

Norfolk health, heritage and biodiversity walks

Coast Alive!

Walks in the **Cromer**
and Sheringham area



Norfolk County Council
at your service

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- Snow bunting, a winter migrant from the north

Photograph by Chris Jones

Coast Alive aims to bring the benefits of two long distance international trails to our local communities by helping to stimulate activities along the coast to improve health and happiness.

With a range of partners and sub partners drawn from the North Sea region, the Coast Alive project aims to explore the best ways of encouraging people to use local paths and outdoor facilities for fitness and recreation. Funded by the European Interreg IVB programme, Coast Alive builds on two previous EU-funded projects that developed a total of around 12,000km of walking and cycling paths around the North Sea coastline. As well as promoting opportunities for people to enjoy regular activities on and around the trails, Coast Alive strives to preserve natural and cultural heritage, work with organisations and small businesses to boost local facilities and map out ways to attract new users.

By creating a series of short circular coastal walks close to the long distance route and encouraging people to fit regular walks in to daily life with friends and family, adults and children alike can take part conveniently with little or no cost and get a flavour of the charms of the North Sea route. A repeated local walk for an hour or so followed by a cup of tea shared with friends is worth so much; free exercise, great social benefits, supporting local business year round, minimal travel and a feeling of ownership of 'your' walk; simply keeping the Coast Alive! Find out more about Coast Alive at www.coast-alive.eu.

Why walk?

Moderate physical activity such as regular walking is a simple and enjoyable way of keeping fit. To gain maximum benefit, aim to walk at a pace where your heart beats a little faster, your breathing becomes a little heavier and you feel a little warmer. Exposure to nature simply makes us feel good—nature is free therapy with no side effects, and if there is green vegetation, blue sky and water in a scene, we like it even more.

Area of Outstanding Natural Beauty

The Norfolk Coast Area of Outstanding Natural Beauty (AONB) is an area of great beauty, remarkable landscape and special wildlife. AONBs are as important in landscape terms as National Parks and this one is no exception with a fascinating mix of salt marsh, sand dunes, soft cliffs and undeveloped coastal landscape and hinterland stretching from the huge expanses of the Wash to the massive old dunes system at Winterton in the east.

There is a recurring defence theme throughout the walks. The whole coastline has fascinating traces of past defence of the area, from the illustration of Weybourne in the 1588 Armada map to the visible remains of World War Two structures.

Defence against erosion can also be seen from the beach or cliff tops with cliff protection structures and sea walls. Less obvious is the battle to protect the delicate nature of the soft cliffs from the threat of human interference which results in the loss of wildlife dependent on natural erosion.



Walk information

Information about the walks include details such as the start point, distances, path surfaces, gradients and facilities available. The following symbols will help you to decide if the walk is suitable:

Start point	The start of the walk with Ordnance Survey grid references
Parking	Nearest parking; not always the same as the walk start point
Distance	Distance of the walk
Details	Gentle gradient, 20% soft

If you have not exercised for a while, it is better to start with the shorter routes before moving on to the more challenging ones.

Getting around

Cromer, Sheringham and the coastal villages are well served by public transport, so why not leave the car behind?

For all local public transport details, contact Traveline on 0871 200 2233 or visit www.travelineeastanglia.co.uk. To use the services mentioned in this booklet, contact Coast Hopper bus service on 01553 776980 or visit www.coasthopper.co.uk and for the Poppy Line steam train contact North Norfolk Railway on 01263 820800 or visit www.nnrailway.co.uk

Tread lightly and safely

Please respect natural habitats as you walk; stay on the public footpaths and take any litter home. Routes may pass through areas grazed by cattle, please keep dogs on a lead and shut gates behind you. According to the season you may encounter wet and muddy conditions or long vegetation, so dress accordingly.

Cliff top paths are included in some of the walks. The very nature of the cliffs overlooking the sea makes them special places to walk; however cliff erosion could have an effect on some of the paths. Permissive paths have replaced some public footpaths where the original route has fallen into the sea; these are not permanent public footpaths but available for you to enjoy by permission of the land owners. Please observe any cliff erosion notices.

Acknowledgments

Many thanks to Cromer and Sheringham Town Councils, North Norfolk District Council, Poppyland Partnership, Sheringham Plus and local parish councils, the Area of Outstanding Natural Beauty, National Trail and Public Rights of Way officers, the National Trust and their local volunteers and also to Active Norfolk's Fit Together walking scheme for all their input and support in the development of these walks.

Call in at the North Norfolk Information Centre in Cromer or Sheringham Tourist Information Centre for more walking ideas. Visit Cromer Museum on Church Street or the RNLi Henry Blogg Museum on Cromer sea front to find out more about Cromer, fishing and lifeboats, or visit the Fishermen's Heritage Centre in West Cliff, Sheringham.

To find out more online about the biodiversity of Norfolk visit www.norfolkbiodiversity.org, and for local heritage information visit the Norfolk Heritage Explorer website www.heritage.norfolk.gov.uk or the Norfolk Online Access to Heritage website on www.noah.norfolk.gov.uk.



Start point	The Gangway / lift at the Rocket House Café
Parking	Any town car park (disabled badge holders only on the sea front)
Distance	1.9 miles
Details	Minor gradients if using the lift (if not, very steep!) 100% firm surface 

Walk instructions

Start with two easy promenade walks in Cromer and Sheringham before tackling more adventurous routes.

The first is along Cromer esplanade from one end to the other and back again, including a circuit around the pier. It makes no difference where you start as long as you return to that same point, whether this is from the lift at the Rocket House Café next to The Gangway, the car park for disabled badge holders on the west end of the esplanade or the slipway opposite the pier.



It's recommended we should walk 10,000 steps per day; it takes approximately 40 minutes to walk this 1.9 miles and an average of 4,000 steps. You can add another 1,325 steps by continuing on the narrow promenade at the eastern end to the beach huts. A daily walk such as this will help to reach that 10,000 steps goal!

- Cromer pier was built in 1900 after the earlier wooden jetty was destroyed in 1897.
- The Gangway is an impressive raised roadway and pavement with flint retaining walls built in several phases during the 19th century. The present street dates from 1882 and the surface remains with smooth tracks for cartwheels which enabled horses to pull loads up from the beach. Find out more from The Gangway information panel.



- Cromer sea front is a County Wildlife Site, one of around 1,300 sites in Norfolk. County Wildlife Sites support a wide range of biodiversity including many habitats and species identified by the UK Biodiversity Action Plan; this one is included for the soft cliffs and intertidal zone – the area of beach exposed at low tide.



Start point	West Promenade, Sheringham
Parking	The Esplanade
Distance	1.6 miles
Details	Moderate gradient, 100% firm

Walk instructions

The second starter walk is along Sheringham promenade; don't forget the point of the exercise... is the exercise... enjoy a sea front walk whatever the weather!

Walk from one end of Sheringham promenade to the other and back again, starting from any of the gangways or steps down to the promenade and returning to the same point. There are a few gradients on this approximately 30 minute walk which takes around 3,300 steps.

- There is a plaque in the modern sea wall commemorating the construction of an earlier sea wall and promenade in 1895.



- The 'Ispolen', a Norwegian brig carrying a cargo of ice, was wrecked off Sheringham during a storm in January 1897; an information panel near the western end of the promenade tells the story of the rescue by the Henry Ramey Upcher Lifeboat. Visit the Fishermen's Heritage Centre, West Cliff to find out more about this lifeboat and the local fishing industry. Contact 01263 824343 for seasonal opening times.



Start point	North Lodge Park, Overstrand Road, Cromer Grid reference TG222422
Parking	Any town car park (no parking at North Lodge Park)
Distance	1.4 miles
Details	Moderate gradient, 40% firm 

Walk instructions

Start through the stone arch beside the lodge and bear right through the park to exit onto Overstrand Road.

Turn left, pass both Cliff Drive junctions and turn next left onto a public footpath along the track. Enter Warren Woods through the gate at the end.

Bear right into the woods and take the right hand path at the Forestry Commission 'Welcome' sign; keep to the main path ignoring all other paths. Pass the chalets on the right and exit the wood into a playing field behind the goal posts.

Cross the field to the opposite wood, turn left and continue up to the cliff top footpath.

Before turning left to return to Cromer, why not take the opportunity to walk around Happy Valley on your right? A good challenge would be to walk to the seat up on the hill on the far right – the views over Happy Valley and Cromer make the climb worth while.

To return to Cromer, keep the sea on your right and walk down the cliff top path. Pass the old coastguard lookout station and shortly after pause to read more about Happy Valley on the information panel. Continue down the tarmac path and turn left to return to North Lodge Park.



- Sea-buckthorn (pictured above) is a locally abundant cliff top shrub with silver leaves and orange berries; these berries provide an important winter food source for birds including migratory fieldfares and starlings which arrive on the coast in autumn.

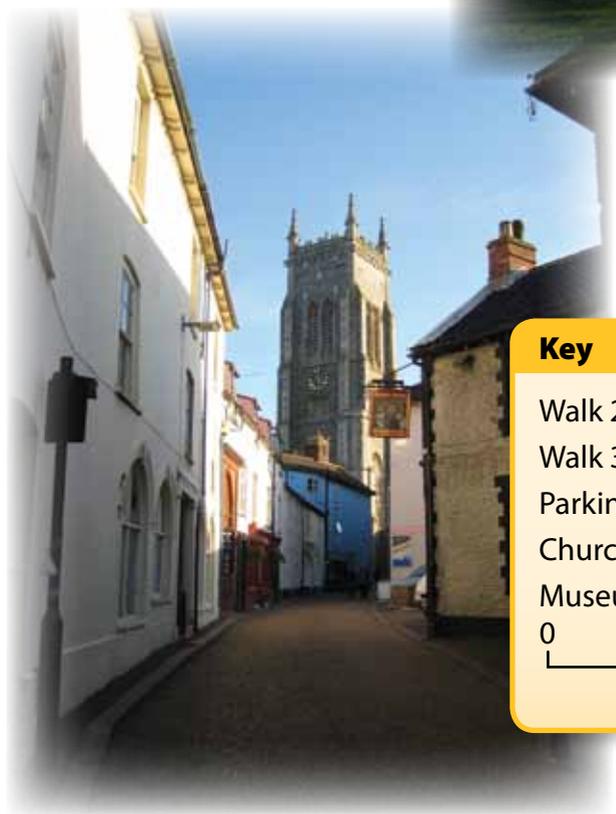


- During World War Two Cromer was heavily protected from the threat of German invasion. A communal air raid shelter was built in North Lodge Park in 1940. You can see the remains of foundations for a cliff top pillbox just outside North Lodge Park near the top of the slope known as the Doctor's Steps; other pillboxes built along the seafront were disguised as ice-cream stands!

Cromer via Happy Valley Cromer town walk

Walk 2 (white route) A short and hilly walk through Warren Woods and Happy Valley.

Walk 3 (yellow route)
This longer town walk explores the Victorian town and links the surrounding wooded hills.



