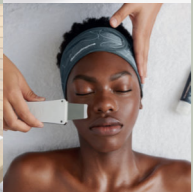


THE RETREAT BEAUTY ROOMS

A tranquil space where you can discover a range of extensive treatments with our brand range of OPI, Grown Alchemist and Dermalogica.






View the full list of treatments:
jarrolds.co.uk/retreat



F'SH
AT THE GROSVENOR

GROSVENOR FISH BAR
LOWER GOAT LANE, NORWICH

Norwich's Premium Golf & Bar Experience

Private Golf Rooms



Scan to Book Online

Queen Street, Norwich




Enjoy fresh pints, pizzas, wings and fries at our Trowse taproom

SPACIOUS SUMMER BEER GARDEN
FAMILY & DOG FRIENDLY
EVENTS & STREET FOOD POP-UPS

For opening times, events & online shop
redwellbrewing.com





Dive into summer in the city with Norwich Summer Sessions!

FREE OUTSIDE ENTERTAINMENT

Presented by **Norwich Business Improvement District (BID)** and **Norfolk Community Arts (NORCA)**, we're thrilled to bring you the **13th year** of this much-loved festival of **live music and street theatre**. You can see Norwich Summer Sessions as part of Norwich City Council's Lord Mayor's Procession on Saturday 11th July.

Join us for FREE entertainment every Sunday afternoon in August

From Sunday 2nd August, 12.30pm – 4.30pm, you can enjoy a relaxed afternoon in Norwich city centre with fantastic live performances. Whether you're grabbing a pub lunch, soaking up the sunshine with a cold drink, or browsing the shops, you'll be treated to music and street theatre that brings the city alive.

Discover a **diverse line-up of musicians and captivating performances**, including acts curated in collaboration with **Covent Garden Entertainment**. There's truly something for everyone. And for families, join our free **City of Stories Trail** (18 July – 31 August) while you enjoy Norwich Summer Sessions!

Don't forget to hang on to this map – each week brings a new adventure.

Please note that some changes may occur due to circumstances beyond our control.

- Stay up to date:**
- »» norwichsummersessions.co.uk
 - @NorwichBIDUK
 - @VisitNorwich
 - @visit_norwich



Getting to Norwich

By Bus:

Buses are a great option with a fixed **£3 fare** all summer long – no traffic stress, and perfect for spontaneous sunny adventures.

By Car:

Plenty of parking options nearby, including **Castle Quarter, Chantry Place, St Andrews, The Forum, and John Lewis**.

Park & Ride:

For an **easy, economic and environmental** way to visit the city, visitnorwich.co.uk/travel-by-bus-faqs

More info at:
visitnorwich.co.uk/travel

By Train:

Norwich train station is just a short walk from the city centre. Follow the **Riverside Walk** past some of the city's most historic sights – starting at the beautiful Victorian station.

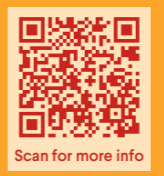
By Beryl:

Hop on a **Beryl bike or e-scooter** to explore the city and help the environment while you're at it.



Share your Summer with us!
#NorwichSummerSessions #CityofStories
@NorwichBIDUK @VisitNorwich

»» norwichsummersessions.co.uk



SUMMER **FUN** IN NORWICH



NORWICH SUMMER SESSIONS



FREE ENTERTAINMENT THIS SUMMER

SUNDAYS
2, 9, 16, 23 & 30 AUGUST 2026 | 12.30 – 4.30pm

FIND OUT MORE AT
norwichsummersessions.co.uk



HOW DOES YOUR SUMMER LINE UP?



Map Key

- Car parks
- 'Changing Places' toilet ('RADAR' key disabled accessible)
- Accessible toilet ('RADAR' key disabled accessible)
- Norwich Market

THE GARAGE NORWICH
THE PLACE FOR PERFORMING ARTS

Point Roofing

Need a Roofer in Norwich & Norfolk?

01603 905295
www.norwich-roofing.co.uk

Trustpilot Over 100 Reviews

Which? Trusted Trader TRUSTMARK Government Endorsed Quality Norfolk Trusted Trader

Sponsor: Rock N Roll Circus

Sponsor: Point Roofing

Sponsor: Grosvenor Fish Bar

Sponsor: YALM

SUNDAY AFTERNOONS

	1	2	3	4
Sessions start at:	Hay Hill 12.30pm, 1.45pm, 3pm	Westlegate 12.45pm, 2pm, 3.15pm	St Gregory's Green 1pm, 2.10pm, 3.20pm	Gentleman's Walk 1.15pm, 2.30pm, 3.45pm
Sunday 2nd August	Jason Maverick^o Street Theatre – mime artist and contact juggling specialist	Beat the Computer Stank-faced live funk quintet to put a glide in your stride and a dip in your hip	Maddie Morris Bold and socially conscious folk artist who uses traditional music to explore contemporary issues	The Tricks Great blues music from renowned local musicians
Sunday 9th August	LFay* Hip-hop, nu jazz and neo-soul with jungle, dnb and breaks	Platform 1 – New Noise[†] A line up of fresh young talent from across four local organisations	Ellie Gowers Singer-songwriter blending contemporary acoustic sounds with the storytelling traditions of folk	Laurence Kingston Band Proper country music, not to miss!
Sunday 16th August	Goldie Fiasco^o Street Theatre – Vibrant, interactive street theatre show, combining glamour, comedy and cabaret	Amber Scott Queer indie-folk artist with introspective, honest and deeply heartfelt songs	Heather Cartwright and Sam Mabbett Virtuosic folk songs from guitar and button box duo	Big Black Cadillac and Swing Dance 50s rockabilly, 80s styled neo-rockabilly and British and American rock and roll
Sunday 23rd August	Local Choirs[#] Local community choirs performing a range of repertoire	Platform 2[†] – Access Creative College Showcasing the best of Access' budding talent	Cahalen Morrison Insightful and poetic wordsmith and folk songwriter "making the music the world needs"	Latino Power and Norwich Latin Dance Igniting people's spirits through upbeat Latin tunes
Sunday 30th August	Rob Roy Collins^o Street Theatre – One of the UK's top escapologists	Batfish Loud and in-your-face indie/jazz groove modernists	Pangaea Contemporary take on groove orientated, modal jazz	May Gabriels Neo-soul with feel-good rhythms and honest, sincere lyrics

SHARE YOUR FEEDBACK
for a chance to win a £50 Jarrolds voucher!



ROCK N ROLL CIRCUS

EARHAM PARK NORWICH

THURSDAY 20TH AUGUST **JAMES**

FRIDAY 21ST AUGUST **THE STREETS**

SATURDAY 22ND AUGUST **THE KOOKS**

SUNDAY 23RD AUGUST **MADNESS**

ROCKNROLLCIRCUS.CO.UK

8 KITCHENS, 3 BARS, NO BOOKING REQUIRED

EAT. DRINK. YALM

YALM FOODHALL, RESTAURANT & BARS
23–24 Royal Arcade, Castle Street, Norwich NR2 1NQ

[#]12.30pm: Not Your Average Choir, 1.45pm: Bel Sonus Choir, 3pm: Norwich Contemporary Choir

^{*}In association with **Wild Paths**

^oIn association with **Covent Garden Entertainment**

[†]For Platform Stage 1 & 2, see website for timings and details