

dementia adventure®

# Norfolk

## Fakenham, Broads and Coast

5 days, Monday to Friday

Price: From £500 per person

Dates: 26–30 June 2017

NEW

### The Location

We have chosen to visit the area of North Norfolk for this early summer break. With its big skies and beautiful natural resources, the area is host to a plethora of attractions with plenty of charming villages, stately homes and of course great sandy beaches with some superb wildlife watching opportunities.

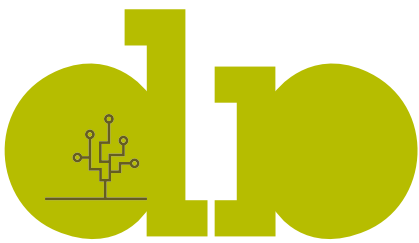
### The Accommodation

The accommodation for this break is the beautiful Brazenhall Barn in Fakenham, set in the heart of the Norfolk countryside just nine miles from the coast. Nestling under the medieval church of St Peter, Dunton, and surrounded by superb summer meadows (which are yours to enjoy during your stay), this 19th century barn conversion is set in a charming valley that offers a truly relaxing country experience.

The Barn sleeps our group in some luxury and style, with level access en-suite rooms which can be either twin or double beds. A large communal cooking/dining/sitting area with a huge outdoor terrace means it's possible to eat in or out, depending on the weather. We plan to dine "en-famille" and you can choose to help, or not, with the prep and washing up afterwards.



Photo by MOTORAL1987



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### **Disclaimer note:**

Although we do our best to ensure that everything runs smoothly, we are at the mercy of the weather and as such this itinerary may be altered slightly during the trip due to this or the abilities of the group on the day. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart.

## **Your Itinerary**

### **Day 1:**

We arrive at our beautiful accommodation mid-afternoon, have a cuppa and some cake and settle in to our new surroundings for the week. After an exploration of our local area we sit down to a hearty home-cooked supper together.

### **Day 2:**

Today we plan to visit nearby Pensthorpe natural park which has over 700 acres of wildlife habitat and flower gardens which should be at their peak at this time of year. There are various accessible gardens and a fine area for a picnic or café for a light bite if the weather looks uncertain. Then we head off to Wroxham in the heart of the broads, about an hour away, for a Norfolk Broads boat trip. Stepping on board one of these iconic cruiser ships, we can enjoy a cup of tea while the world slips by.

We'll head back home afterwards for an evening at the Barn to watch the sun go down from the terrace. Hopefully we'll have a BBQ if the weather is fair.

### **Day 3:**

This morning we head out to nearby Wells next-the-sea and visit the bustling little harbour, perhaps having a coffee on board the Albatross—a boat moored here which is owned by a Dutchman. From here we drive to Holkham Hall and visit the beautiful walled garden.

Then we'll head down to the beach for a walk out across one of the widest stretches of sand in the country—featured in the final scene of Shakespeare in Love. Then we can rest our feet at the beach café before heading home for another convivial evening at the Barn.

### **Day 4:**

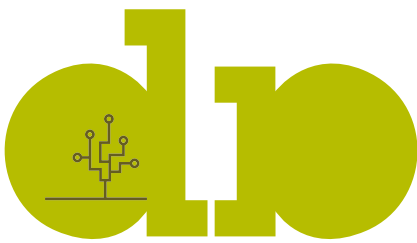
This morning we aim to board the North Norfolk Railway at Holt and take the 25 minute ride to Sheringham—opened in 1887, it has a mixture of diesel and steam locomotives and travels through some stunning scenery.

Then it's a two-mile ride from Sheringham station to Sheringham National Trust—a stroll here on accessible paths, lovely views and a picnic will mean a pleasant lunchtime and then it's back to Holt on the train and then on to Blakeney if we have the time and energy. Here we can have a walk along the water, an ice cream or visit characterful pub The Kings Arms.

This evening we'll enjoy a delicious dinner back at the accommodation and celebrate a week well spent!

### **Day 5:**

We say a fond farewell to our new found friends this morning and head off home after a hearty breakfast.



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### What's Included?

- All transport around the area.
- All meals and soft drinks, tea and coffee while at the accommodation.
- Accommodation in level access en suite double or twin rooms.
- Entrance fees and tickets.

### What's Not Included?

- Travel insurance is advised, especially in the case of illness causing cancellation or curtailment.
- Personal care— if you are not self-caring, the carer who comes with you will need to be able to do this for you.
- Travel from home to the Barn, although this may be arranged at extra cost. Kings Lynn is accessible by train and we can collect you from the train station for an extra charge of £15 per person.
- Alcoholic drinks with your meals—we can access shops and the occasional pub if required!

### Things To Bring

- Sturdy walking boots or shoes.
- Waterproof jacket and warm layers for the evenings.
- Sunscreen and sun/woolly hat, gloves and scarf if you feel the cold.
- Water bottle and lunch box for picnics.

### How Much Does The Holiday Cost?

Thanks to our many supporters and particularly players of **People's Postcode Lottery**, Dementia Adventure is able to make these holidays more affordable for people living with dementia and their carers. This means your first holiday with Dementia Adventure in a calendar year will always come at less than cost price. Prices start from **£500** per person, but we would not want cost to be the reason you felt you could not access this break. If you need further information about funding, please visit us at [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk).



### How To Book?

If you have any questions, call us on **01245 237548** or email [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk). We will go through a detailed questionnaire with you and ask you about your abilities, interests and expectations. We will do everything we can to support you to take part. We look forward to seeing you on this break!

Please read this in conjunction with our group holiday terms and conditions.