Key

- Walk 2 ●●●●●
- Walk 3 ●●●●●
- Parking **P**
- Church Lighthouse
- Museum **M**

0 ————— 1/4mile ————— 1/2km



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Start point	North Norfolk Information Centre, Louden Road, Cromer Grid reference TG217421
Parking	Adjacent pay & display car park
Distance	2.6 miles
Details	Moderate/steep gradients, shallow steps, 20% soft 

Walk instructions

From the Information Centre turn right onto The Croft adjacent to the car park and follow this around to the left. Turn left into Colne Road, then second right into The Loke.



As the road bears sharp right cross the road into the footpath (Love Lane) to the left of the Arbor Road sign. Walk over the hill down to Roughton Road passing a closed Victorian hospital on your left and East Wood on the right.

Cross Roughton Road into Mayfield Drive opposite. Turn first left into Greenfield Close and then right onto the path at the end. Turn right at the Norwich Road and walk up the hill, crossing at one of the crossing points.

Turn left into Furze Hill and continue along the tarmac path into St. Martin's Close. At the end turn right up Mill Road and almost immediately left into Harbord Road.

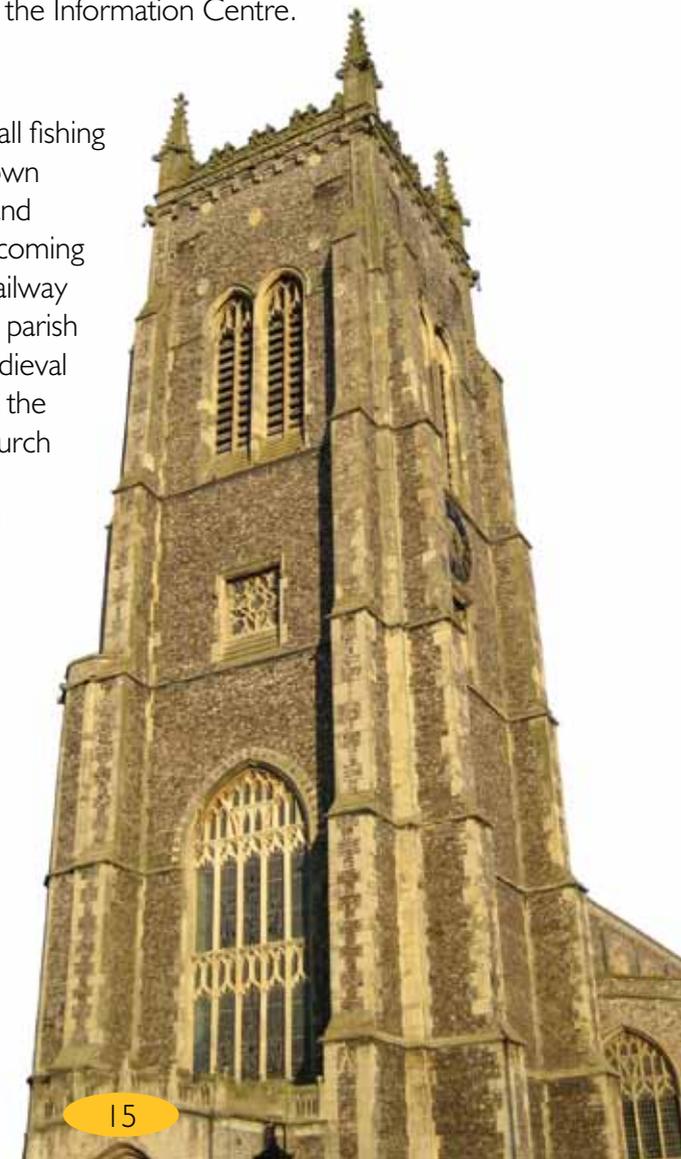
As the road bears sharp right, continue ahead into York Road. Turn left at the end and walk up Cliff Road.

Cross Overstrand Road to the footpath opposite into Links Wood and follow the Elizabeth Fry Walk leading to Happy Valley. Climb up the steps, pass Cromer Country Club and continue through Happy Valley. Turn left at the end onto the cliff top path.

Walk down towards Cromer passing the Henry Blogg memorial. Bear right at the end of the path and cross the cobbled slope into Surrey Street opposite.

At the end turn left then immediately right onto Church Street. Pass Cromer museum and church, cross at the pedestrian crossing, turn left into Chapel Street and return to the Information Centre.

- Cromer grew from a small fishing village to a genteel spa town in the late 18th century and continued to expand, becoming very popular when the railway arrived in 1877. Cromer parish church has the tallest medieval tower in the county. Visit the Cromer museum on Church Street to discover more about the town and local fishing industry.
- Love Lane footpath is adjacent to East Wood. This County Wildlife Site has no public access; however you can enjoy from the path a range of broad-leaved trees including oak, beech and sweet chestnut.



Cromer via
Overstrand beach walk

Start point	The Gangway, Cromer (beside The Rocket House) Grid reference TG222422
Parking	Any town car park
Distance	4.3 miles
Details	Steep gradients, 60% soft   

Check the tide times BEFORE walking along the beach.

The tide details are published daily in the Eastern Daily Press, in the Cromer *Crab Line* magazine or you can check them at the North Norfolk Information Centre in Cromer. To walk along the sand beyond the end of the groynes start the walk approximately one hour before low tide.

Walk instructions

Walk down the slope and turn right onto the promenade. Enjoy walking along the beach to Overstrand for 1.8 miles. On reaching Overstrand turn right to walk up cliffs via the slipway to the village (the second slipway is not as steep as the first).

To return to Cromer turn right into Pauls Lane. As the road bears sharp left beside Danum House turn right onto the footpath towards the church.

Turn right at the Cromer Road and walk on the pavement over the hill. Turn right onto the public footpath on the track between the Catholic Church and Royal Cromer Golf Club to walk up the steep hill to the lighthouse.

After the lighthouse, take the path on the right (keeping the helipad on your left). Follow this through the gorse bushes for a short distance, and turn left on reaching the two seats looking over Happy Valley. Follow the track down towards the cliffs. Continue on the cliff top path to return to the start point.

- The shifting sand at low tide sometimes reveals the remains of shipwrecks. This photo taken in October 2008 shows the *Fernebo*, wrecked off Cromer in January 1917. The RNLI presented the lifeboat Coxswain Henry Blogg with the first of his three Gold Medals for Gallantry for rescuing the crewmen. Visit the free RNLI Henry Blogg Museum on The Gangway to find out more.



- St Martin's Church in Overstrand replaced an earlier one that was lost to sea erosion in 1399. There is a tablet in the church to the philanthropist and anti-slavery campaigner Sir Thomas Fowell Buxton who died in 1854.
- Allegedly, Sir Arthur Conan Doyle thought of the idea for 'The Hound of Baskervilles' after hearing of the Black Shuck legend from a friend whilst playing golf at the Royal Cromer Golf Club (He was staying at the Royal Links Hotel in Cromer).

Cromer via Overstrand beach walk

Enjoy a beach walk to Overstrand before returning via the village and lighthouse.

- Overstrand Cliffs are classified as a Site of Special Scientific Interest and are amongst the best soft cliff habitats in East Anglia. When walking along the beach, take time to observe the cliffs and the wildlife that thrives in a home that is constantly being eroded by the sea and weather and explore the rock pools in the chalk and flint beds left by the retreating tide. Find out about the Norfolk soft cliff Habitat Action Plans by visiting www.norfolkbiodiversity.org.



Key

Walk 4 ●●●●●

Parking **P**

Church **+** Lighthouse

Museum **M**

0 ————— 1/2km

————— 1/4mile

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Start point	Car park & bus stop, Runton Road, Cromer Grid reference TG212425
Parking	Pay & display car park, Runton Road
Distance	4 miles (*or 3.2 miles with short cut)
Details	Steep gradients, 50% soft  Seasonal refreshments and toilets

Walk instructions

From Runton Road car park/Westcliff Avenue bus stop, cross the road into Westcliff Avenue opposite. Turn right at the end into Howard's Hill.

Just before the brow of the steep hill bear left then immediately right onto the public footpath beside the dog waste bin and walk anticlockwise around Howard's Hill – the site of the old Cromer Zoo from 1962 to 1981. Continue on the public footpath ignoring all other paths, pass a second dog bin on the left then bear right to walk parallel to the railway line. Turn left at the end, cross the railway bridge and then turn right.

As the road bears sharp left continue ahead and turn almost immediately right onto the footpath signposted to East Runton. Walk along this footpath as it passes over a hill before descending to the railway line, cross at the gate and continue through a second gate onto a narrow path.

Turn right at the road, pass the village pond and walk under the railway viaduct.



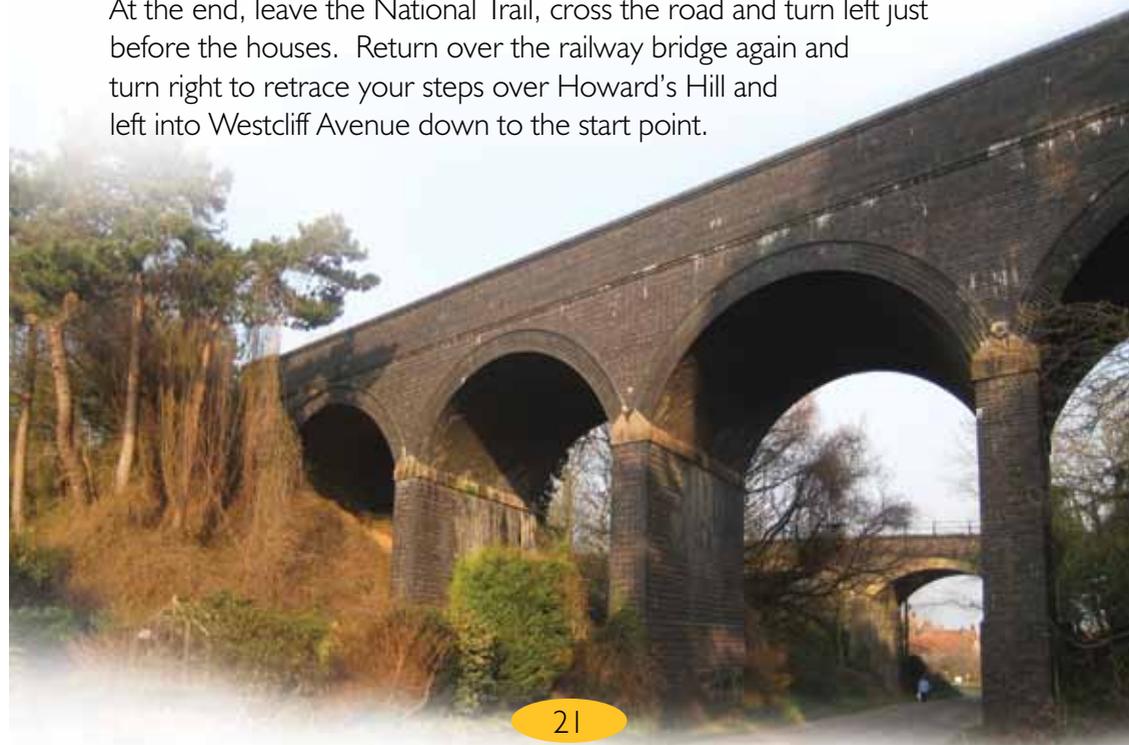
*For the short cut; turn left after the pond/before the viaduct and walk anticlockwise around Top Common. Continue the walk from the directions to Abb's Common.

