

# Norfolk Coast Path

## England Coast Path Stretch 1

### Short Walk 3 (of 7) Cromer to Overstrand



## Along the way

The walk starts at Cromer Pier, built at the beginning of the 20<sup>th</sup> century, which houses both the offshore lifeboat station and the end-of-the-pier Pavilion Theatre. Leaving the pier, the way leads east past the restored inshore lifeboat house at the foot of The Gangway, a raised roadway with a flint retaining wall.

A little further on is the RNLI Henry Blogg Museum, an institution devoted to the history of the Cromer Lifeboat and the town's famous coxswain, Henry Blogg. Fishing boats usually occupy the beach in front of the museum, part of a small fleet responsible for catching Cromer's highly prized crabs. The route continues behind the museum and climbs gently before descending to the beach from the cliff.

The Overstrand Cliffs that tower above the beach are a designated Site of Special Scientific Interest and considered to be the best example of a soft cliff habitat in East Anglia. The cliffs, which are up to 70m high and composed of sands and clays from the Pleistocene period and subject to erosion and cliff falls, are important for plants, insects and other wildlife. The stable grassland on the top of the cliff is also of ecological importance. Cromer Lighthouse, an octagonal building built in 1833 to replace an earlier lighthouse to the north, sits on top of the cliffs a little way inland.

Continuing along the beach at the base of the cliffs this walk comes to an end on reaching the western end of Overstrand's promenade. Like Cromer, the village was also once a crab fishing centre but Overstrand became better known as a popular destination for wealthy Victorians in the late 19<sup>th</sup> century when this part of the Norfolk coast was promoted as 'Poppyland'. As a result, Overstrand became known as 'the village of millionaires' and there are several grand buildings in the village that date from this period. Both Overstrand Hall and The Pleasaunce in the village were designed by Sir Edwin Lutyens. Gertrude Jeckyll is also said to have had a hand in designing the gardens of the latter.

### Walk summary

This short walk along the beach between Cromer and Overstrand follows the base of soft cliffs that are rich in wildlife. Excellent views along the Norfolk coast are to be had in both directions.

### Getting started

This walk starts at Cromer Pier (TG219423) and ends at Overstrand at the western end of the prom (TG248410).

### Getting there

**Train:** Cromer Rail Station

National Rail enquiries: 08457 484950.

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

**Bus Service:** Cromer – Norfolk Green Coasthopper, Sanders X44, Konectbus 2  
Overstrand – Sanders 5

**Bus Stops:**

Cadogan Road (Cromer) and Post Office (Overstrand)

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

Surfaced urban paths, pebbles and hard sand on beach. There is a concrete ramp at Overstrand.

### Facilities

Pubs, cafés, tearooms, accommodation and shops in Cromer and Overstrand.