

## **SPANIEL WAY**

Website: Deep History Coast

Explore the Deep History Coast along the Discovery Trail which follows the coastline from Weybourne to Cart Gap. Walk it all or pick a section and find out what the area was like thousands of years ago via eleven Discovery Points along the way. Each route brings a unique discovery about north Norfolk's past.

## Mundesley to Walcott

Distance: 3 miles Duration - 1.5 hours Difficulty - Easy

Terrain: Firm sand beach, concrete sea wall promenades. Completely flat. Not accessible at high tide, with no official alternative route.

- The route leaves Mundesley along the broad, concrete promenade, before dropping down to the beach that you follow all the way to Walcott. You'll need to check the tide times before starting on this section of the route, as it's only accessible at certain times, and there is no clifftop alternative. There are gaps and low sections in all the breakwaters where you can cross, although you may have to weave across the beach between them as they don't always follow a straight line.
- As you near Walcott the groynes funnel you up onto another concrete sea wall path that runs all the way along the front of the village, where there are toilets, parking and cafes.

What to look out for: Cromer Ridge ends abruptly just west of the village, and as you stand on the beach here and look

over to the high cliffs of Trimingham you can see where the North Sea has sliced it off like a knife through butter. There are several places along the route where you can climb to the top of the defences on wide steps that allow you to get a little closer to the cliff face. Here you can look across to see the darker, muddier-looking layer of the Cromer Forest Bed as it melts into the beach.

## **LABRADOR TRAIL**

Website: Norfolk Coast AONB

Distance - 6 miles

Duration - 3 hours

Difficulty - Moderate

This walk takes a slightly elevated route between Mundesley and Gimingham, and typically of Norfolk, this slight rise in the land is all that's needed to enjoy stunning views across the lush countryside.

As you ramble along in the lee of the Cromer ridge, count the many church towers that stand proud of the patch-work arable and grazing land and watch smoke rise from the chimneys of Gimingham and Trunch. Two of the fine medieval churches can be enjoyed at close quarters on this walk - All Saints church in Gimingham lies just to the south of the route and in Trunch you'll pass directly by St Botolph's.

Quiet lanes lead back to picturesque Mundesley where you can enjoy beautiful views overlooking the sea. The Norfolk Coast Path and Paston Way both pass through Mundesley, making it easy to explore the area further.

Start at the Information Centre on

Station Road. Walk up Station Road and turn left onto Links Road. As the road turns sharp left at the end into the golf course, turn right onto the public footpath beside the golf course. This is signposted as a 'footpath to Gimingham'.

- After passing the golf course the path continues in the same direction across a series of fields: there are several stiles to climb before reaching the village of Gimingham.
- = Turn right in the village, keep left at the fork in the road and then turn left onto Heath Lane. Heath Lane is the first of several 'quiet lanes'. Pass a house on the corner and then a barn a little further along the road.
- Turn left immediately after the barn onto a footpath: this is part of the Paston Way long distance path.
- Walk along the edge of the field down to Mundesley Beck, cross three bridges and continue up the hill towards the farm.
   The public footpath bears left onto a track through the farmyard to Hall Road.
- Cross Hall Road onto the footpath almost opposite (slightly to the right). Keep the hedge on your left. At the end bear left and then right around the edge of the field to reach Southrepps Road.
- Turn left at the road and then right onto a bridleway. Walk up this tree lined path to Trunch Road.
- = Turn left onto Trunch Road, then right onto another field edge footpath. 6 At the end, turn left onto Brewery Road.
- On reaching Trunch, turn right and

walk through the barriers on the public footpath signed 'Bradfield 1.5 miles'. This footpath starts at the junction with Wrights Loke and finishes opposite the church.

- Walk along North Walsham Road for a short distance then turn second right onto Brick Kiln Lane. Stay on this final 'quiet lane' to Mundesley.
- Turn right at the T-junction onto Mundesley Road. Pass the schools and fire station and turn left at the next T-junction onto the High Street. Follow the High Street, keeping right at the fork, through the village to reach the Information Centre start point.

## **DOBERMAN HIKE**

Website: Norfolk Trails

Distance - 8 miles

Duration - 5 hours

Difficulty - Moderate

- Starting at the Ship Inn, walk out and turn right along the road. Continue walking until you see The Village Chippy on your right and turn left.
- Continuing into Mundesley, turn right on Station Road passing the small visitor centre. Here you can take a half mile detour (there and back) up Church Lane to visit All Saints Church.
- = From Station Road continue west on Links Road. The road will turn sharply left and here is where the footpath begins. The route heads westwards to pass to the north of the former Mundesley Hospital complex, which, dating from 1898—9, was

the first large tuberculosis sanatorium to be built in Britain. The buildings were constructed of pre-fabricated sections made of timber with rooms for patients all facing south.

- Coming onot Grimingham you will reach Church St. Here you will turn left passing Grimingham Mill, the fish ponds and Griingham All Saint's Church with its attractive graveyard.
- Turn right onto Hall Road and walk until you reach Hall Farm. Take the path to the right which will take you through Mundelsey Beck until you reach Heath Lane.
- = Go left on Heath Lane until you reach the intersection with Middle Stt. and Church Road. Cross over Middle Street to Church Road and continue on until you reach Church Street.
- Here you can take a quick detour to the right to Deep History Coast Discovery Point to take in breathtaking views out to sea.
- After the detour go back to the intersection of Church Rd and Church Street and continue along the coast entering into Trimingham.
- Trimingham is home to the Church of St John the Baptist's Head, which is in Perpendicular style with a surprisingly short, heavily buttressed tower. A lifesized alabaster carving of St John the Baptist's head used to be on display here in medieval times and the church would have once been an important place of pilgrimage.

- Turn left onto Cromer road and continue until you see the footpath to the right. This will take you through Mundesley Beck into Southrepps passing Southrepps Lodge Farmhouse, a flint and brick building dated 1862 that has a preexisting late 16th- or early 17th-century wing attached.