



Distance: 11.1 km/7 miles  
 Time: 2hr 48mins  
 Type: Walk the Norfolk Coast Path in 7 stages, part 5  
 Accessible by public transport

### 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:

**Stiffkey** - National Trust  
 car park before marsh,  
 no disabled spaces, very  
 rough ground.

**Morston** - The National  
 Trust car park has  
 disabled spaces at the  
 quay.

**Blakeney** - There is a  
 car park at the quay,  
 however be aware of tide  
 times as it can flood.

#### 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:

[www.nationaltrail.co.uk](http://www.nationaltrail.co.uk)

Produced by National Trail office  
 09/10



**This walk offers  
 amazing views over  
 internationally  
 important stretches  
 of saltmarsh.**

**Binoculars a must as  
 there are plenty of  
 birds.**



*This walk takes you past the villages  
 of Stiffkey and Morston, and  
 through Blakeney and Cley.*

*Morston was called 'Merstuna' in the  
 Domesday Book of 1086. This Old  
 English name means 'farmstead by  
 the marsh' and is particularly  
 appropriate. The church at Morston  
 is mostly 13th century, the tower was  
 patched up with brick in 1743 after  
 being struck by lightning.*

*The villages of Blakeney, Cley and  
 Wiveton make up the Glaven ports,  
 around the mouth of the River  
 Glaven. The gradual growth of the  
 shingle spit known as Blakeney Point  
 protected the wide estuary at the  
 mouth of the river, which was an  
 ideal site for a harbour. This estuary  
 has gradually silted up to form the  
 salt marshes that now attract bird  
 watchers and walkers, rather than  
 ships.*

*It was during the medieval period  
 that Blakeney became a prosperous  
 port.*

*The only reminder of this medieval*

*prosperity is Blakeney Guildhall the  
 house of a wealthy merchant in the  
 14th or 15th centuries, with a brick  
 vaulted undercroft.*

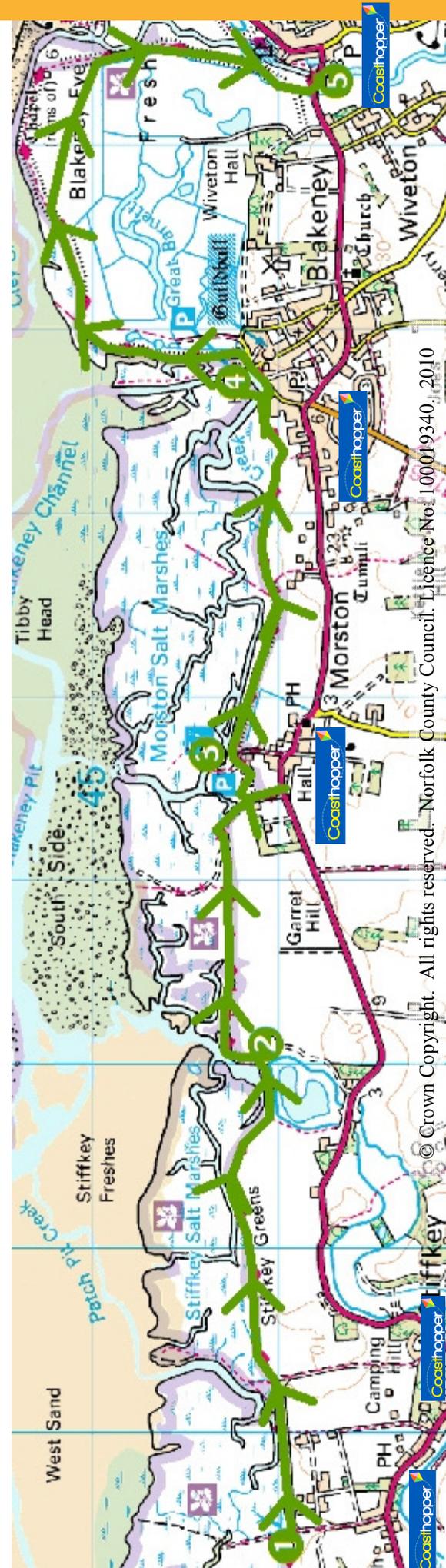
*The river Glaven was realigned in  
 2006 due to the impeding danger of  
 the former channel of the River  
 Glaven being blocked by the natural  
 southwards migration of Blakeney  
 Spit, and more recently also  
 because of shingle that had become  
 displaced following storms in 1993  
 and in 1996, resulting in flooding of  
 the adjacent Blakeney Freshes  
 Special Protection Area and the  
 village of Cley, the Environment  
 Agency decided to cut a new  
 channel to the south of the old one.*

*The saline lagoons, grazing marsh  
 and reedbeds here support  
 wintering and migrating wildfowl and  
 waders, as well as bittern, marsh  
 harrier and the bearded tit.*

*Norfolk Wildlife Trust's Cley Marsh  
 visitor centre is on the outskirts of  
 the village and well worth a visit.*

*Find out more here:*

*[www.norfolkwildlifetrust.org.uk](http://www.norfolkwildlifetrust.org.uk)*



- 1** Start - TF964439, at the National Trail Trust car park at the end of Greenway Lane, Stiffkey. Follow the black and white National Trail acorns from here going eastward. There is a short section of Bridleway here so you may encounter a horse.
- 2** Carry on past Stiffkey Greens . Stiffkey Freshes Creek on the seaward side and Stiffkey Freshes on your right , This area is favoured by families and birdwatchers alike.  
Due to the encroaching tide there is a wet area on the approach to Morston, to avoid it there is a 150m detour into a field, be aware there is only a narrow gap through the
- 3** fence. Continue on the gorse lined path until you reach the floodbank.  
Take the steps over the floodbank then across the grassland strewn with boats and the tinkling of maritime paraphernalia towards the National Trust visitor centre at Morston. The path then takes the floodbank eastward towards Blakeney.
- 4** At Blakeney, cross the quay and up on to the floodbank towards Cley next the Sea.
- 5** Walk the informal steps down into Cley, take care with traffic in the village as there are no footways

**Terrain:** Grassy footpaths close to marshes, muddy during / after wet weather, with some loose stones, quays and floodbanks which do get muddy during/after wet weather

**Steps:**

- Close to Morston quay over the floodbank.
- From the Morston floodbank down on the approach to Blakeney.
- Informal steps down into Cley village from the floodbank.

**Maps:**

Ordnance Survey Explorer 251  
Landranger 132 & 133

**Public Toilets:**

**Morston Quay** - No disabled,  
**Blakeney Quay (National Trust)** - Disabled, open until 9pm Summer, 5pm Winter.

**Refreshments:**

**Stiffkey** - (01328)  
**The Red Lion** (serves food)(t:830552)

**Stiffkey Stores & Post Office** (t:830489) Serves coffee and cake, open:  
*Summer:* 8.30am-5pm, (Sun 9-3) closes Sun & Wed at midday in winter.

**Morston** - (01263)  
**The Anchor Inn** (t: 741392)Serves food.

**Blakeney** - Various cafés, pubs, restaurants. See more at: [www.blakeneyonline.co.uk](http://www.blakeneyonline.co.uk)

**Cley next the Sea** - Tea rooms, pubs, a delicatessen and a smoke house, See more at: [www.cley.org.uk](http://www.cley.org.uk)