For the longer walk, from the viaduct walk on the left along the common until reaching the Cromer Road. Turn left and then left again into Thain's Lane. Walk over the railway bridge and turn left. Continue ahead on reaching the tarmac road (Brick Lane).

Turn right at the T-junction beside the common *now joined by the shorter route. Follow the road as it winds around into Banville Lane leading to Abb's Common.

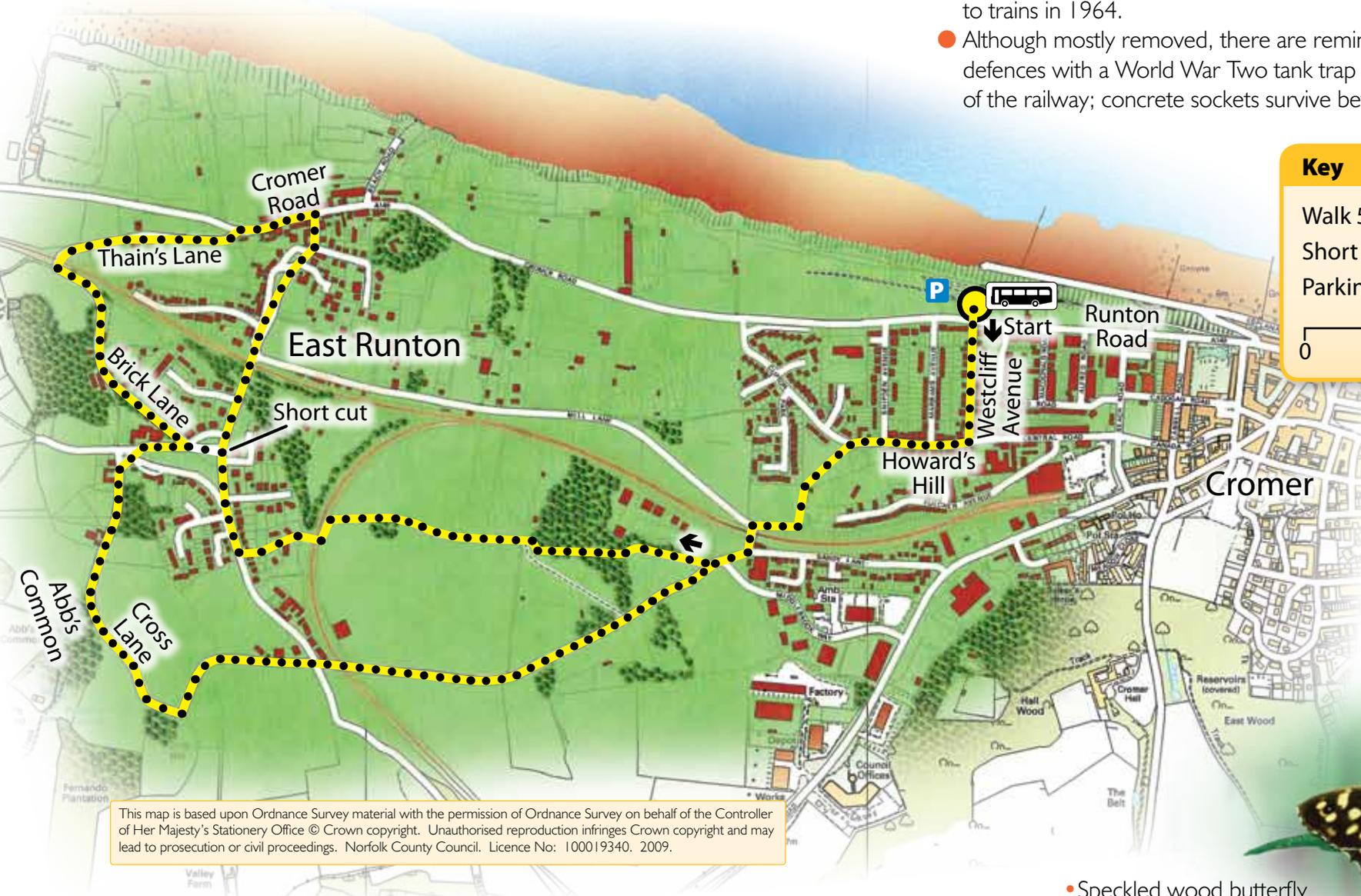
Turn left in Abb's Common just after the tarmac road becomes a track. Continue along this sunken lane following the acorn waymarks of the Norfolk Coast Path National Trail. Ignore a track off to the right, cross a road and walk straight ahead onto another track under the railway bridge.

At the end, leave the National Trail, cross the road and turn left just before the houses. Return over the railway bridge again and turn right to retrace your steps over Howard's Hill and left into Westcliff Avenue down to the start point.



This walk enjoys a railway theme; the route takes you under an impressive viaduct and crosses the railway line six times.

- The viaduct and embankments are reminders of the Norfolk and Suffolk Joint Railway which once joined East Runton to North Walsham. The Midland and Great Northern Joint Railway (locally known as 'Muddle and Go Nowhere') also ran through Runton on its way from Cromer to Norwich. All but the Cromer to Sheringham sections closed to trains in 1964.
- Although mostly removed, there are reminders nearby of coastal defences with a World War Two tank trap on the Cromer Curve section of the railway; concrete sockets survive between the rails.



Key

- Walk 5 ●●●●●●
- Short cut ●●●●●●
- Parking P

0 1/4 mile 1/2 km

- The undisturbed tangle of shrubs and wildflowers on dismantled railways create excellent wildlife corridors linking nearby commons and gardens with farmland and providing cover for a variety of species.

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● Speckled wood butterfly

Weybourne to Sheringham
via Norfolk Coast Path

Start point	Weybourne bus stop beside the Ship Inn Grid reference TGI11430
Please note To get to the start point use either the bus or steam train from Sheringham	
Parking	Parking for the train or bus in Sheringham Pay & display car park adjacent North Norfolk Railway, Sheringham • Grid reference TGI57430
Distance	3.9 miles (from the bus stop) 4.9 miles (from the train station)
Details	Two steep gradients on the cliff top path, 90% soft 

Walk instructions

By bus; catch the Coast Hopper bus outside Sheringham Tourist Information Centre and ask for the Ship Inn bus stop in Weybourne. For the Coast Hopper Service look on the website www.coasthopper.co.uk

By train; catch the Poppy Line Steam train from Sheringham to Weybourne. Walk down the hill to Weybourne from the train station. Turn right at the give way sign into Church Street, then left at the T-junction and walk to the Ship Inn. For details of the North Norfolk Railway visit www.nnrailway.co.uk

From the Ship Inn in Weybourne cross the road and follow the signs to the beach.

Turn right at the beach. Start the cliff top walk keeping the sea on your left.

Enjoy a 2.6 mile walk along the Norfolk Coast Path following the National Trail acorn waymarks over the undulating cliffs to Sheringham.

After a steep climb up Skelding Hill to the Coastguard lookout post, enjoy the view and a welcome rest on the seats before continuing down to the town. On reaching the steps to the Marble Arch turn right then immediately left to walk under this archway (built in 1905) and turn right on the promenade.

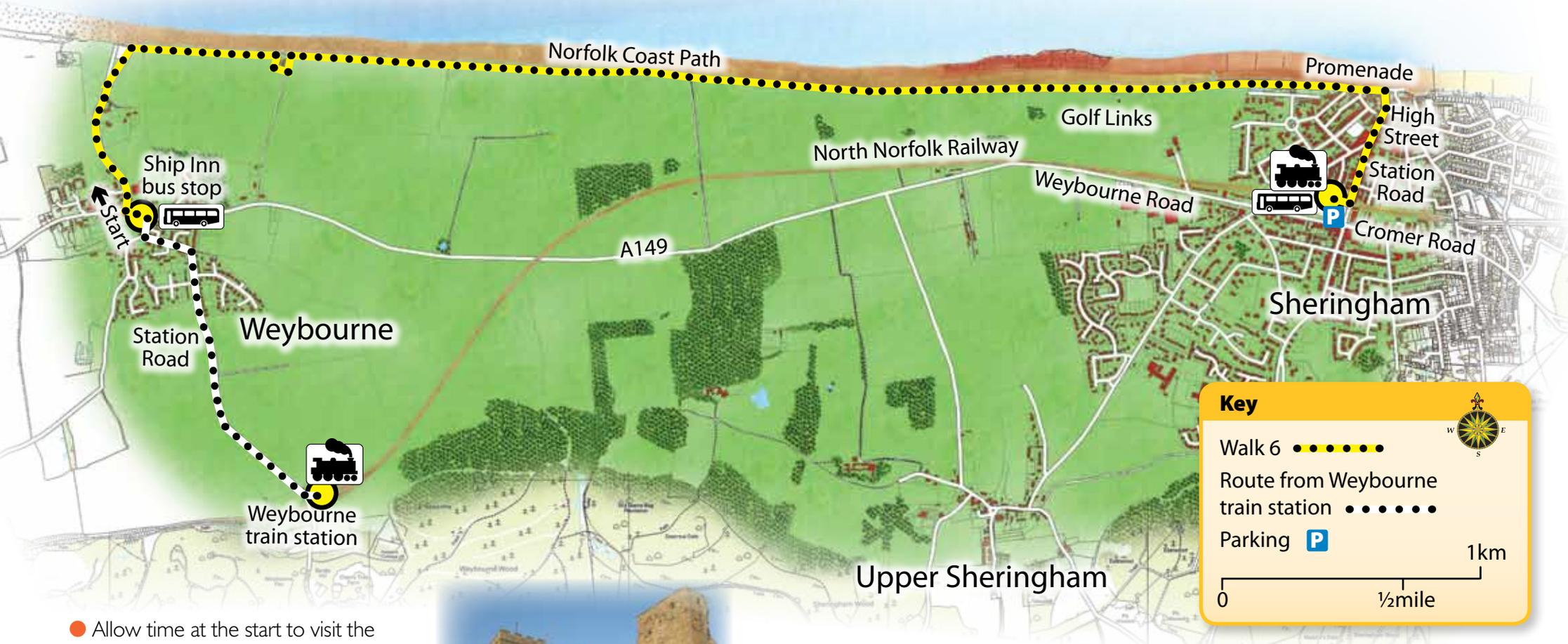
Cross the bridge over the fishing boats on the gangway and turn next right at The Two Lifeboats public house into the High Street. To return to the bus stop/train station, walk along the High Street, bearing left at the town clock.

