

Points of interest



1 Founded in 1932, Norfolk Lavender is a large lavender farm, renowned worldwide, and has nearly 100 acres of lavender under cultivation.

2 Caley Mill, the headquarters of Norfolk Lavender, was originally a water mill for grinding corn. Built in the 19th Century, and now set in its garden of lavender, roses and herbs, it has become a distinctive Norfolk landmark.

3 The river you cross at the beginning and end of the walk supports a wide range of wildlife from brown trout to water voles and eels.

4 Heacham is famous for being at the heart of Norfolk's lavender growing industry and in the summer, the landscape and air is filled with the colour and aroma of lavender.

About this walk



This circular walk is approximately 0.75km along the Norfolk Lavender gardens, giving you the opportunity to take in the lavender fields, Heacham river, trees and Caley mill.

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

- **Flat hard surfaces underfoot, no inclines**
- **Wide walkways**
- **Seating during route**
- **No steps**
- **Refreshments at start point**
- **Toilets next to starting point**
- **Free carpark 50m from start point for disabled 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?

Heacham Walk

An accessible walk suitable for people living with dementia

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ambles



Photo Credit: Norfolk Lavender

Location: Norfolk Lavender, PE31 7JE

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Heacham Walk