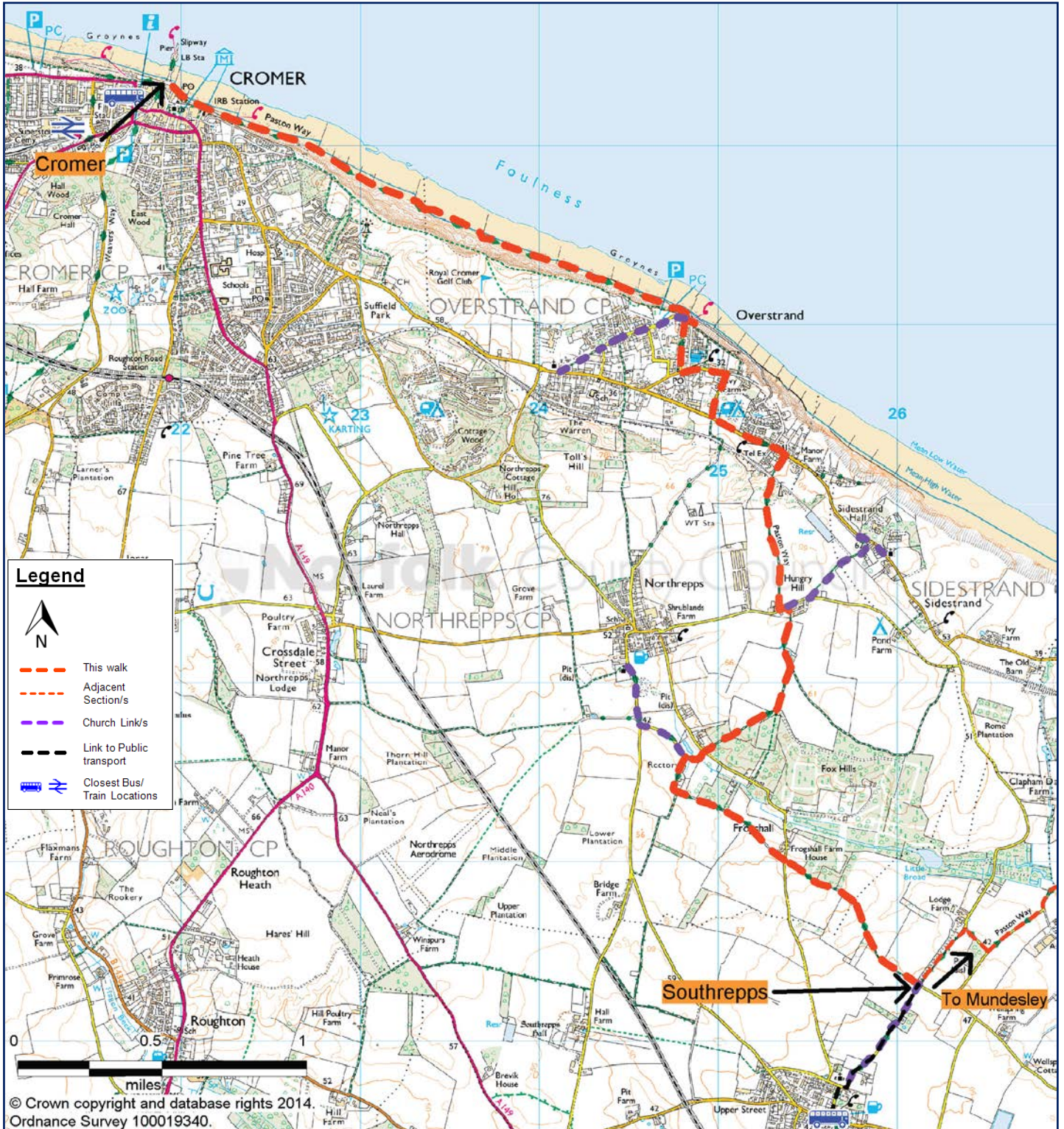


S1

Paston Way Short Walk 1 (of 4) Cromer to Southrepps

Length:
5.5 Miles *

* 10 miles with church links



Along the way

This walk begins at Cromer Pier, which was built between 1900 and 1901. Looking uphill from the pier entrance the tower of Cromer's St Peter and St Paul's Church, the tallest in the county can be seen. Leaving the pier, the route follows the beach southeast all the way to Overstrand beneath cliffs. These provide such an important habitat for a wide range of plants and insects that they have been designated as a Site of Special Scientific Interest (SSSI) and Special Area of Conservation.

At Overstrand, ramps lead up to the promenade and into the village (the second ramp is less steep). Overstrand was a very fashionable resort at the end of the 19th century, especially with wealthy Londoners, and is home to a number of impressive buildings. Heading south from the seafront, The Pleasaunce can be seen to the right, a house and grounds built in the late 19th century by Sir Edwin Lutyens for Lord and Lady Battersea. (To visit Overstrand's St Martin Church, take a mile detour (there and back) following Pauls' Lane and a public footpath.)

Leave Overstrand crossing the main Mundesley Road and a disused railway line, (once a World War Two training area), where the route follows tracks across gently rolling farmland. Look out here for typical farmland birds like yellowhammer and tree sparrow.

After crossing a road at Hungry Hill the way passes a pond surrounded by trees that is known locally as 'The Shrieking Pit'. This name is normally associated with the flooded pits of an ancient ironworking site, although here a local legend tells of a young woman called Esmeralda who is said to have drowned in the pond. (To visit Sidestrand's St Michael and All Angels Church, take a mile detour (there and back) north east from Hungry Hill following a public footpath along the edge of agricultural land).

Continuing along a farm track the route passes a wooded corner of the Templewood Estate, a County Wildlife Site with areas of ancient woodland, before changing direction to lead east through the hamlet of Frogshall to end at a crossroads just north of Southrepps. (To visit Northrepps' St Mary the Virgin church, take a 1.5 mile detour (there and back) along lanes North West from Frogshall. To visit Southrepps' St James Church take a mile detour (there and back) following a lane south west from the end point of this walk).

Walk summary

A varied walk following the beach along the coast between Cromer and Overstrand before veering inland through rolling farmland to finish close to the village of Southrepps.

Getting started

This walk starts at Cromer Pier (TG219423) and ends at Whitegates Road (TG261373) near Southrepps.

Getting there

Train Cromer Rail station

National Rail enquiries: 08457 484950

www.nationalrail.co.uk

Bus service

Cromer – various services.

Southrepps – Sanders 33.

Bus stops Cadogan Road (Cromer) and Vernon Arms on Chapel Street (Southrepps)

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

Country lanes, rural paths and farm tracks, beach walk between Cromer and Overstrand (**please check tide times**). Ramps to / from beach.

Facilities

Pubs, cafés, accommodation, shops, museums and parking in Cromer.

Pubs, cafés, accommodation and shops in Overstrand.

Pub, accommodation and shop in Southrepps.