- The outstanding geology of Weybourne cliffs is of national importance and classified as a Site of Special Scientific Interest. There is a wealth of wildlife to watch when walking along this cliff top path, with sea thrift, marram grass (pictured above) and gorse clinging precariously to the edge of the cliff. Don't forget to bring binoculars for better views of the wide variety of coastal birds.
- If you have enjoyed this section of the 47 mile long Norfolk Coast Path and would like more details, contact the National Trail office 01328 850530 or visit www.nationaltrail.co.uk

Weybourne to Sheringham via Norfolk Coast Path

Get away from it all and enjoy sight and sound of the sea, skylarks and steam trains along part of the Norfolk Coast Path National Trail.

- The illustration of defences at Weybourne on the 1588 Armada map and the little ditty “He who would old England win, must at Weybourne Hope begin” show the threat the deep water off this area of coast posed. Visible remains of World War Two defensive structures can be seen when walking along the coast path; reminders of the continued perception of possible enemy invasion.



- Allow time at the start to visit the church with the ruins of Weybourne Priory in the churchyard. The present church grew out of a 13th century Priory of Augustinian Canons, which itself took over the site and building of a pre-Conquest church.



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Weybourne to Sheringham via Sheringham Park

Start point	Weybourne Train Station • Grid reference TG118419
To get to the start point use either the bus or steam train from Sheringham	
Parking	Parking for the train or bus in Sheringham Pay & display car park adjacent North Norfolk Railway, Sheringham • Grid reference TG157430
Distance	3.2 miles (if arriving by train) 4.2 miles (if arriving by bus)
Details	Moderate gradient (*very steep if climbing up to the gazebo) steps. 70% soft 

Walk instructions

This walk starts from Weybourne Train Station; to get there either catch the steam train or bus, both starting adjacent to the Tourist Information Centre in Sheringham.

By bus; alight at the Ship Inn bus stop in Weybourne, walk towards the church, turn right into Church Street and then first left. Follow the “N.N.Rly” signs and walk up the hill to Weybourne Station. If the station is closed turn left just over the bridge into a car park to reach the permissive path adjacent to the railway line.

By train; cross the tracks via the foot bridge and then walk underneath it onto the permissive path and turn left.

Follow the path to the wood, keep right at the gate and turn left at the Weybourne Heath National Trust sign. Follow the red arrow waymarkers on low posts throughout the park (this red route indicates you are on part of their ‘rambler route’).

Walk along the sandy path down the hill out of Weybourne Heath and into Sheringham Park. Continue up the track up to a gate.



*To visit the gazebo turn left just before this gate and follow the signs leading up the very steep hill via the steps. Enjoy the most fantastic views from the top of the gazebo before retracing your steps to the gate.

Follow the fingerpost pointing towards Upper Sheringham through the gate and continue ahead on reaching the tarmac road. Pass Sheringham Hall and exit the park via the gate beside the cattle grid.

Walk down Park Road to Upper Sheringham continuing ahead at both T-junctions. As the main road bears sharp left keep straight ahead into Cranfield Road and turn almost immediately left into Butts Lane, a public footpath.

Turn left at the end and walk down the pathway adjacent to the main road to the bus stop and train station.

- Humphry Repton designed Sheringham Park for Abbot Upcher; his last commission before he died in 1818. Sheringham Park is now owned by the National Trust; for more information visit the Visitor Centre, Wood Farm, Upper Sheringham just off the A148.



- Look out for Abbot Upcher's Conduit next to Upper Sheringham Church, an unusual and impressive water feature. This reservoir was built in 1814 over a spring to supply water to the village and was the only public source until mains water was laid on during the 1950s; water continues to flow through the cistern in wet weather.

Weybourne to Sheringham via Sheringham Park

The beautiful views from this route via Sheringham Park show just why this is an Area of Outstanding Natural Beauty.



- Sheringham Park is a County Wildlife Site with public access to its rolling parkland and woodland on small, steep valleys. The park includes many exotic trees and shrubs; visit during May or June to see the impressive azalea and rhododendron collection at their best.



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Key

- Walk 7
- Route from Weybourne
- Ship Inn bus stop
- Parking

0 1/2 mile 1km

Sheringham via Beeston Priory

Start point	Tourist Information Centre, Railway Approach, Sheringham • Grid reference TGI57430
Parking	Adjacent pay & display car park
Distance	2.75 miles
Details	Steep gradient, 50% soft 

Walk instructions

From Railway Approach turn left into Station Road, then first right into Melbourne Road. At the T-junction turn right then immediately left into Barford Road. At the end turn left into Beeston Road, then first right into Priory Road. Immediately turn right again onto a tarmac path beside a stream.

Follow the stream, continuing beside the stream after a metal barrier into Back Common. Turn right at the road, walk under the bridge then bear immediately left to walk on a tarmac path through the common.

Continue ahead at the road, passing another common area on your right. Turn left into Church Lane **(to visit the Priory; continue ahead at Church Lane as the road becomes a gravel track and follow this around to the priory; return the same way)** then right onto the footpath at the end.

Just after the allotments turn left to cross the railway line then bear right at the Beeston Regis Nature Trail information panel following the Norfolk Coast Path acorn waymark towards the sea.

Turn left onto the cliff top footpath. Walk up the steps and steep slope over Beeston Bump; take a breather at the seats on the top of the hill to admire the view.

To avoid the steep climb, bear left to walk around the base of the hill, rejoining the Norfolk Coast Path on the cliff top path.

Return to Sheringham by continuing along the cliff edge footpath down to the tarmac road. Turn first right to walk down the slope and steps onto East Promenade.

Turn left and walk almost to the end of the promenade, turning left on West Promenade up the slope to walk under the Marble Arch to The Esplanade.

Cross the road and walk up to the memorial roundabout. Turn second left into The Boulevard, cross Church Street into St Peter's Road opposite and turn left at the T-junction to the start point on Railway Approach.

- The Augustinian Priory of St Mary was founded in 1216. You can see the ruins of the church and part of the cloisters along with the remains of the fishponds. A monastic building nearby survives having been converted into a house between the 16th to 19th centuries.
- Climb to the top of Beeston Bump, a glacial moraine, for great views from the headland. You can see the remains of a World War Two observation post next to the concrete triangulation point.



Sheringham via Beeston Priory

Explore the remains of the Augustinian Priory before a challenging return over Beeston Bump – a great vantage point for watching sunsets.



Key

- Walk 8
- Easier route
- Parking

0 1/4 mile 1/2 km

● Purple Broomrape is a nationally rare species included in the UK Biodiversity Action Plan and grows on Beeston Cliffs, a Site of Special Scientific Interest. There are a series of information panels in the meadow before the hill for the Beeston Regis Nature Trail; please stay on the footpaths to avoid disturbing delicate grassland.

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Sheringham via Beeston Regis Heath and Common



Start point	Tourist Information Centre, Railway Approach, Sheringham • Grid reference TGI57430
Parking	Adjacent pay & display car park
Distance	4.1 miles
Details	Moderate gradient, 60% soft 

Walk instructions

Start as for walk 8 up to the footpath from Church Lane between the railway line and the allotments. After the allotments turn right at the corner onto a vehicle track.

Turn left at the A149 and then almost immediately right into the tarmac lane at the Norfolk Coast Path acorn waymark post.

Turn right at the cottages, pass Beeston Hall School on your left and continue up the track towards the wood.

On reaching the wood and National Trust sign for Beeston Regis Heath, turn right at the fingerpost (along the grass in front of the cottage).

To explore Beeston Regis Heath walk up into the wood and bear right – there are lots of choices of paths through the heath, make sure you keep the sea on your right before walking down the steep path off Stone Hill to rejoin the walk on the bridleway near Briton's Lane.

Turn right at the end of the track onto Briton's Lane. Cross the road by the 30mph signs and turn left into Priory Close, follow the road round and turn left into Abbey Park. Turn right at the wooden fingerpost stating "footpath to the common" beside the Caxton Park sign.

Bear right just after entering Beeston Regis Common, then right again at the main path. Follow this public footpath across the common ignoring all other paths. Cross the bridge over a stream, pass a pond and seats on the left. Keep right at the notice board before exiting the common on Cromer Road.

Turn left, walk along Cromer Road for a short distance, then take the first right turn into Beeston Common Road and bear right almost immediately. As this road bears right, turn left onto the tarmac path beside the stream and retrace your steps to the start.



Sheringham via Beeston Regis Heath and Common

An enjoyable walk out of the town connecting nearby heath and common land with a wealth of wildlife to watch.

- Vegetation has been cleared on Beeston Regis Heath to show a group of hills and hollows. These were pits where iron ore was dug and smelted, probably during the late Saxon and medieval periods.
- Beeston Regis Common is another Site of Special Scientific Interest. This biodiversity rich area is a result of the retreat of glaciers from the Ice Age; the Common is a mix of acidic heathland with areas of spring fed fen which contains many wetland plants now locally uncommon due to drainage.



● Adder
Photograph by
Liam Russell



- National Trust owned Beeston Regis Heath is managed by local volunteers. Adders, slow worms and common lizards live on the heath and might be seen basking in the summer sun; Sheringham Park visitor centre has more information on the heath.

Key

Walk 9

Parking

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West Runton via
Incleborough Hill

Start point	Beach car park, Water Lane, West Runton (seasonal charge) • Grid reference TGI85432 (or West Runton bus stop or train station)
Parking	Beach car park, Water Lane
Distance	3.4 miles from the car park on Water Lane 2.3 miles from bus stop , 2 miles from train station
Details	Steep gradient, steep steps, 80% soft  seasonal café and toilets

Walk instructions

Either use the bus, train or car to access this walk - all routes pass the train station as you walk inland (this route is shown in yellow on the map).

By car; walk along Water Lane and turn left into the public footpath opposite the 30mph sign. Cross Cromer Road into Boulevard Road, then second right into Balfour Road and almost immediately left after the first bungalow. Turn left onto Station Road.

By bus; alight on the Cromer Road; start by walking up Station Road, opposite the Village Inn. Or arrive **by train** at the West Runton railway station.



From the railway bridge, walk up the hill on Runton Common beside Station Road. Pass the entrance to the Shire Horse Centre.

After leaving the common continue up the road for a short distance and turn left just after the 30mph signs at the National Trust sign for Town Hill Wood and follow the direction of a public footpath fingerpost. Walk over the hills through Fair Lady Plantation, before descending to Holgate Lane.

Turn left onto Holgate Lane, part of the Norfolk

Coast Path National Trail then left again just after the campsite, leaving the National Trail.

To avoid the steep hill, turn second left at the next junction of footpaths to walk around the base of Incleborough Hill.

For the more challenging option but with superb views, take the first left footpath directly across a field up to Incleborough Hill. Go through the kissing gates and up the steep steps. Just after the last step bear right at the wooden waymarker post to follow the well-walked track over the hill, keeping the gorse bushes on the right. Continue over the hill going down the very steep steps to the bottom.

Turn left at the base to join the easy option path, close to the National Trust Incleborough Hill sign. Bear right on reaching the tarmac road; please note warning signs indicating you are crossing a golf course.

