

# Flintspiration Events Itinerary: Saturday 29<sup>th</sup> April

9.30-4.30: **Cathedral Explorers** – drop-in children’s activities at Norwich Cathedral

10am-11.30: **Flintspiration and Perspiration** running tour (3.2 miles) from St Martin-at-Palace

10am-2pm: **Bell ringing** - tours of the ringing chamber at St Peter Mancroft

10am-3pm: **Choral workshop** (drop-in) with Wharf Academy Choir at St Martin at Oak

10am-4pm: **Medieval Skills and Crafts** (NANMA) at St Stephen’s

10am-4pm: **Hungate and It’s Parish** – exhibition at St Peter Hungate

10am-4pm: **Prayer and Pilgrimage** exhibition at St Edmund

10am-5pm: **Dandifest community art exhibition** at St Margaret’s

10am-5.15pm: **Exhibition of paintings** by Gerard Stamp at St Andrews

10.30am: **Margery’s Quest** – costumed trail – leaves St Peter Mancroft

10.30am-3pm: **Meet the Masons** at St Michael-at-Plea

11am: **Guided Tour** of Norwich Cathedral (1hr)

11am-12am: **Talk – Julian of Norwich** by Dr Carole Hill at St Julian’s

11am-1pm: **Cake and Jam stalls** at St Giles

11am-3pm: **Mural Making** (drop-in) at St John Maddermarket

11am-3pm: **Round Tower Church Society** outside St Mary Coslany for open discussions

11am-3.30pm: **Skills with Quills** - make an illuminated bookmark at St Stephen’s

11am-4pm: **Norwich Churches Art Exhibition** at Norwich Cathedral library

11am-4pm: **Art Exhibition** – NUA takeover event at St Martin-at-Palace

11.30am: **Medieval Dancing and Music** at St George Colegate (30m performance)

11.45: **Margery’s Quest** – costumed trail – leaves St Peter Mancroft

12am: **Guided Tour** of Norwich Cathedral (1hr)

12am-4pm: **Artists Open Studios** at St Ethelreda

12.30pm: **Circus Workshop** for ages **5-12** (drop-in) at St Michael Coslany

12.30pm: **Medieval Dancing and Music** at St George Colegate (30m performance)

1pm: **Guided Tour** of Norwich Cathedral (1hr)

1.30pm: **Margery’s Quest** – costumed trail – leaves St Peter Mancroft

1.45pm: **Circus Workshop** for ages **10-18** (drop-in) at St Michael Coslany

2-3pm: **Akabella** – all-women acapella group at St Martin at Palace

2pm: **Guided Tour** of Norwich Cathedral (1hr)

2-3pm: **Talk** – Recent Discoveries about Norwich Churches (Sandy Heslop) at Norwich Cathedral

2pm-4pm: **Bell ringing** - tours of the ringing chamber at St Peter Mancroft

2.30pm: **Medieval Dancing and Music** at St George Colegate (30m performance)

2.45pm: **Margery's Quest** – costumed trail – leaves St Peter Mancroft

3pm: **Guided Tour** of Norwich Cathedral (1hr)

3.00-4pm: **Legends and Saga talk** – Kevin Crossley-Holland, author, at St George Tombland

5pm-6pm: **Choral Evensong** at St George Tombland

3.00pm: **Circus Workshop** for adults ages 16+ (drop-in) at St Michael Coslany

3.30: **Medieval Dancing and Music** at St George Colegate (30m performance)

4.00-5.15pm: **Exhibition of paintings** by Gerard Stamp at St Andrews

4.30pm (approx.) **Morris Men** complete dance of 30 churches at Hay Hill