

# Norfolk Coast Path Guided Trail Holiday

**Tour Style:** Guided Trails

**Destinations:** Norfolk & England

**Trip code:** XNLDW

**Trip Walking Grade:** 2



## HOLIDAY OVERVIEW

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The Norfolk coastline is a designated area of outstanding beauty, internationally renowned for its prolific bird life. It has some of the finest salt marshes and sand dunes in Europe. Famous nature reserves passed on our route include Holme Dunes, Scolt Head, Blakeney and Cley Marshes.

## WHAT'S INCLUDED

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- Full Board en-suite accommodation
- Experienced HF Holidays Walking Leader
- All transport to and from walk

## HOLIDAYS HIGHLIGHTS

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- Walk from the great cliffs of Hunstanton to the Edwardian resort of Cromer

- Wide skies and stunning panoramas across the rolling waves of the North Sea
- See the amazing bird life in this designated area of outstanding beauty along the Norfolk Coast
- Rich history unfolds as you pass quaint old harbour villages, salt marshes and sand dunes

## TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 2. Although there is little ascent the average daily distance is about 10 miles. Most of the trail is on good paths but there are sections of beach walking and some walking on shingle. It is your responsibility to ensure you have the relevant fitness required to join this holiday. A sustained effort is required to complete this trail and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent as listed below. The walking day is normally 6 to 7 hours. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace. It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.



## ITINERARY

### Day 1: Arrival Day

Check-in is available at the Caley Hall Hotel from 1500. Your leader will be at reception at 18:30 to meet the group and for a quick introduction to the holiday before dinner.

### Day 2: Hunstanton To Brancaster

Leaving Hunstanton, with its famous striped cliffs, we pass through Holme Dunes where The Wash meets the North Sea. Look out for the flowers of the early and southern marsh orchids and marsh helleborines in the dune slacks. The Dunes are renowned for rare birds, especially in spring and autumn when migrating birds are blown off course by strong easterly winds; there is a useful visitor centre. From Thornham we head inland through a lonely landscape, before approaching Brancaster, a popular sailing centre. It once had a regular sea trade in coal and grain and what is believed to have been one of the largest malthouses in the country.

10 miles (16km) with minimal ascent.

### Day 3: Brancaster To Holkham Gap

From Brancaster we head into Nelson country, a world of birds, creeks, wind and sky. England's famous hero, Horatio Nelson was born at Burnham Thorpe in 1758 and the area oozes the maritime theme, with inns such as the Nelson, the Victory and the Trafalgar. We can imagine him as a young lad rowing his boat along the creeks and through the reed-beds that we pass. At Burnham Deepdale we follow the wide sweep of the sea bank stretching towards Scolt Head and Gun Hill before the marvellous vista of Holkham Bay opens up before us. It is the largest nature reserve in England and Wales, comprising grazing marsh, salt marsh, sand dunes, woodland and foreshore. We finish at Holkham Gap where there is a new eco-friendly café and Visitor Centre.

10 miles (16km) with minimal ascent.

### Day 4: Holkham Gap To Blakeney

An easy walk takes us to Wells-next-the-Sea, where there should be time for a coffee or a stroll around. On leaving Wells along paths of springy turf, salt marshes begin to dominate the landscape. The flint village of Stiffkey is only 1km off our footpath and famous for its cockles known as 'Stewkey Blues', which used to be gathered by the women of the village, until the fishery declined in the 1950's. Traces can be seen here and there. Continuing along the coast is Morston village with its traditional pub, and as the footpath zig-zags alongside Agar Creek, the cobbled cottages of Blakeney come into view. This erstwhile trading port is a fine place to end the day.

10 miles (16km) with minimal ascent.

### Day 5: Blakeney To Weybourne

We set off along the top of the sea bank, curving out towards Blakeney Eye with stunning views and a sense of solitude. The trail turns inland alongside marshland which was once open sea, as the name of our next port of call, Cley-next-the-Sea suggests. With its distinctive windmill this was formally a port where wool from Norfolk sheep was shipped to the Low Countries in the 13th century. From Cley the sound of waves is our constant companion and exquisite vegetation such as sea holly and yellow horned poppy may be spotted. A stretch of shingle walking signals we are nearly at the end of our day. The water is extremely deep here and is the only place on the Norfolk coast thought to be deep enough for submarines to approach in World War II. A short walk brings us to Weybourne, an old-world village with flint houses.

