

## Paston Way Long Walk 1 (of 2) Cromer to Mundesley

Length:  
11.5 Miles\*

\* 19 miles with church links



## Along the way

This walk begins at Cromer Pier from where the 19<sup>th</sup>-century Hotel de Paris and the tower of Cromer's St Peter and St Paul's Church, the tallest in the county, can be seen in the town above the pier entrance. Leaving the pier, the route follows the beach beneath cliffs to Overstrand, where a ramp leads up into the village. Overstrand, which was once a fashionable resort, has a number of impressive buildings such as The Pleasaunce, built in the late 19<sup>th</sup> century by Sir Edwin Lutyens, which can be seen to the right after leaving the beach. (To visit Overstrand's St Martin Church, take a mile detour (there and back) south west.

From Overstrand, the way crosses the main Mundesley Road and a disused railway line to follow tracks across rolling farmland. After Hungry Hill, where the route crosses a minor road, it passes a tree-shaded pond known locally as 'The Shrieking Pit', which is associated with the legend of a young woman who is said to have drowned here. (To visit Sidestrand's St Michael and All Angels Church, take a mile detour (there and back) north east from Hungry Hill.)

The route continues alongside woodland at the edge of the Templewood Estate before heading east through Frogshall to reach a crossroads just north of Southrepps. (To visit Northrepps' St Mary the Virgin church, take a 1.5 mile detour (there and back) along lanes north west from Frogshall). For a one mile detour to visit Southrepps' St James Church turn right, following a lane south west. Or to continue on the main Paston Way, turn left here, passing Lodge Farm and crossing Mundesley Beck before following country lanes and a footpath to arrive at Trimingham.

Trimingham's Church of St John the Baptist's Head, was an important place of pilgrimage in medieval times when a life-sized alabaster carving of St John the Baptist's head was on display here. Leaving the church, the route leads south away from the coast and follows minor roads and footpaths to cross Mundesley Beck once more before arriving at Gimingham. From here, it continues past fishing ponds to reach the site of Gimingham Mill, now a residential building. Follow a track eastwards from here, the route passes to the north of the former Mundesley Hospital complex, originally the first large tuberculosis sanatorium built in Britain. Heading into Mundesley, take a half mile detour (there and back) up Church Lane to visit All Saints Church. Continuing into Mundesley the walk finishes at Gold Park near the pretty village sign.

*Further information on this walk is available in two short sections including more detailed maps. See short sections: S1 Cromer to Southrepps and S2 Southrepps to Mundesley available at [www.norfolktrails.gov.uk/pastonway](http://www.norfolktrails.gov.uk/pastonway)*

### Walk summary

A varied walk that follows the beach between Cromer and Overstrand and then leads inland to Southrepps from where it meanders through rolling farmland past the village of Trimingham before returning to the coast at Mundesley.

### Getting started

This walk starts at Cromer Pier (TG219423) and ends on High Street, Mundesley next to Gold Park (TG311366).

### Getting there

**Train** Cromer Rail station  
National Rail enquiries: 08457 484950  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### Bus service

Cromer – various services.  
Mundesley – Sanders 5, 34, 35B, 55  
**Bus stops** Cadogan Road (Cromer) and Esplanade Bus Shelter (Mundesley)  
**Traveline enquiries:** 0871 200 22 33  
[www.travelineeastanglia.co.uk](http://www.travelineeastanglia.co.uk)

### Maps and guides

Ordnance Survey Explorer Map 252, Norfolk Coast East, available from Ordnance Survey shop [www.ordnancesurvey.co.uk/](http://www.ordnancesurvey.co.uk/)

### What to expect

Country lanes, rural paths and farm tracks.  
Beach walk between Cromer and Overstrand.  
Ramps to/from beach. Crossfield and field edge paths. Series of stiles (between Mundesley and Gimingham).

### Facilities

Pubs, cafés and tearooms, accommodation, shops and museums in Cromer and Mundesley.