

Cromer Esplanade and Pier



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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.

Sheringham Promenade



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.

