

Along the way

Overstrand was a very fashionable resort at the end of the 19th century, and still has a number of impressive buildings. Heading south from the car park, the route skirts the grounds of The Pleasaunce, a house and gardens built in the late 19th century by Sir Edwin Lutyens for Lord and Lady Battersea.

Leaving Overstrand, the route crosses the main road and the course of a disused railway (which is now a county wildlife site), that closed in 1953. From here it follows a track south through to Northrepps where the late medieval St Mary's Church is reached after walking through the village. Continuing southwest through open farmland the way crosses the route of the Norwich to Cromer railway before reaching Winspurs Farm where two large threshing barns dating from the late 18th century stand. These listed buildings are rumoured to have once been involved in smuggling in the Napoleonic period and the name may come from 'winning spurs' after completing two successful smuggling missions.

From Winspurs Farm the way leads east past Southrepps Hall, a mansion dating from 1722, before reaching the Norwich to Cromer railway line once more. After crossing the line, the way runs parallel to it for a short distance before heading east towards Southrepps village. Southrepps has the impressive flint and stone Church of St James with its richly decorated tower, one of the tallest in the county. Although still very imposing, the church would once have been even bigger before its aisles were demolished in 1791.

From the church the route leads north to a crossroads of tracks where it turns left to pass through the hamlet of Frogshall before following the wooded edge of the Templewood Estate, a County Wildlife site. It continues through rolling farmland to pass a tree-shaded pond known locally as 'The Shrieking Pit', a name associated with the local legend of a young woman who is said to have drowned here.

After crossing a road at Hungry Hill the way descends to the disused railway line, once a World War Two training area, before crossing the main Mundesley Road to go back into Overstrand and return to the start point.

Walk summary

A circular walk mostly along farm tracks and footpaths that ventures inland from the coast at Overstrand to take in picturesque rolling farmland, woodland and the quiet villages of Northrepps and Southrepps.

Getting started

This walk starts at the Overstrand Car Park (Pauls Lane TG248410) heading anti-clockwise.

Getting there

Bus service

Overstrand – Sanders 5 and 35B.

Bus stops Post Office (Overstrand)

Traveline enquiries: 0871 200 22 33

www.travelineeastanglia.co.uk

Maps and guides

Ordnance Survey Explorer Map 252, Norfolk Coast East, available from Ordnance Survey shop www.ordnancesurvey.co.uk/

What to expect

Mainly tracks and footpaths

Facilities

Pub, café, shops and accommodation in Overstrand

Pub, accommodation Northrepps

Pub, shop, post office, accommodation Southrepps