



Distance: 12.4 km/7.7 miles
 Time: 3hr 5mins
 Type: Walk the Norfolk Coast Path in 7 stages, part 3
 Accessible by public transport

Experience the elements walking along floodbanks interrupted by a small harbour and onwards to one of Norfolk's most beautiful beaches, as featured in Shakespeare in Love. A walk to blow the cobwebs away.



© Natural England - Photographer Andy Tryner 03-7834

1 Start at the Drove in Burnham Deepdale and follow the black and white National Trail acorns from here going eastward.

2 Follow the floodbank round Burnham Norton and onto the approach to Burnham Overy Staithe.

During the post medieval period, the inhabitants of Burnham Norton attempted to drain and reclaim some of the landscape close to the coast, which provided valuable grazing land. A number of post medieval drainage ditches are visible on aerial photographs, as well as the remains of industries that were carried out in the parish such as the remains of a salt producing site and oyster beds. These show that Burnham Norton thrived on the natural resources of the coastline.

3 Take the cross field path off the floodbank towards the village of Burnham Overy Staithe. *The windmill*

you can see dates from 1814 . Its internal machinery has been removed and is now let as a holiday home. Walk through the village past the harbour and once again onto the floodbank. It is possible to get a ferry to Scolt Head Island from here, which is a National Nature Reserve managed by the National Trust and Norfolk Wildlife Trust. The "skeleton" of Scolt Head Island, is made of glacial shingle above which sand and silts were deposited. It is a non-intervention reserve where natural coastal processes are allowed to occur.

Continue walking on top of the floodbank and enjoy the spectacular views.

4 Past Gun Hill the sand dunes can get very hot in the summer months. Make your way onto the beach but keep to existing tracks to

Terrain: Exposed floodbanks interrupted by a harbour, then sandy beach path with very little boardwalk.

Maps:
 Ordnance Survey Explorer 251
 Landranger 133

Public Toilets:
 Unfortunately there are no public toilets on this stretch.

Refreshments:

Burnham Deepdale - Deepdale café
 (t: 01485 211055)

See more at:
www.brancasterstaithe.co.uk

Burnham Overy Staithe - The Hero
 (Closed Mon evening, serves food)
 (t:01328 738334)

See more at:
www.theheroburnhamovery.co.uk

Holkham - Victoria Hotel
 (t:01328 711008)
 Restaurant, bar meals and accommodation

Marsh Larder Tea rooms
 (t:01328 711285)

See more at:
www.holkham.co.uk



5 minimise damage but keep clear of fenced areas, which in May, June and July protect colonies of nesting birds. *Holkham Bay is also a National Nature Reserve, this part of the bay is also a much favoured spot for naturists!*

Walking on sand - If the sand is dry and progress is slow, look for slightly wetter, harder sand which should make things slightly easier.

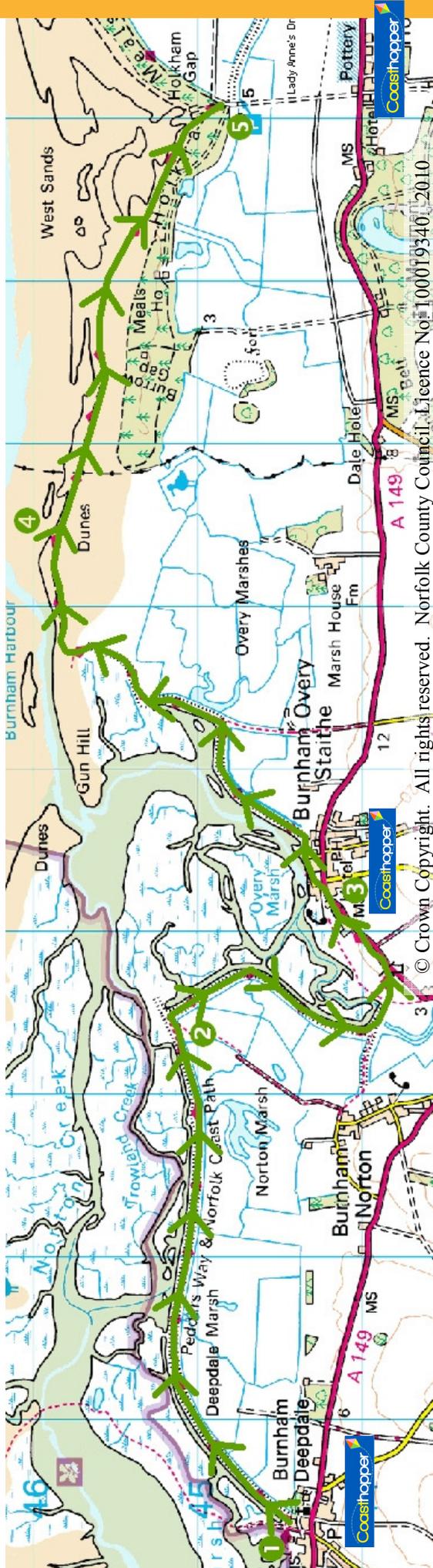
Follow the bay round to the main access point for the beach and onto the boardwalk which leads to Lady Ann's Drive. The Coasthopper picks up from the stop to the left of the southern end of Lady Ann's Drive.

The beach here is part of Holkham Estate which also boasts a spectacular house, deer park and boating lake. The estate has a herd of 150 cows, the meat of which is sold via the Victoria (at Holkham) and the Globe Inn (at Wells).

Of interest:

Burnham Overy Staithe's name comes from the Old English for 'Homestead by a stream across the river'.
Gun Hill is a large, now eroded sand dune, it was reputed to have been used during the Napoleonic Wars and World War Two as an artillery emplacement and military installation respectively.

Large quantities of Middle Saxon pottery fragments and high quality continental metalwork recovered from this site suggests this may have been the site of an important market. It is also possible that the site was the original focus of settlement in the area, with the present Burnham Market developing from the Late Saxon period.



Getting there:

By Bus -

CH = Coasthopper:
King's Lynn to Cromer along the coast.
(Summer: 1/2 hourly, rest of year: hourly, alterations on Sundays)
From Norwich:
Norfolk Green's x29 service to Fakenham then onto Wells to meet the CH.

By Rail -

The CH service is accessible from King's Lynn and Cromer/ Sheringham stations.

Disabled Parking:

Burnham Overy Staithe:
There is a car park on the quay, please be aware of tide times as this car park is liable to flooding.

Holkham: There is ample metered parking at Lady Ann's Drive, however during peak periods this car park gets very busy.

Additional Info:

Note to wheelchair users regarding the CH bus:
Norfolk Green can't assure that all buses are fully wheelchair accessible during busy periods. If you need to make sure that your bus will be accessible, then call them on tel.:01553 776980 24 hours before you travel.

Contact us and let us know how you've got on!
ON: www.nationaltrail.co.uk