Turn right to walk across the common to the railway bridge; pause by the pond to read the information panel. Walk over the railway bridge to return to your start point, either the train station, along Station Road to the bus stop, or along Station Road, cross Cromer Road at the end and walk along Water Lane to the car park.



- Pause at the pond on Runton Common; this was a retting pond, a 16th century pit for soaking stalks of flax and hemp to remove the fleshy parts, leaving the fibres to be woven into fabric, rope or sail cloth.

West Runton via Inceborough Hill West Runton via Roman Camp

Walk 10 (yellow route) Stunning panoramic coastal views from the top of Inceborough Hill are the reward for climbing this steep hill.

Walk 11 (white route, starts as for walk 10 until reaching Holgate Lane) Enjoy the challenge of walking for two miles from sea level to the highest point in Norfolk.



● In 1990 the 600,000 year old remains of an elephant were found at the base of cliffs in West Runton. Read more about this on the café display board close to the beach car park, visit Cromer Museum or look on the Natural History Department page of the www.museums.norfolk.gov.uk website.

Key

Walk 10 ●●●●●

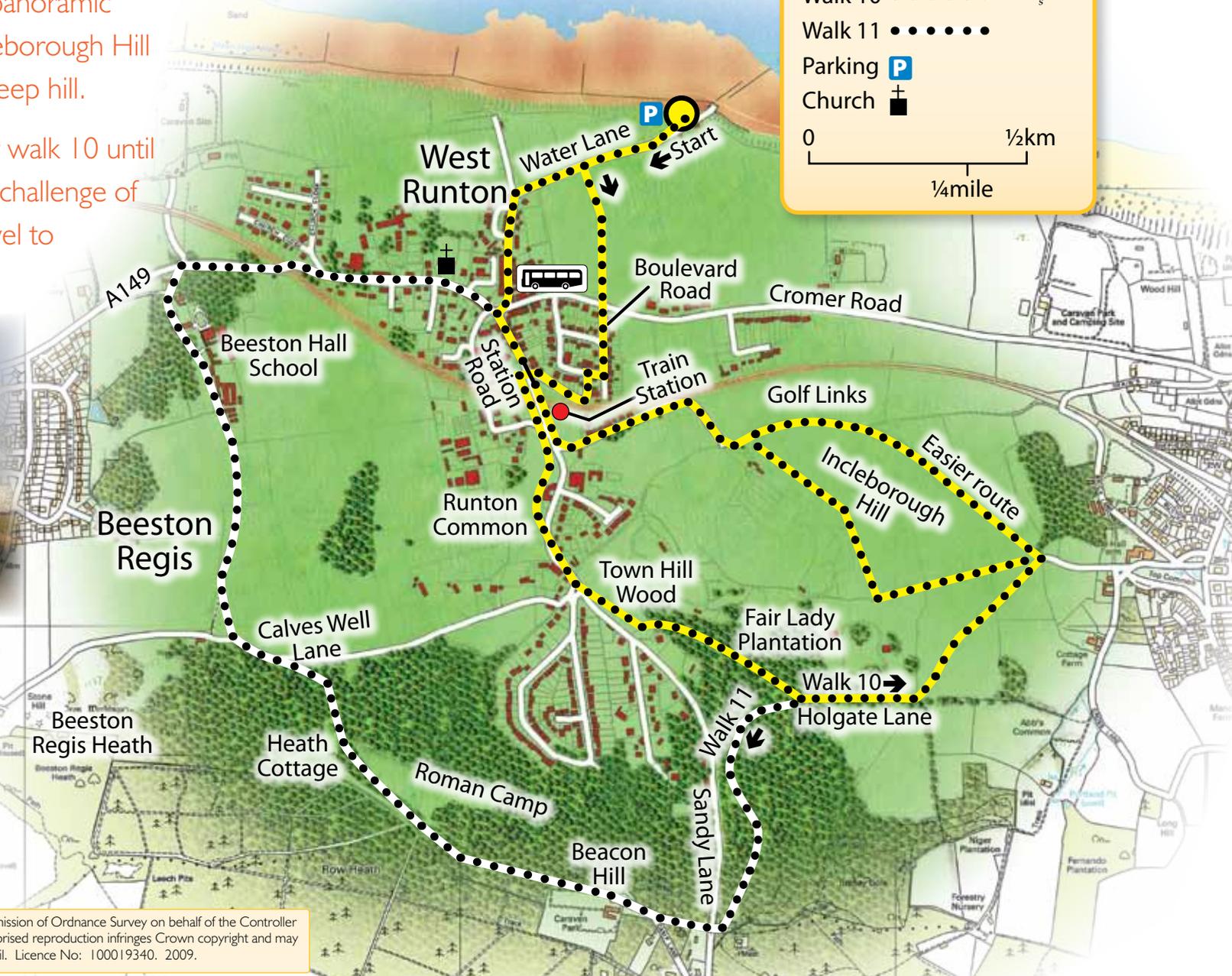
Walk 11 ●●●●●

Parking **P**

Church +

0 1/2km

1/4mile



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West Runton via Roman Camp

Start point	As for walk 10
Parking	Beach car park, Water Lane, West Runton
Distance	4.2 miles from the car park on Water Lane 3.3 miles from bus stop , 3.2 miles from train station
Details	Steep gradient, 80% soft  seasonal café and toilets

Walk instructions

Start as for walk 10 until reaching Holgate Lane (white route on the map).

Turn right at Holgate Lane; this stone track is also the vehicle entrance to a caravan park. Walk up the track, turn right and cross Sandy Lane at the end to the entrance to Roman Camp. Follow the acorn waymarkers for the Norfolk Coast Path towards Sheringham.

Pause to read the National Trust information panels by the car park for Roman Camp and to admire the view from Beacon Hill. Continue along the track following the Norfolk Coast Path 'acorn' waymarks.

Follow the Norfolk Coast Path fingerpost at the junction of paths (just to the right of Heath Cottage) and walk down the footpath between moss and fern covered banks. Continue ahead after the wooden barrier where Calves Well Lane joins from the right.

At the next junction of footpaths beside Beeston Regis Heath, bear right to walk towards the sea. Pass Beeston Hall School and turn right onto the pavement beside the A149 leaving the Norfolk Coast Path at this point.

Walk over the railway bridge to return to your start point; either the bus stop just after the Village Inn, or turn right up Station Road for the train station, or turn left into Water Lane to return to the car park.

- Beacon Hill on the Roman Camp is the highest point in Norfolk at 103 metres (338 feet) above sea level; why not walk down to the beach first so you can say you've walked from sea level to the highest point in Norfolk?
- The earthworks of Roman Camp are not Roman, but they pre-date the Napoleonic wars when this site was used as an alarm post/telegraph station.
- Roman Camp is another accessible County Wildlife Site to explore. The recent management technique of removing some trees and



● Nightjar
Photograph by John Jarvis

scraping off a layer of top soil to allow heather to regenerate has encouraged nightjars to return to the heath. Nightjars are summer migrants and are included in the UK Biodiversity Action Plan; listen for their distinctive call at dusk in May and June. The heath is managed by National Trust volunteers, for more information contact Sheringham Park visitor centre, 01263 820550 or visit www.nationaltrust.org.uk



Overstrand
via Northrepps

Start point	Top of the slipway, Cliff Road, Overstrand Grid reference TG248410
Parking	Pay and display car park, Pauls Lane, Overstrand
Distance	3.3 miles
Details	Steep gradients, 30% soft 

Walk instructions

Walk down the right hand slipway to the promenade from the top of the cliff. Turn right, walk along the promenade and up the next slipway. Turn left at the top, follow the road to the T-junction and turn left onto the coast road.

Cross the road and after a few metres turn right onto the bridleway opposite Mill House. Follow the bridleway over the hill continuing ahead as the narrow path becomes a vehicle track to Hungry Hill.

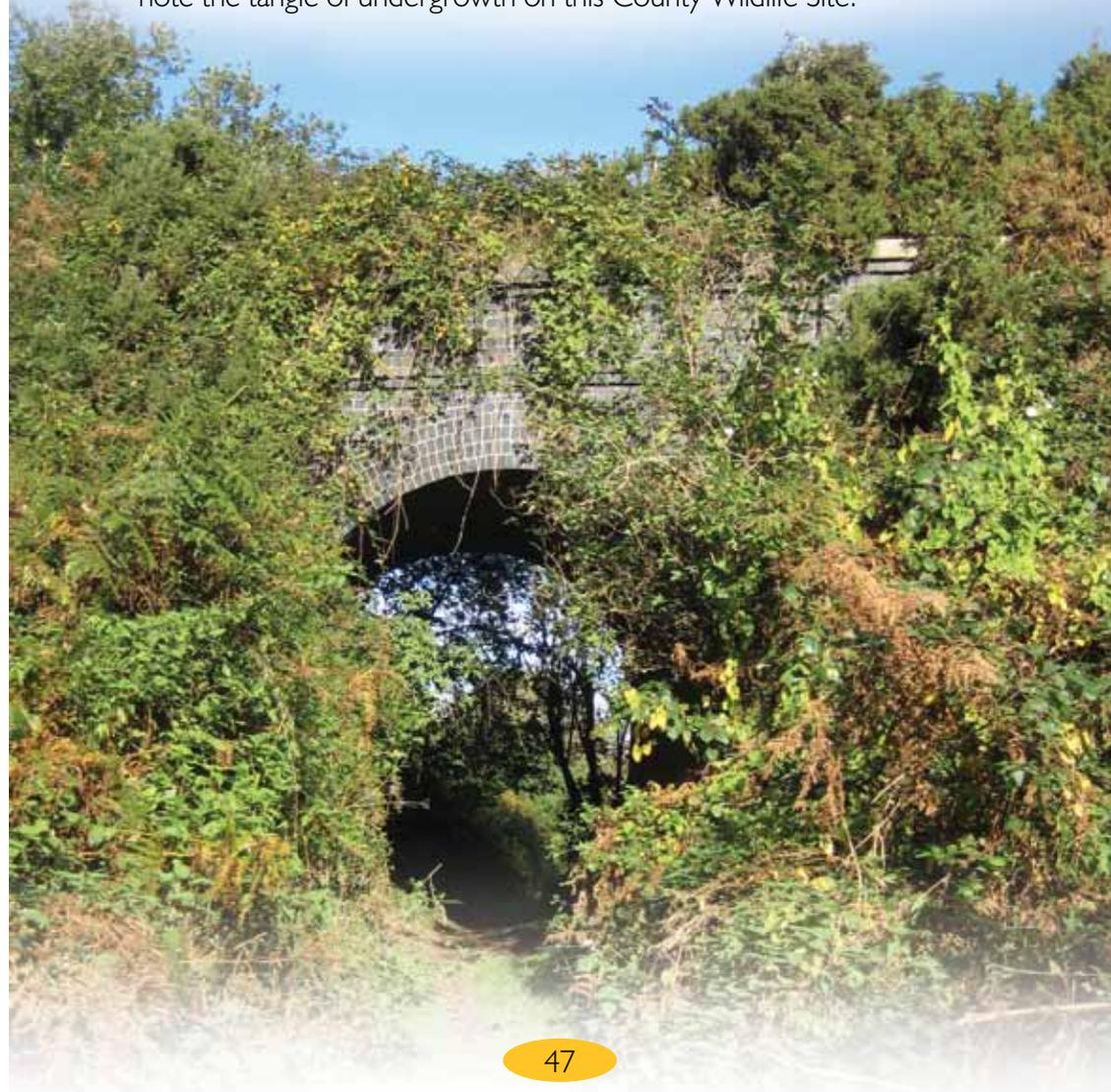
Turn right at Hungry Hill (Hungry Hill Nursery is in the farm buildings on the left) and walk down into Northrepps. Continue through the village keeping right at the village sign into Bulls Row.

