

Points of interest



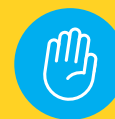
1 There has been a pier at Cromer from as early as 1391. In the last 200 years it has been washed away twice, in 1843 and 1890, until it was finally replaced by the iron jetty you see today.

2 Cromer crab fishing has been a tradition in Norfolk for centuries, attracting many tourists. The chalky and nutrient-rich waters make for a particularly flavoursome, tender and fragrant crab.

3 Cromer seafront is a County Wildlife Site, one of around 1,300 sites in Norfolk. The cliffs provide a habitat for uncommon plants such as rock sea-spurrey, thrift, samphire, and Scots lovage.

4 The north Norfolk coast can be a very windy place and sunken gardens like the ones at Cromer provide shelter for both plants and people. They form a good sun trap, usually quiet and away from the more boisterous sands.

About this walk



This circular walk is approximately 1.1km along Cromer Esplanade, giving you the opportunity to take in the famous Cromer Pier, seafront and gardens. This walk has a long slope at the start and end of the walk.

This walk has features designed to be accessible for people living with dementia:

- **Flat hard surfaces underfoot**
- **Handrails along any inclines**
- **Lots of seating to rest**
- **Pay and display car park close by with spaces for blue badge holders**

Experience more on your walk

Using our senses when we walk can help us connect with the world, jog our memory, and spark a conversation. Can you use all your senses on this walk? Here are some examples:

- **Listen:** Can you hear any birds? What do they sound like?
- **Smell:** What can you smell? How does it make you feel?
- **Sight:** Look up, look right, look left. What do you notice?
- **Touch:** Stop and touch something on your walk. Is it hard or soft? Rough or smooth? Warm or cold?

Interreg
2 Seas Mers Zeeën
SAIL
European Regional Development Fund



Norfolk
County Council

active
norfolk

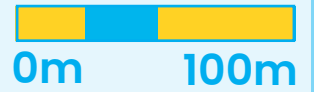
Cromer Walk

An accessible walk suitable for people living with dementia

norfolk easy
ambles



Location: Cromer Pier, NR27 9HE



Key

- Start/Finish
- Parking
- Café/Restaurant
- Accessible Toilets
- Crossings

Cromer Walk