

Norfolk Coast Path Guided Trail Holiday

Tour Style: Guided trails

Destinations: Norfolk, United Kingdom & England

Trip code: XNLDW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

Drenched in maritime history and boasting a wealth of wide sandy beaches and wildlife-rich tidal marshes, the Norfolk coast has earned its National Landscape status. This guided walking holiday takes you along the best of the Norfolk Coast Path National Trail, from Hunstanton to Cromer. There are dramatic cliffs to marvel at, medieval ports to explore, and beautiful beaches to cross. You'll also get to spot thriving birdlife where The Wash empties into the North Sea and visit Brancaster - the village where British naval hero, Horatio Nelson grew up.

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader

- All transport to and from walks where necessary

HOLIDAY HIGHLIGHTS

- Walking from the cliffs of Hunstanton to the seaside resort of Cromer
- Soaking up stunning panoramas over the North Sea
- Spotting rare birds in a host of nature reserves
- Exploring quaint harbour villages, salt marshes, and sand dunes
- Learning about the areas links to Admiral Nelson
- Staying in our carefully-selected partner hotels
- A more personalised experience thanks to small group sizes (maximum 15 people)

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 Le Strange Arms 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 Scott 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, and a deviation from the official coast path to explore some of Norfolk's beautiful countryside. 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

ACCOMMODATION

2025 - Le Strange Arms, Old Hunstanton

The Le Strange Arms boasts an enviable location just a stone's throw from the sea. A traditional hotel full of character and charm, the hotel offers 40 comfortable en-suite rooms complete with flat screen TVs and Wi-Fi, plus tea and coffee making facilities and a hairdryer. There are excellent views of the coast throughout and manicured lawns leading down to the sands of Old Hunstanton beach.

USEFUL HOLIDAY INFORMATION

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.

In the hopefully rare event of any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the problem.

Essential Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)

- Wallet/purse
- 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 holiday 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 your group, 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 and 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.

If you have any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the 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

Peddars Way and Norfolk Coast Path (National Trail Guide)

Peddars Way and Norfolk Coast Path – (Trailblazer Guide)

OS Maps: Explorer 250, 251 and 252

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.

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