

Sheringham via Beeston Regis Heath and Common



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Start point	Tourist Information Centre, Railway Approach, Sheringham • Grid reference TGI 57430
Parking	Adjacent pay & display car park
Distance	4.1 miles
Details	Moderate gradient, 60% soft    

Walk instructions

Start as for walk 8 up to the footpath from Church Lane between the railway line and the allotments. After the allotments turn right at the corner onto a vehicle track.

Turn left at the A149 and then almost immediately right into the tarmac lane at the Norfolk Coast Path acorn waymark post.

Turn right at the cottages, pass Beeston Hall School on your left and continue up the track towards the wood.

On reaching the wood and National Trust sign for Beeston Regis Heath, turn right at the fingerpost (along the grass in front of the cottage).

To explore Beeston Regis Heath walk up into the wood and bear right – there are lots of choices of paths through the heath, make sure you keep the sea on your right before walking down the steep path off Stone Hill to rejoin the walk on the bridleway near Briton's Lane.

Turn right at the end of the track onto Briton's Lane. Cross the road by the 30mph signs and turn left into Priory Close, follow the road round and turn left into Abbey Park. Turn right at the wooden fingerpost stating "footpath to the common" beside the Caxton Park sign.

Bear right just after entering Beeston Regis Common, then right again at the main path. Follow this public footpath across the common ignoring all other paths. Cross the bridge over a stream, pass a pond and seats on the left. Keep right at the notice board before exiting the common on Cromer Road.

Turn left, walk along Cromer Road for a short distance, then take the first right turn into Beeston Common Road and bear right almost immediately. As this road bears right, turn left onto the tarmac path beside the stream and retrace your steps to the start.



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An enjoyable walk out of the town connecting nearby heath and common land with a wealth of wildlife to watch.



- Vegetation has been cleared on Beeston Regis Heath to show a group of hills and hollows. These were pits where iron ore was dug and smelted, probably during the late Saxon and medieval periods.
- Beeston Regis Common is another Site of Special Scientific Interest. This biodiversity rich area is a result of the retreat of glaciers from the Ice Age; the Common is a mix of acidic heathland with areas of spring fed fen which contains many wetland plants now locally uncommon due to drainage.

● Adder
Photograph by
Liam Russell



- National Trust owned Beeston Regis Heath is managed by local volunteers. Adders, slow worms and common lizards live on the heath and might be seen basking in the summer sun; Sheringham Park visitor centre has more information on the heath.

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