Bear right as the road divides into two to walk up Madam's Lane and follow the track over the hill crossing the bridge over the disused railway line before walking down towards Overstrand.

Cross the road at the end into Carr Lane. Turn left at the end onto the High Street. Turn second right at The Londs, an interesting narrow street between flint buildings, then left at the bottom to the car park.



- The cliffs to Trimmingham starting at the eastern end of Overstrand promenade have Site of Special Scientific Interest status. These natural soft rock cliffs are some of the most spectacular but neglected wildlife habitats in the UK; they are not just important for rare species but for the sheer abundance of wildlife.
- Pause when walking under the bridge for the dismantled railway line and note the tangle of undergrowth on this County Wildlife Site.



Overstrand via Northrepps

An enjoyable Poppyland walk along the sea shore, farmland and through the village once known as a 'village of millionaires'.

- The Victorian author Clement Scott stayed at Mill House in Overstrand when he wrote about the area he called 'Poppyland' after the abundance of poppies growing around an abandoned cliff top church tower in Sidestrand. The interest of the wealthy was aroused, so much so that Overstrand became known as the village of millionaires; several 'Arts and Crafts' movement houses were built including Sea Marge. Call in at Overstrand Post Office for a local leaflet giving more information on the fascinating buildings in this village.



Key

Walk 12 

Parking **P** 

Post Office **PO** 

0  1/2km

 1/4mile



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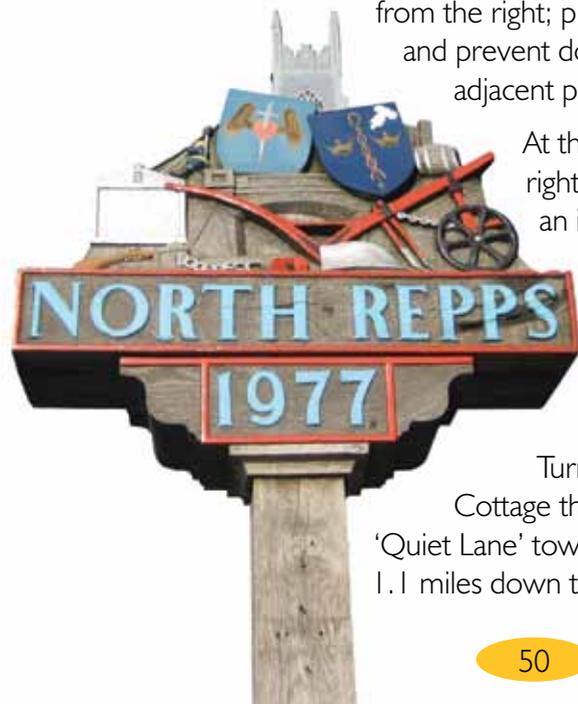
Northrepps
'Quiet Lanes' walk

Start point	Northrepps Village Hall, School Lane, Northrepps Grid reference TG243395
Parking	Village Hall car park (please park away from the hall)
Distance	5.5 miles
Details	Moderate gradients, 50% soft 

Walk instructions

Exit the car park via the tarmac path adjacent to the road and walk down to the village. Turn right at the T-junction beside the school, follow the road through the village. Turn right into Craft Lane just after the Foundry Arms public house.

Turn left at the public footpath fingerpost into Sandy Lane, opposite Rectory Road and behind the white 'Northrepps & Southrepps Quiet Lanes' sign. Walk up the hill, bearing left to leave the wood as another footpath joins from the right; please keep to the public footpath and prevent dogs from disturbing wildlife in the adjacent private woodland.



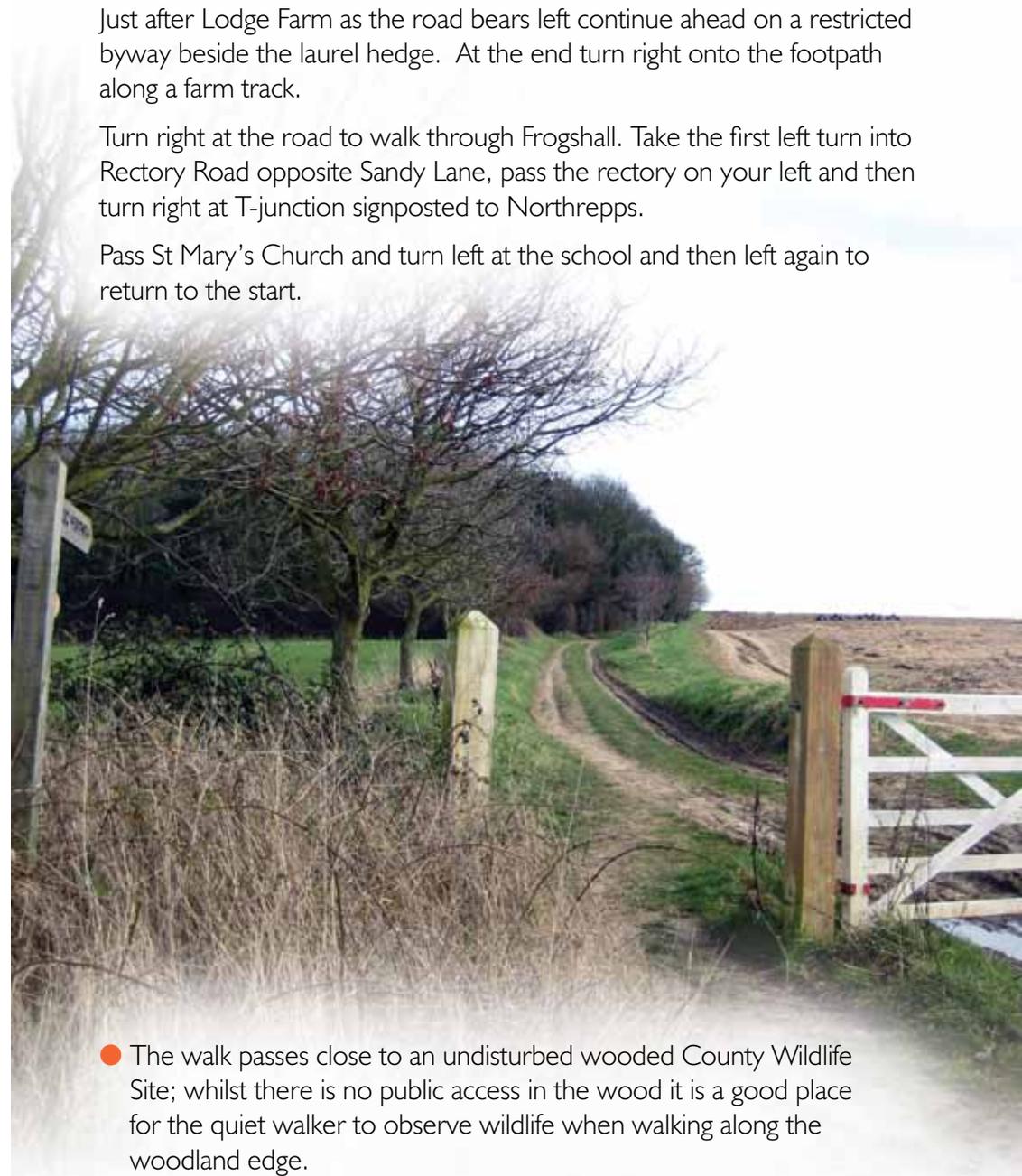
At the next footpath junction turn right (A short distance to the left is an information panel beside a pond explaining why it is named 'Shrieking Pits'). Follow the path initially towards and then adjacent to Fox Hills wood before descending to the road.

Turn right at the road beside Bridge Cottage then immediately right onto a 'Quiet Lane' towards Southrepps. Follow this for 1.1 miles down to Clapham Dams.

Just after Lodge Farm as the road bears left continue ahead on a restricted byway beside the laurel hedge. At the end turn right onto the footpath along a farm track.

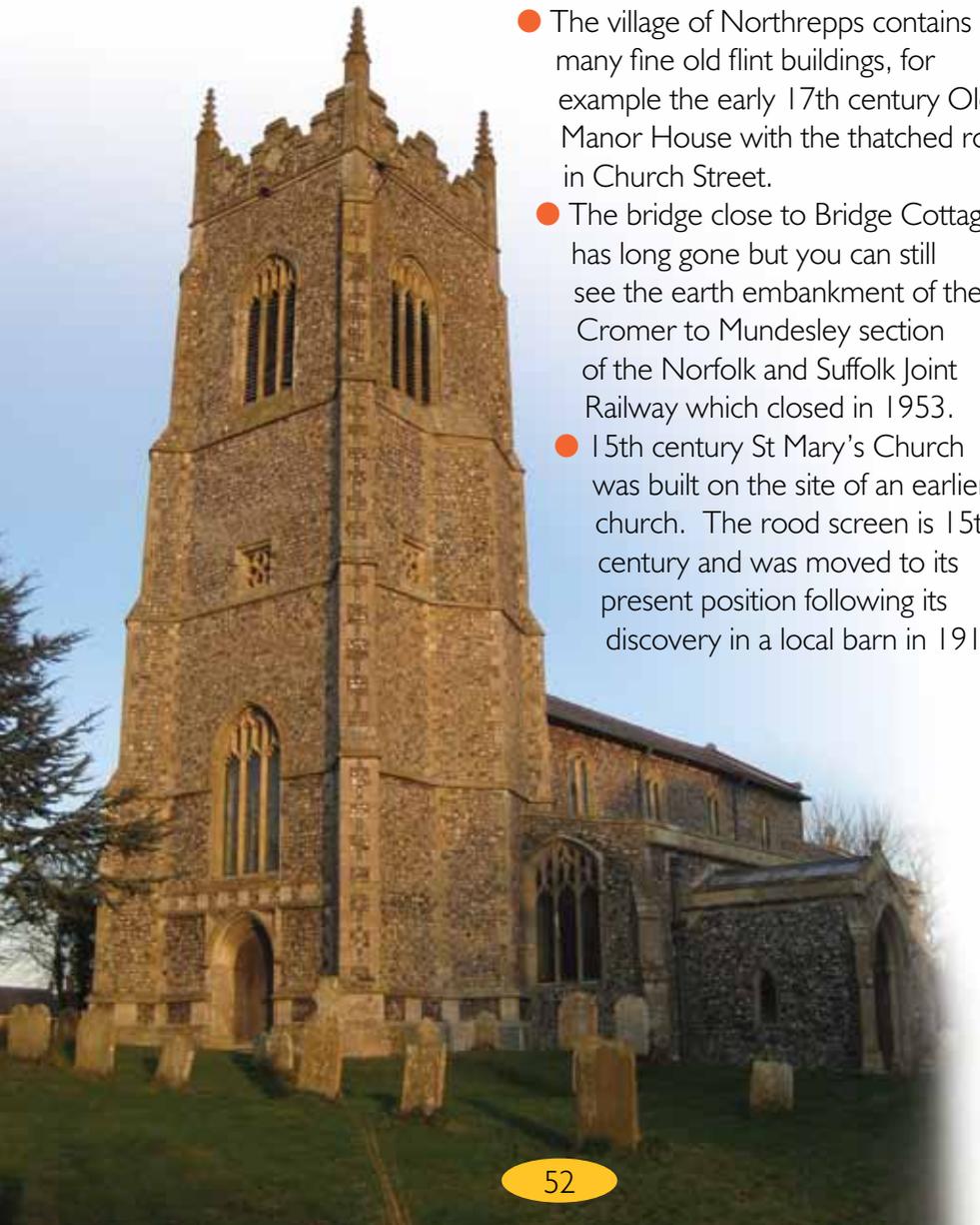
Turn right at the road to walk through Frogshall. Take the first left turn into Rectory Road opposite Sandy Lane, pass the rectory on your left and then turn right at T-junction signposted to Northrepps.

