



Norfolk Coast Path

The Norfolk coastline is a designated area of outstanding beauty and is 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.

Travel

Holiday Start

As this holiday starts and finishes at two different points, travelling by train may be the most convenient method of travel. The nearest train station to Old Hunstanton is Kings Lynn.

For train times and route planning visit www.nationalrail.co.uk or call 03457 484950.

Travel from Kings Lynn

To reach Old Hunstanton, you can either take the Coastliner bus, which takes 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 or by phoning: 01553 611955

Holiday Finish

Your holiday finishes in Cromer, where there is also a train station (approximately 450 metres from your hotel). There are hourly trains from Cromer to Norwich where you can then connect to the wider train network.

Travel by car

You can leave your car in the hotel car parks whilst you are resident at each hotel, but you cannot leave your car at either Hotel for the duration of your holiday and therefore you will need to move your car halfway through your holiday. Your leader will help you to manage this. We propose that you drive your car to the start of the walk at Holkham Gap

on Tuesday morning and leave it in the car park (charge payable locally). At the end of the day we will return you to Holkham Gap so that you can then continue the drive to your hotel in Cromer.

Once you have made your travel arrangements, please contact us on 020 8732 1250 or e mail trails@hfholidays.co.uk with your travel plans and expected time of arrival.

Baggage 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".

Accommodation

Through the course of your holiday you will be staying at two different hotels. In the hopefully rare event of any cause for complaints regarding accommodation then you must notify your leader at the time; he or she can then attempt to rectify the problem.

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.

Caley Hall Hotel (3 nights)

Old Hunstanton

Norfolk

PE36 6HH

Tel: (01485) 533486

Website: www.caleyhallhotel.co.uk



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The original manor house at **Caley Hall** dates back to 1648 and was home to the Le Strange steward from 1842 to 1857. 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.

Cliftonville Hotel (3 nights)

Cromer
Norfolk
NR27 9AS
Tel: (01263) 512543
Website: www.cliftonvillehotel.co.uk

This Edwardian Grade II listed seaside hotel is a complete contrast to Caley Hall. It has been welcoming visitors to Cromer since 1897 and as a listed building preserves the flavour of a seaside hotel of former days. It is located on Cromer's west cliff. WiFi is available throughout the hotel and all rooms have a flat screen TV with Freeview including radio channels, tea and coffee making facilities, hair dryer and direct dial telephones.

Trail Grading



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.

Fitness

We want you to be confident that you can meet the demands of each days walking and get the most out of your 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.

All walking days listed below involve minibus or local transport between the walking route and your accommodation and this is included in your holiday price.

Planned Itinerary

Day 1: Arrival Day

Check-in at the Caley Hall Hotel is from 15.00 and your leader will join you for a welcome meeting prior to 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



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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 cafe 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 is 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 1950s. 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 formerly 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 this 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 starts 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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The itinerary may be subject to change at the discretion of the leader with regard to the weather and other external factors

Trail Leader

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and will also be 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.

What to wear

To enjoy walking /hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, 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. 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 are essential and a warm hat and gloves are useful additions. Gaiters are an optional but useful extra. Denim jeans and capes are not suitable on any walks.

What to bring

Rucksack with a waterproof liner, thermos flask for hot drink, water bottle (at least 1 litre) and spare high-energy food such as a chocolate bar. Small torch and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed). Walking poles are useful, particularly for descents. Insect repellent, sun hat, sunglasses and protection cream and camera are all optional extras you may choose to bring.

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.

On the walk

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.



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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.

Maps and Guides

Your trail 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

Travel Insurance

Travel and any other personal insurance relevant to your holiday is recommended to all our guests.

While every effort has been made to ensure accuracy, the information in this guide may change after it has been printed. For the most up-to-date information please see our website or use the contacts below.

Enquiries

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www.hfholidays.co.uk