

## Points of interest



**1** Hunstanton beach is remarkable for its striking pink and white striped cliffs, formed from a combination of carrstone and white chalk. The rich variety of coastal plants and remote cliff edges make a great habitat for lots of birds and insects.

**2** The floral displays and traditional Victorian bedding within Esplanade Gardens have been a feature since the early 20th Century. These displays are funded and managed with the support of local volunteers, providing a warm sense of community pride.

**3** The bandstand in the centre of this sea view green hosts many free performances over the summer, from brass bands to country music. A great place to relax in 'Sunny Hunny'.

**4** The Princess Theatre originally opened in 1932 as The Capitol and was renamed in 1981 in honour of Princess Diana on her marriage to Prince Charles.

**5** As well as the war memorial, there is a memorial to the 31 people who lost their lives in Hunstanton during the 1953 floods when the sea came raging inland sweeping aside the sea defences.

## About this walk



This circular walk is approximately 1.25km along Hunstanton promenade, giving you the opportunity to take in the sea and beach, wide open green areas and a war memorial. This walk has a short slope to the memorial gardens.

This walk has features designed to be accessible for people living with dementia:

- **Flat hard surfaces underfoot, some slight gradients**
- **Wide walkways**
- **Regular seating during route**
- **No steps**
- **Refreshments at start point and cafes on route**
- **Toilets next to car park and starting point, and just before the war memorial**
- **Carpark 50m from start point for disabled badge holders**

## Experience more on your walk

Using our senses when we walk can help us connect with the world, jog our memory, and spark a conversation. Can you use all your senses on this walk? Here are some examples:

- **Listen:** Can you hear any birds? What do they sound like?
- **Smell:** What can you smell? How does it make you feel?
- **Sight:** Look up, look right, look left. What do you notice?
- **Touch:** Stop and touch something on your walk. Is it hard or soft? Rough or smooth? Warm or cold?

# Hunstanton Walk

An accessible walk suitable for people living with dementia

norfolk easy  
**ambles**








Photo Credit: © The Borough Council of King's Lynn & West Norfolk

Location: Hunstanton Library, PE36 5AL

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- Key
-  Start/Finish
  -  Parking
  -  Café/Restaurant
  -  Accessible Toilets
  -  Crossings



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