

S2

# Norfolk Coast Path England Coast Path Stretch 1 Short Walk 2 (of 7) Sheringham to Cromer



Length:  
4.5 Miles



## Along the way

Starting at the top of Sheringham High Street, this route follows the sea front before leaving the town to pass over the top of an isolated hill, known as Beeston Bump, from where there are excellent views out to sea and inland. Beeston Bump is a part of Cromer Ridge, a range of low hills left behind when the glaciers retreated at the end of the last Ice Age between 15,000 and 10,000 years ago. The hill was used as the location for a top secret 'Y' listening station during World War II and the concrete remains of this can be seen on top of the hill. The area is a geological Site of Special Scientific Interest that also has rare plants. This is also a good spot to see rare bird migrants. Seabirds like skuas, gannets and shearwaters can sometimes be seen out to sea here, as can common porpoises.

The way continues along the top of Beeston Cliffs next to a caravan site. A short diversion south will bring you to the medieval clifftop church of All Saints' at Beeston Regis, which contains a magnificent 15<sup>th</sup>-century rood screen.

Continuing eastwards along the cliff path you pass West Runton Cliffs, a Site of Special Scientific Interest and an internationally important location for vertebrate fossils. The famous West Runton Elephant, an extinct species twice the weight of an African elephant, was discovered here in 1990 following a storm that revealed a huge pelvic bone. Later excavations in 1992 and 1995 recovered more of the skeleton – a few bones from this can be seen in Cromer Museum and in the Castle Museum, Norwich.

From West Runton Cliffs the path swings inland along East Runton High Street and past caravan parks to reach Cromer sea front where there is a sea wall and promenade. The cliffs here provide nesting sites for fulmars. The promenade leads to Cromer Pier, which dates from the beginning of the 20<sup>th</sup> century. The pier has been damaged several times during its life but it still retains its lifeboat station and end-of-the-pier Pavilion Theatre.

### Walk summary

This coastal walk leaves Sheringham to climb over Beeston Bump and follow the cliff path past West Runton before heading inland a short way. Continuing east at East Runton, it soon arrives at Cromer sea front where it ends at the pier.

### Getting started

This walk starts where Sheringham High Street meets the promenade (TG159434) and ends at Cromer Pier (TG219423).

### Getting there

**Train:** Sheringham Rail Station, Cromer Rail Station  
National Rail enquiries: 08457 484950.

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

### Bus Service:

Sheringham – Norfolk Green Coasthopper, Sanders X44, Konectbus 2

Cromer – Norfolk Green Coasthopper, Sanders X44, Konectbus 2

Bus Stops: Railway Approach (Sheringham) and Cadogan Road (Cromer)

Traveline enquiries: 0871 200 22 33.

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

### Maps and guides

Ordnance Survey Explorer Map 252, Norfolk Coast East, Cromer & North Walsham, available from Ordnance Survey shop [www.ordnancesurvey.co.uk](http://www.ordnancesurvey.co.uk)

### What to expect

Mainly grassy clifftop paths with paved paths along sea front. There is a short easy climb up to Beeston Bump. Short stretches on pavement alongside busy road.

### Facilities

Pubs, cafés, tearooms, accommodation and shops in Sheringham and Cromer