



Walks for all Cromer seaside

Walks for all are a selection of easy access walks that aim to provide the opportunity to experience the Norfolk Coast Area of Outstanding Natural Beauty for everyone including the less able, wheelchair users and families with buggies.

A chance to enjoy the sea air and views whilst having all the facilities a town can offer close at hand with seafront and clifftop walks on paths suitable for all wheelchairs and buggies

Cromer has a wealth of character and history, much based around its fishing heritage and lifeboats and there is plenty to see and do for all the family. Look on-line or call into the Tourist Information to find out more on how to get the most of your visit to the town.

Cromer along with neighbouring Sheringham and the Hunstanton to Heacham walks are 'town' based and suitable for all. They have been added to compliment the selection of AONB countryside experiences.

Here there is a mile long seafront esplanade with the iconic Cromer pier with its theatre and lifeboat house at the centre and where the fishing boats are launched from the beach. At the eastern end is a backdrop of colourful beach huts contrasted by the rugged cliff coastline views stretching out beyond. At the western end the cliffs continue through the Runtons to Sheringham. Above and running parallel is the clifftop walk from Runton Road car park alongside Westcliffe gardens, passing through the town before rising gently up into 'Happy Valley' with its panoramic clifftop views and Cromer Lighthouse sitting up behind.

Suitability checklist

Distance: Seafront esplanade and the clifftop paths are **each about a mile in length (1600m)**, options to link them as well as explore Cromer. Depending on your mobility and energy further opportunities exist.

Accessibility: Lower esplanade is fully surfaced and level, the upper clifftop route has some gradient each end from the town. Varying gradient slopes provide access down to the lower esplanade (manual wheelchair users will depend on those assisting or consider using disabled parking on the esplanade).

Gates and barriers: No physical barriers although off route some town streets and pavements are narrow, a cobbled slipway and open slatted pier.

Facilities: Full range of facilities, variety of shops

Seats: Good selection along both routes

Planning your visit: Map Ref: 133: TG193394; Postcode NR11 8PR

Open: All year round (some businesses seasonal)

Public transport: Many bus services, Bittern Line train from Norwich

By bike/walking: On Norfolk Coast Cycleway and Coast Path

Dogs: On routes yes. Some beach and premises restrictions

Site contact: District Council www.north-norfolk.gov.uk; Tourist Information open all year Tel: 01263 512497

Walk instructions

No specific starting point required although only visitors using Runton Road car park will be able to commence at an end point indicated on these linear 'there and back' walks. There is limited parking for disabled badge holders on the lower esplanade but it is assumed users will be joining all along the routes so just a summary of each is provided.

Esplanade: Flat and simple to find your way along either east or west—walk until the concrete surface ends – if you are tempted and able to continue on the beach just be aware of the tides!

Explore more . . . central is the Pier with its Pavilion theatre and lifeboat house so if you can cope with the open slat boarding why not explore, maybe have some refreshments or take in a show.

East of the Pier there is the slipway to the beach, fishing boats and their launch tractors and a multi-coloured array of beach huts. The Coast Path extension to Overstrand along the beach offers a geological spectacle of the cliffs but not chair/buggy suitable (checking of tide times is essential).

By taking one of the paths up to the clifftop you can then continue your walk to take in the panoramic views. Unless you like steps ignore the Norfolk Coast Path waymarker and return to the fishing boats where there is a more gentle zig-zag slope up to North Lodge Park.

Continued next sheet. . .

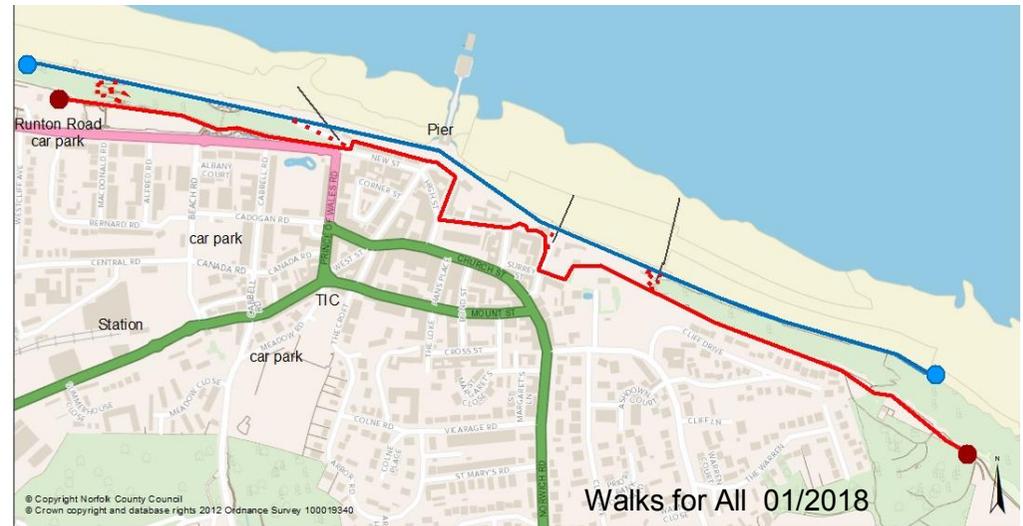


Western end



Eastern end

Cromer seafront



BLUE line indicates route of lower esplanade and RED the upper route.

Below: sloped access points between upper and lower levels indicated by red dotted lines. Disabled parking zone arrowed.



The Norfolk Coast Area of Outstanding Natural Beauty (AONB) is one of 46 AONBs in England and Wales, which together with 15 National Parks comprise our finest landscapes, rich in wildlife and cultural heritage.

Cromer continued . . .

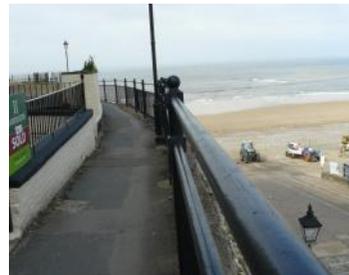
Promenade – Runton Road to Happy Valley:

[route description is west to east]

Following the clifftop promenade from Runton Road car park towards the town centre alongside Westcliffe Gardens (right) with views out across the Pier, beach and open sea. On entering the town you have option to take the access road down to the Esplanade or to continue ahead into the town (New Street) or the clifftop path. When you reach a point directly overlooking the pier in Jetty Cliff there is another path down the cliff, to continue along the promenade walk you'll need to take either High Street or Jetty Street towards the Church which enters Tucker Street by Barclays Bank. Follow Tucker Street (one-way traffic) to East Cliff and then a path around to the top of the cobbled slipway.



progress will become difficult. There are views of the Lighthouse from this point and if the path suits you then explore a little further. This clifftop path would eventually take you alongside the golf course and into Overstrand.



Path from East Cliff through to the slipway and across into North Lodge Park



Explore more . . . Maybe take a look around the Henry Blogg Lifeboat Museum, the Rocket House Café lift links the between North Lodge Park and the seafront below.



Crossing the slipway continue into North Lodge Park and follow the footpath up into Happy Valley (about 550 metres). This section has a gradient but is a good width and with frequent seats. At the top you enter the area known as Happy Valley by the Coastwatch lookout and for wheelchairs and buggies you can continue for about 200m before the surfaced path ceases and



Path up into Happy Valley has benches to rest and take in the views



A gentle sloped path from North Lodge Park down to the esplanade below but (above right) is the steeply stepped coast path to the clifftop



(above) After the surfaced path into Happy Valley ends a number of variable quality tracks exist for the adventurous!

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