9 miles (14.5km) with minimal ascent.

### Day 6: Weybourne To Cromer

Our final walk commences with an energising cliff walk to Skelding Hill and the old coastguard lookout. The views are impressive, as we start our descent to Sheringham. Sheringham is renowned for its lobsters, crabs and whelks, and fishermen still set their crab pots as they have done for generations. With no natural harbour the boats are hauled up on to the beach with their catch. Beeston Hill marks the end of our coastal walking for a stretch as we head inland up to Beacon Hill with views back through woodland to the sea. Walking through the forest we reach the highest elevation in Norfolk at 105 metres (346ft). Dropping back to the sparkling sea of Cromer, a short walk along the front takes us to Cromer pier where we can celebrate our journey's end.

9 miles (14.5km) with 700 feet (210m) of ascent.

### Day 7: Departure Day

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## ACCOMMODATION

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### Caley Hall Hotel, Old Hunstanton - Norfolk Coast Path

The original manor house at Caley Hall dates back to 1648 and was home to the Le Strange steward from 1842-57. The stables and outbuildings were converted to provide 40 comfortable and well equipped chalet style bedrooms in 1976. Close to Old Hunstanton beach and near to Hunstanton Golf Club, Caley Hall Hotel is the ideal location. All rooms have digital flat screen television (with radio channels) and alarm clock, WiFi, direct dial telephone, tea and coffee making facilities, iron and ironing board and a hairdryer

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## USEFUL HOLIDAY INFORMATION

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### Holiday Information

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

### Food & Transport

#### Packed lunches

Our packed lunches will be too much food for some and not enough for others, if you feel you might need more food during the walk, please bring a supply of snacks to supplement this – it won't always be possible to buy these on the route. Your packed lunches will include: bread sandwiches or rolls with a choice of filling; some fresh fruit; fruit cake/flapjack or similar, crisps and/or yoghurt, fruit, biscuits.

#### Dietary Requirements

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

#### Luggage Transfers

When you change from one Hotel to another we will arrange for your luggage to be transferred for you. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully with a maximum of 20 kilos. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful. Please make sure your bags are clearly labelled with your name and "HF Holidays".

### Joining Instructions

#### Travel

The nearest train station to Old Hunstanton is Kings Lynn. For train times and route planning visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or call 03457 484950. From Kings Lynn, you can either take the Coastliner bus to the hotel, which takes approx. 40 minutes, or a taxi. There may be taxis available outside the train station or you can book one in advance by phoning Paul Cross Travel: 07769 511991.

Timetables for the Coastliner bus can be found at: [www.lynxbus.co.uk](http://www.lynxbus.co.uk) or by phoning: 01553 611955.

Alternatively, you can leave your car in the hotel car park whilst you are resident at the hotel.

## Essential Information

### Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment need to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Waterproof walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast-drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for a hot drink
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

### Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent
- Sun hat
- Sunglasses
- Sun cream
- Camera

## Useful Information

### Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

### In The Event Of A Problem

If you become separated from the party, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

#### Suggested Reading and Maps

Your leader will carry all the necessary maps and guides. For your own interest you may consider looking at any of the following:

[www.nationaltrail.co.uk/peddars-way-and-norfolk-coast-path](http://www.nationaltrail.co.uk/peddars-way-and-norfolk-coast-path)

*Peddars Way and Norfolk Coast Path (National Trail Guide)*

*Peddars Way and Norfolk Coast Path – (Trailblazer Guide)*

*OS Maps: Explorer 250, 251 and 252*

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

### NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### MANAGE MY BOOKINGS

Payments can also be made through the [Manage My Booking](#) function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## YOUR FINAL BALANCE

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on [01702 427 236](tel:01702427236) or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## PEACE OF MIND

### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

## TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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