Pass St Mary's Church and turn left at the school and then left again to return to the start.



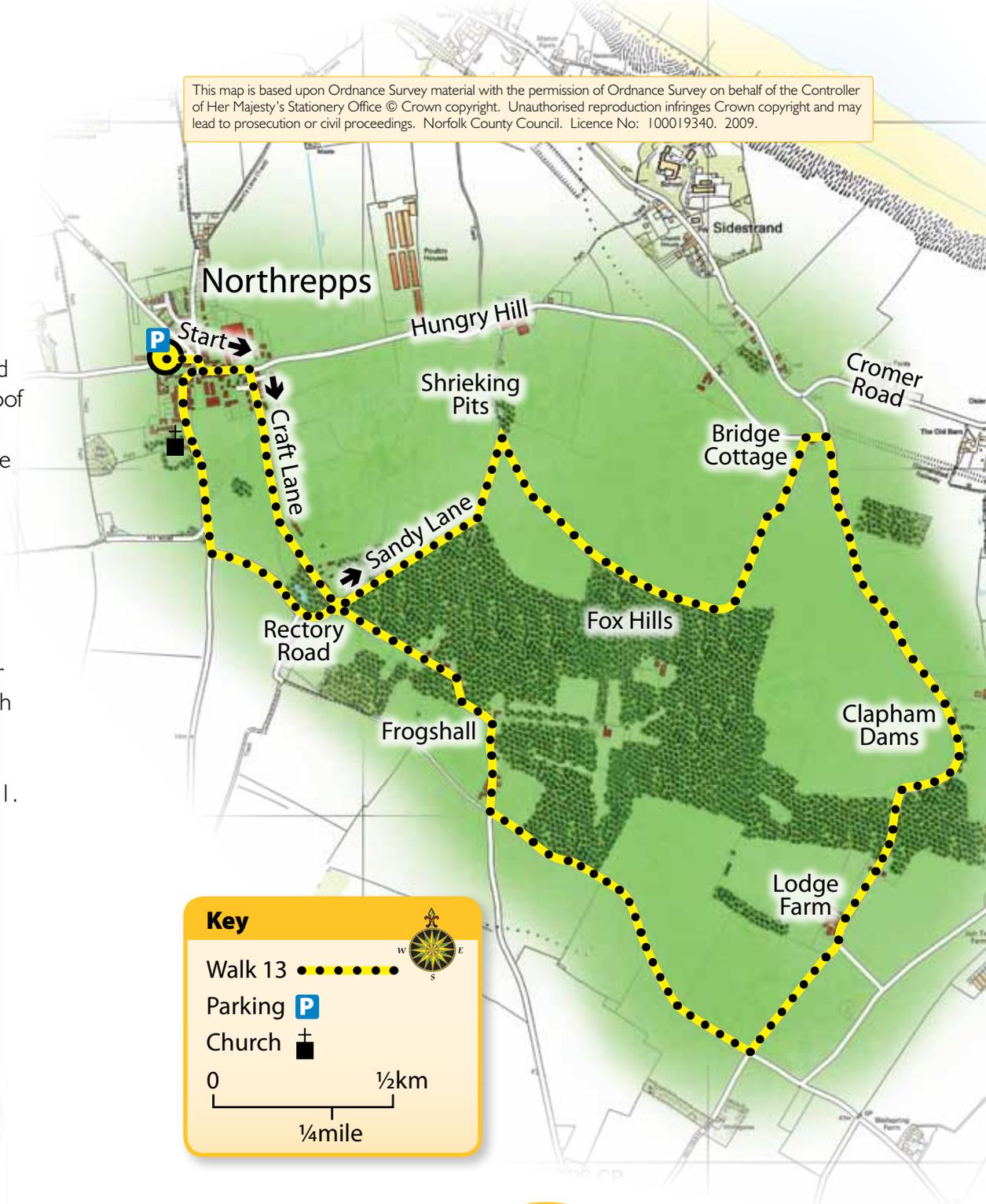
- The walk passes close to an undisturbed wooded County Wildlife Site; whilst there is no public access in the wood it is a good place for the quiet walker to observe wildlife when walking along the woodland edge.

This rural route is away from the busy coast and uses the network of 'Quiet Lanes'.



- The village of Northrepps contains many fine old flint buildings, for example the early 17th century Old Manor House with the thatched roof in Church Street.
- The bridge close to Bridge Cottage has long gone but you can still see the earth embankment of the Cromer to Mundesley section of the Norfolk and Suffolk Joint Railway which closed in 1953.
- 15th century St Mary's Church was built on the site of an earlier church. The rood screen is 15th century and was moved to its present position following its discovery in a local barn in 1911.

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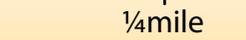
Key

Walk 13 

Parking 

Church 

0  1/2km

 1/4mile





Start point	Felbrigg Hall, Felbrigg • Grid reference TG194393
Parking	Pay & display car park, Felbrigg Hall
Distance	1.6 miles
Details	Moderate gradients, 80% all weather path  (wheelchair users need to be accompanied due to gradients), seasonal refreshments

Walk instructions

Start by the 'Woodland and Tree Walk' sign post and follow the blue arrows throughout this walk. Pass the walled garden and walk up one leg of the 'V' shaped path into the wood. Pause at the circular seat at the top of this path to read the information panel and to see the victory 'V' tree shape.

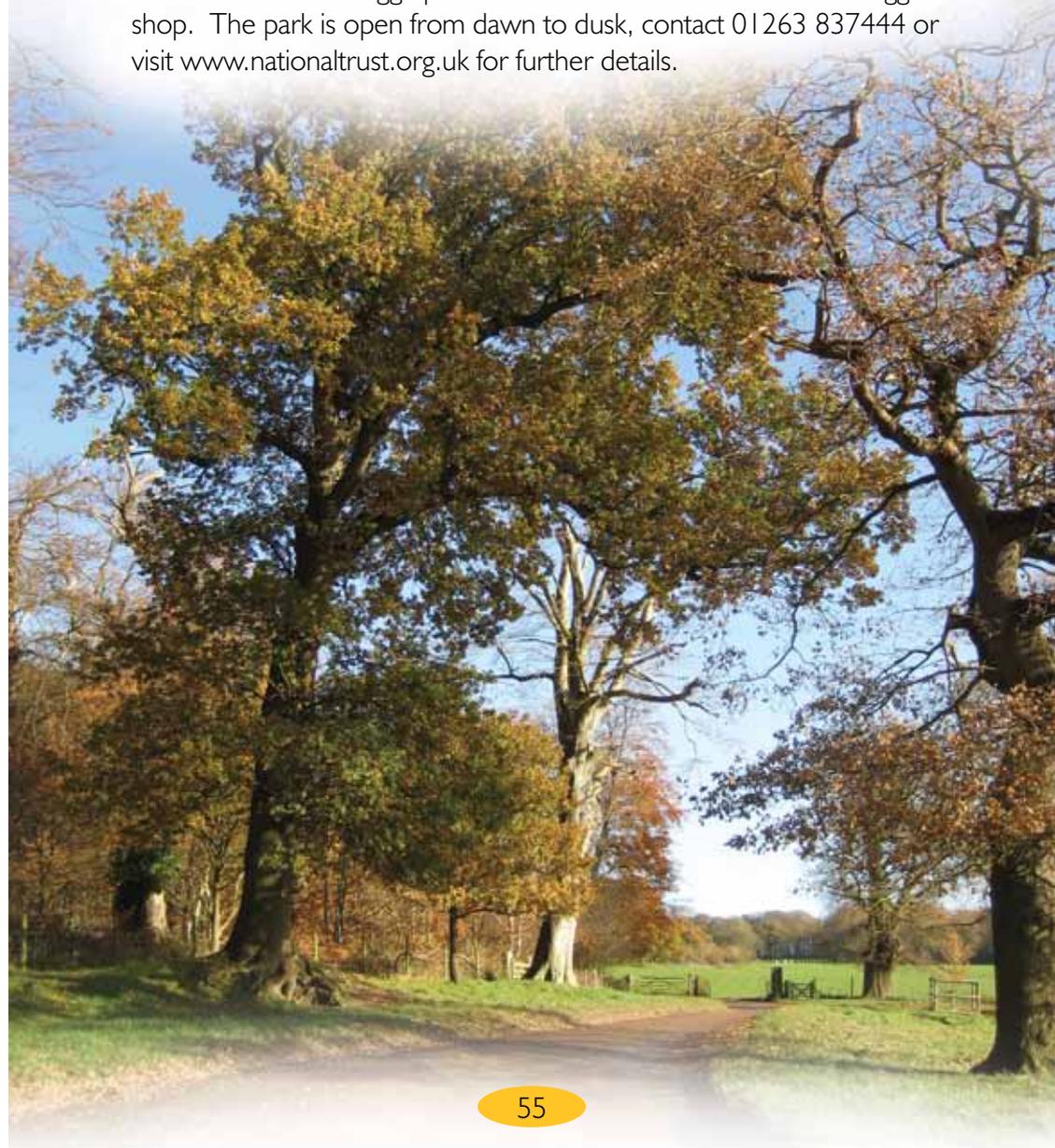
Ignore the other leg of the 'V', instead continue on the hard surfaced path through the woods. Look out for the ice house on the left, before walking down through the wood.

Turn left onto the tarmac drive beside Sexton's Gate Lodge, and follow the drive through the Old Deer Park, pass Felbrigg Hall to return to the start.



