

Cromer via Overstrand beach walk



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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).

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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.

