

**S7**

# Norfolk Coast Path

## England Coast Path Stretch 1

### Short Walk 7 (of 7) Cart Gap to Sea Palling



Length:  
2.5 Miles



NATIONAL TRAIL



Norfolk Coast Path



Norfolk County Council

## Along the way

This walk offers two options – along the beach all the way, or a slightly more inland route that takes in arable fields, pasture and patches of scrub. Both routes skirt Marram Hills county wildlife site, which includes the foreshore and coastal sand dunes along with the small adjacent areas of scrub, fen and grassland on the landward side. (Please keep to the paths when walking near the dunes, as they are very sensitive to erosion from trampling).

Before reaching Marram Hills, the way passes the pre-war bungalows and holiday homes of the Bush Estate at the small settlement of Eccles-on-Sea. The sea wall here incorporates a pillbox left over from World War II defences. Another World War II pillbox can be seen further on alongside a track just to the west of the caravan site beyond Castle Farm.

A fishing village once stood in the area around North Gap at Eccles but this was abandoned by the early 17<sup>th</sup> century when it became engulfed by the sea. The round tower of the former village's St Mary's Church remained standing until 1895 when it finally succumbed to a storm. No remains can be seen today apart from foundations exposed at low tides. The site of the former village also lies under sand, although parts of it are occasionally revealed by tidal action. Medieval objects have been found in the area and occasionally human bones from the old churchyard are also exposed.

Continuing east, either along the beach or inland along a track next The Eyrie, a small plantation, brings you to Sea Palling at the end of the village's main street. Sea Palling is a small holiday resort with a Blue Flag Award beach that is excellent for swimming. Seals are often seen in the sea here and a humpback whale was spotted out to sea in 2013, so it is worth keeping a lookout. Like much of the Norfolk coast, the village was very badly affected by the floods of January 1953 – a memorial plaque to the seven villagers who died can be seen in the village's St Margaret's Church. In response to these devastating floods, nine offshore reefs were created in 1995 to serve as protection for this vulnerable part of the coast.

### Walk summary

A short coastal walk that offers two options, either along the sandy beach or a little way inland along tracks close to the shore. Depending on tides, both options could be combined to provide a circular walk of around five miles.

### Getting started

This walk starts at Cart Gap car park (TG397299) and ends at Beach Road, Sea Palling (TG429274).

### Getting there

**Bus Service:** Sea Palling – Sanders 34 and 36

**Bus Stops:** Adj Hall Farm on The Street (Sea Palling)

Traveline enquiries: 0871 200 22 33.

[www.travelineeastanglia.org.uk](http://www.travelineeastanglia.org.uk)

### Maps and guides

Ordnance Survey Explorer Map 40, The Broads, available from Ordnance Survey shop

[www.ordnancesurvey.co.uk](http://www.ordnancesurvey.co.uk)

### What to expect

Hard and soft sand and dunes (beach option), or lanes and tracks (inland option).

### Facilities

Café at Cart Gap, Pubs, cafés, shops, post office and accommodation in Sea Palling.