

12 Leisure Walks of Discovery A Boot Up THE NORFOLK COAST – BOOK I

Tony Rothe

Halsgrove's popular Boot Up Series is fast becoming a phenomenon in local walks books that attract families and others to exploring the countryside in a leisurely way. It includes short walks for those living in or visiting popular areas of the country, written by those who know the area well. They provide a healthy hour or two of exercise, exploring parts of Britain's countryside that the casual visitor might otherwise miss, pointing out interesting features along the way. Perfect walks for families.

This book of 12 short walks arose from the author's ongoing passion for the North Norfolk coast and a desire to share its beauty with others, coupled with a realisation that not everyone can afford the time to devote a couple of hours or more to the walks generally found in more demanding walks books. This book covers the stretch of coast and inland from Castle Rising to Overstrand taking in the following places:

Castle Rising • Brancaster • Wells Next the Sea • Blakeney • Cley • Holt • Kelling • Weybourne • Sheringham • West Runton • Cromer • Overstrand

ABOUT THE AUTHOR

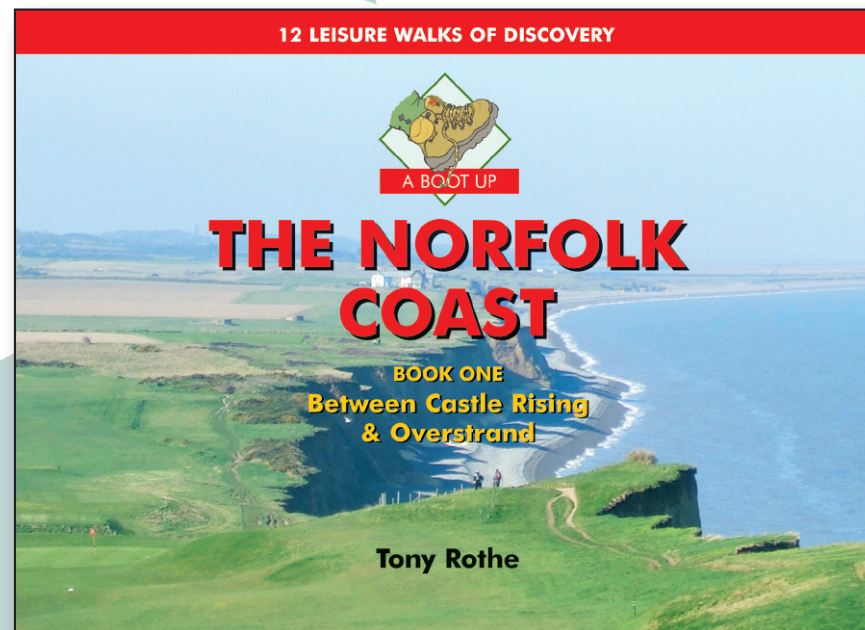
Tony Rothe has lived all his life in Norfolk, and has a passion for the North Norfolk coast. Living in Norwich as a lad, he was never happier than when staying at his parents' caravan at Beeston Regis, where he would spend many happy hours walking on cliffs and beaches, or cycling through the countryside, enjoying the wide open skies, the surging, hungry waves, or just the stunning coastline views. He lives in Sheringham, with his wife Maggie and two children, and works now as a children's instructor at a local Field Study Centre, after many years of producing sales statistics for a major insurance company.

RELATED TITLES AVAILABLE

Sky High Norfolk Coast
ISBN 978 1 84114 830 4 £4.99
A Broads-Eye View 2
ISBN 978 1 84114 704 8 £14.99
How to Survive In Norfolk
ISBN 978 184114 654 6 £12.99
The Norfolk Coast
ISBN 978 1 84114 428 3 £14.99

Halsgrove Publishing
Halsgrove House,
Ryelands Industrial Estate,
Bagley Road, Wellington,
Somerset TA21 9PZ
Tel: 01823 653777
Fax: 01823 216796
www.halsgrove.com
e-mail: sales@halsgrove.com

HALSGROVE TITLE INFORMATION



Format: Hardback, 64 pages, 110x155mm, including over 50 colour photographs
Price: £4.99
ISBN: 978 1 906887 01 8
Imprint: PiXZ
Published: February 2009



Halsgrove Sales Contacts:

Sue Rhodes-Thompson – DDI 01823 653770 suet@halsgrove.com
Roger Start – DDI 01823 653773 rogers@halsgrove.com
Helen Deakin – DDI 01823 653772 helend@halsgrove.com
Marie Lewis – DDI 01823 653771 marel@halsgrove.com
Andrew Stirling – Mobile 07971 572468 andrews@halsgrove.com
Credit card sales – DDI 01823 653760/653777



Above: Cromer from the pier



Above: Sheringham beach



Above right: Weybourne village

Below: Sailing boats



Right: View west from Skelding Hill




Example of a double page spread

5 Cley

5 If you are eagle, you could turn left just before the iron structure, scramble down the bank, and cross the bridge to bring you out on Beach Road. Otherwise proceed a little further along the path where the descent to Beach Road may be a bit easier.

6 From Beach Road, turn left onto a new gravel path

You have the option instead of continuing along the path into the middle of the village, but you will need to return to Beach Road afterwards.




Coastal erosion

6 Holt

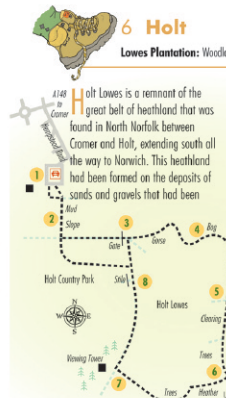
Lowes Plantation: Woodland, heath and bog

Holt Lowes is a remnant of the great belt of heathland that was found in North Norfolk between Cromer and Holt, extending south all the way to Norwich. This heathland had been formed on the deposits of sands and gravels that had been

heading east, parallel to the Coast Road. Shortly this meets a boardwalk. At this point, turning left would take you onto the reserve (for which there is a charge), right would take you onto the main road. However, continue straight on along the boardwalk, which bends left, over a bridge, then right, to take you back to the visitor centre, and a well-earned cup of tea.



Cley marshes



Start/Parking: Small car park just off the Harpenden Road from Holt – Free – Turn right just past cash & carry warehouse.
Map Ref: TG 083302
Nearest postcode: NR25 5EE
Distance: 1.5 miles
Refreshments: Holt town centre (0.6 miles)
Toilets: Holt Country Park (main car park, off Norwich Road)
Terrains: Woodland paths – some mud. Mainly flat, some gentle slopes.
Transport: None
Pushchairs: With difficulty
Difficulty: ⭐⭐

over a large area of the plantation, killing both crews, a total of 7 men. The Lowes is now a Site of Special Scientific Interest and a Special Area of Conservation on account of the outstanding wildlife to be found there.