- Felbrigg Hall is a Jacobean manor house with a later wing built in the 17th century resulting in the striking contrast seen today. The park surrounding the hall gradually developed from a medieval deer park into a landscaped park. The Victory V wood was planted in the Great Wood to commemorate the end of World War Two.

- The importance of the trees in the Great Wood within Felbrigg Park are recognised in this designated Site of Special Scientific Interest; for more information on this fascinating woodland purchase a copy of The National Trust's Felbrigg Specimen Tree Trail leaflet from the Felbrigg Hall shop. The park is open from dawn to dusk, contact 01263 837444 or visit www.nationaltrust.org.uk for further details.



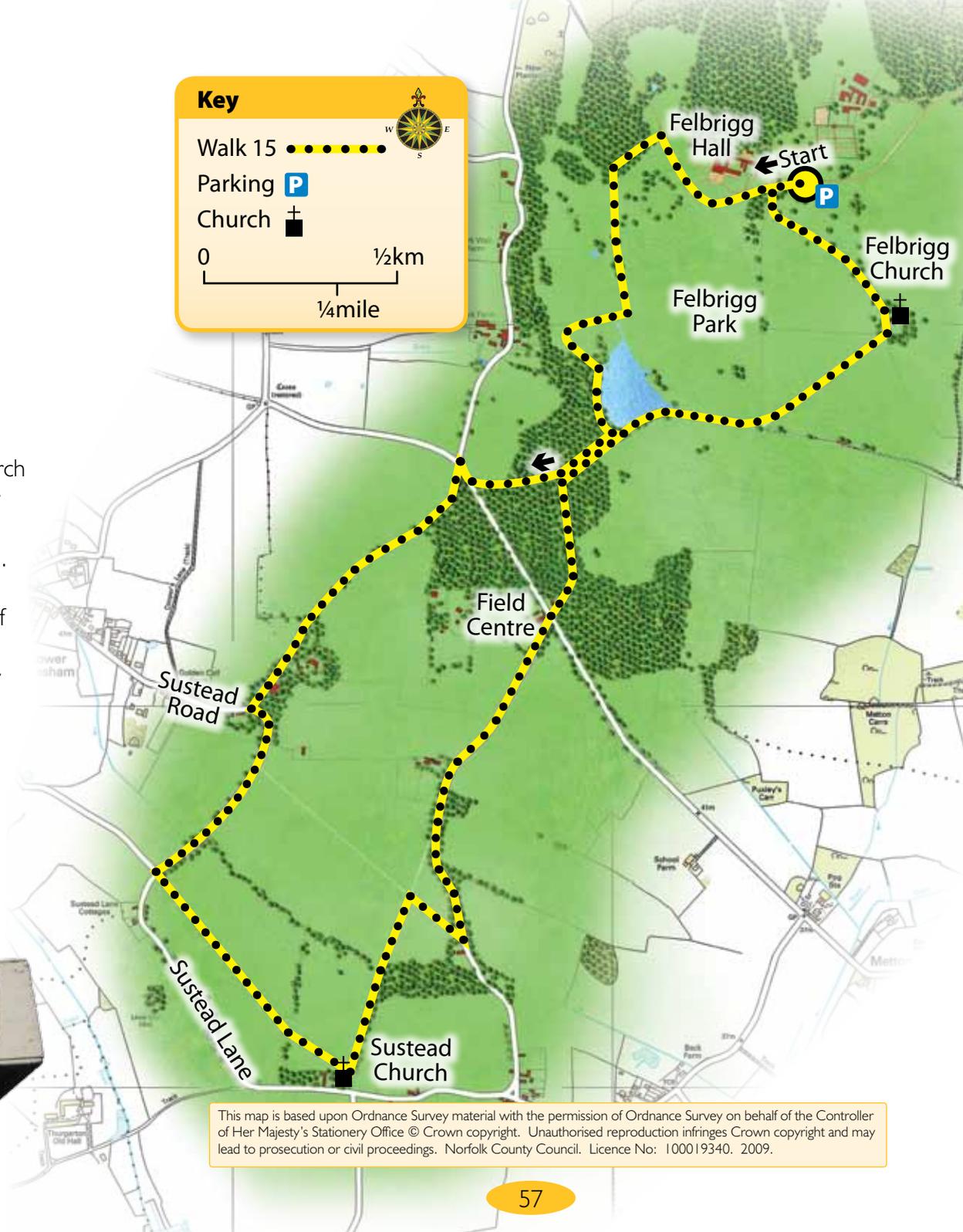
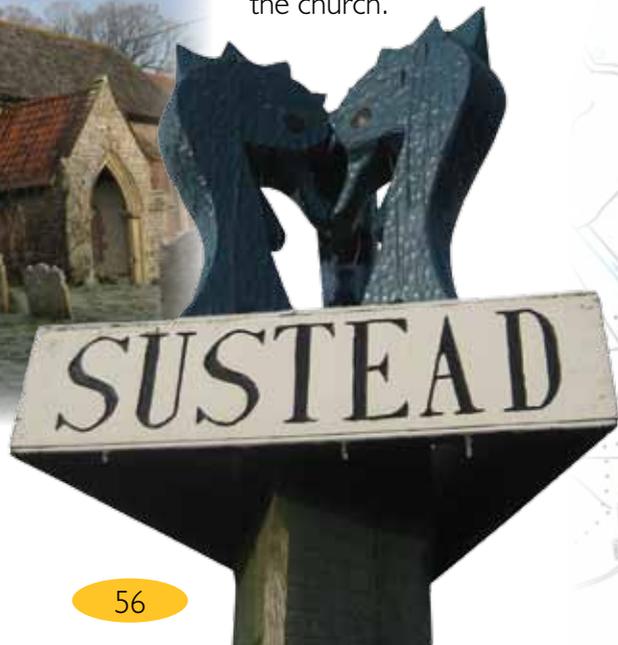
Felbrigg via Sustead and Felbrigg parish churches

Walk 14 Felbrigg Victory Wood and Old Deer Park (not shown on the map; just follow National Trust blue arrows)

A pleasant short 'all weather path' National Trust walk through Victory Wood in Felbrigg Park.

Walk 15 This final farmland walk links the two parish churches of Sustead and Felbrigg.

- St Peter and St Paul's church in Sustead is 14th century and built on the site of an 11th/12th century church. The round tower was built onto the west wall of this earlier building and, unusually, there is no way into the tower from the church.



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Felbrigg via Sustead and Felbrigg parish churches



Start point	As for walk 14
Parking	Pay & display car park, Felbrigg Hall
Distance	4.5 miles
Details	Moderate gradients, 80% soft  seasonal café

Walk instructions

Walk along the tarmac drive passing Felbrigg Hall on the right.

Turn left at the second gate and follow the Weavers' Way circular waymarks through the park. Pass the lake on your left, continue up the hill bearing left to walk beside the lake again and at the end turn right to follow Weavers' Way out of Felbrigg Park.

Turn right at the road, then immediately left onto a restricted byway. Bear right at Common Farm and turn left at the road.

Take the second left public footpath (opposite a road junction) and cross three fields to Sustead church. Turn right to visit the church.

To return to Felbrigg, retrace your steps through the small field behind the church. Leave Weavers' Way at this point and walk directly ahead across the field. Pass through a kissing gate, cross the bridge and walk through a second kissing gate.

In this large arable field, walk straight ahead on the cross-field footpath up the hill. Turn right in the middle of the field (just before the pole where three lines of overhead cables join together) to walk down to the road.

Turn left at the road, noting the Roadside Nature Reserve on the way back towards Felbrigg.

Cross the road at the T-junction beside the field centre in the Victorian school and re-enter Felbrigg Park.

Continue on the track through the wood down to the lake. Pass the lake on your left and bear right to walk up the hill. Go through the gate on the left after the flint wall, cross the corner of the meadow to the next gate and walk up to the church. After visiting the church, follow the white arrows across the field to the start point.



- The church of St Margaret within the grounds of Felbrigg Hall contains some interesting early brass memorials, including one to Sir Simon Felbrigg dated 1416.

- A quiet visit to Sustead church in the summer could be rewarded by the sight of nesting swallows. Look out for the Roadside Nature Reserve on the way back from Sustead; careful management with the help of Norfolk County Council/Norfolk Wildlife Trust partnership ensures a profusion of wild flowers during the summer.
- Weavers' Way is a 61 mile walk between Cromer and Great Yarmouth, for more details visit; www.countrysideaccess.norfolk.gov.uk



Useful contacts

Norfolk County Council

www.norfolk.gov.uk

Norfolk Heritage Explorer

www.heritage.norfolk.gov.uk

Norfolk Online

Access to Heritage

www.noah.norfolk.gov.uk

Norfolk Biodiversity Partnership

www.norfolkbiodiversity.org

North Norfolk District Council

www.northnorfolk.org

Cromer Town Council

www.northnorfolk.org/cromer

Poppyland Partnership

www.poppylandpartnership.co.uk

Sheringham Town Council

www.northnorfolk.org/sheringham

Sheringham Plus

www.sheringhamplus.co.uk

For details of museum opening times and admission charges contact:

Cromer Museum

01263 513543

www.museums.norfolk.gov.uk

RNLI Henry Blogg Museum

01263 511294

www.rnli.org.uk

Sheringham Fishermen's Heritage Centre

01263 824343

www.northnorfolk.org/sheringampreservation

Other walking ideas:

Norfolk County Council Countryside Access

www.countrysideaccess.norfolk.gov.uk

Norfolk Coast Path National Trail

www.nationaltrail.co.uk

Area of Outstanding Natural Beauty

www.norfolkcoastonb.org.uk

National Trust

Sheringham Park 01263 820550

Felbrigg Hall 01263 837444

www.nationaltrust.org.uk

Natural England

www.naturalengland.org.uk

For information on led walks in the area with the Fit Together scheme:

Active Norfolk

01263 516029

www.activenorfolk.org/fittogether

Public transport:

Traveline 0871 200 2233

www.travelineeastanglia.co.uk

Days Out in Norfolk

www.norfolk.gov.uk/daysoutbybusandtrain

For printed bus timetables call

0844 800 8003

Coast Hopper 01553 776980

www.coasthopper.co.uk

North Norfolk Railway

01263 820800

www.nnrailway.co.uk

Bittern Line

www.bitternline.com

0871 200 4950

Contact us...

If you have any comments regarding these walks, whether good or not so good – tell us what you think!

Write to: Norfolk County Council, County Hall,
Martineau Lane, Norwich, Norfolk NR1 2SG

Email: environment@norfolk.gov.uk

Phone: 01603 222769

- All information correct at time of going to press (October 2010)
- Printed on recycled paper using vegetable based inks



Going for a walk in natural surroundings is one of the easiest and most enjoyable ways to maintain good health, to relax, unwind and re-charge your batteries. This book has 15 walks of varying lengths, ideal to fit in with daily life.



The locations have been chosen to help you enjoy and appreciate our

Norfolk heritage, both natural and man-made, linking history to nature and health.



Enjoy the walks!

 **Norfolk** County Council



The Interreg 1VB
North Sea Region
Programme

