcode for the village shop should be used which is NR10 5LG.  The main entrance for Scottow Enterprise Park is past the village shop on the right.  
  
  
  
**Further information**   
For more information about the walks please contact:  
Active Norfolk ‘Informative Walk and Talk’ co-ordinator Peter Neave on 07833 435771skypec2c://r/20407833 435771 or   
[peter.neave@tesco.com](mailto:peter.neave@tesco.com)   
Or   
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