

Distance	5.5 miles (9km)
Surface	50% hard, 50% soft - kissing gates, steps and gates
Gradient	Moderate with occasional steep slopes
Toilets	East Runton beach car park or Cromer
Refreshment facilities	Pubs and cafés in Cromer and West Runton
Seating on route	Yes

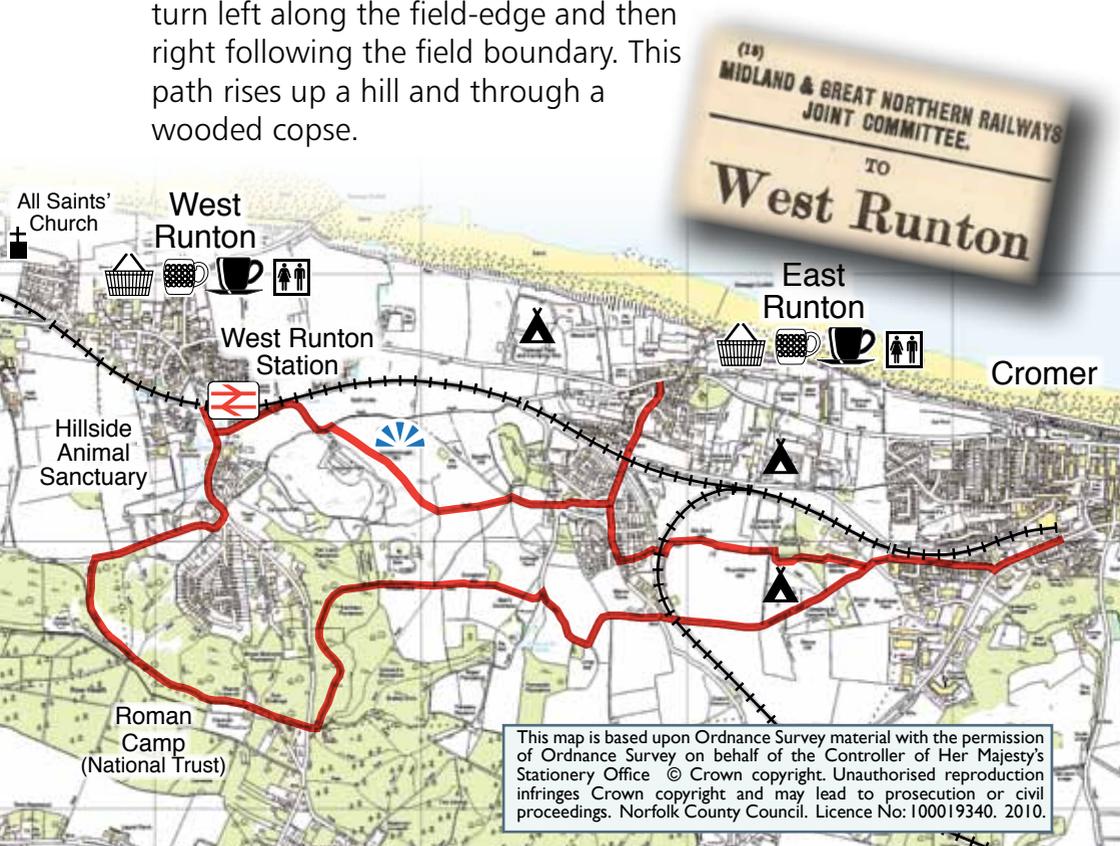
Directions:

- 1** Leave West Runton station and turn left. Turn left again into Station Close, just before the Links Hotel.
- 2** Continue along this surfaced track as it leads down the edge of the golf course then turns right to cross the golf course. As the road turns a sharp right, next to a picket fence, turn left and follow a narrow footpath for a short distance before turning right through a kissing gate. Climb the steps and follow the well worn path over Inceborough Hill until you reach another set of steps. Walk down the steps, through the kissing gate and follow the path across the field.
- 3** At a junction of paths, bear right into a hedged, sunken path. On meeting the road turn left, keeping the green on your right.

View of West Runton from Inceborough Hill



- 4 You will come to a T-junction, with a pond on your right. Turn left here and follow the road under two large railway bridges, past a pond and then to a T-junction. Turn right into the village of East Runton, where you will find shops, toilets and access to the beach.
- 5 When you have finished in the village, retrace your steps under the bridges and then past the pond.
- 6 After 200m, turn left up a track leading to houses, signed as a public footpath. Take the narrow path straight ahead, between two fences, through the gate and cross the railway line. This stretch of line is known as the 'Cromer Curve' so called because it curls in a big 'U' shape back towards Cromer.
- 7 Having crossed the railway line, passing through another gate, turn left along the field-edge and then right following the field boundary. This path rises up a hill and through a wooded copse.



- 8 The path then runs between two fields, towards a campsite. Cross the track with a gate on your right and follow the waymarked footpath into a wooded area. As you leave the trees, the path passes between two planted areas, bends left then right and follows a low flint wall. At the end of the wall, the path meets a track.
- 9 To continue on to Cromer, turn left, cross the tarmac road and follow the residential road until it joins the main road. Turn left and continue down the hill, where the station will be on your left.
- 10 To complete the walk, turn right when you meet the track and continue up and over the hill, past the campsite and under the railway bridge, following the Norfolk Coast Path signs.
- 11 Cross the road, onto the track. When the track turns sharp left, continue straight on and follow the path as it bends right then emerges onto a open area with a junction of tracks.
- 12 Continue to follow the Norfolk Coast Path, crossing a plank bridge and passing through two kissing gates.
- 13 Keep following the Norfolk Coast Path, with the campsite on your right, onto a sunken track. Follow the track as it rises up the hill, go through the gravel car park to meet the road. Cross the road and follow the signs to Roman Camp (National Trust).

View from Roman Camp



- 14 Follow the track through Roman Camp with the car park on the right and the caravan park on the left. Continue along the track following the Norfolk Coast Path signs until the track widens out. Pass through wooden cycle barriers onto a path that descends through a wooded gully. Halfway down this path, bear right to cross an open meadow, with great views to the sea in the distance.
- 15 When this path meets a track, turn right and follow it with the woodland on your right. Keep following this track, ignoring all other paths, past houses and eventually you will reach the road.
- 16 When you reach the road, turn left again and follow it back towards the station passing the Hillside Animal and Shire Horse Sanctuary and Runton Common to the left. To avoid walking on the road, it is possible to walk through the common and emerge back on the road shortly before the bridge.
- 17 Turn right before the bridge back into West Runton station. Whilst waiting for the train, admire the station garden, maintained by the Women's Institute.



National Trail Fingerpost

Points of interest:

- Incleborough Hill is an important site for wildlife, dominated by gorse. The southern boundary is an ancient bank with hedges of hawthorn and English elm. The top of Incleborough gives an excellent view of the coast between Cromer and Sheringham;
- There are ten commons in East and West Runton, forming a network of valuable habitats. They are linked with a network of public footpaths and cover an area of fifty acres;
- The Roman Camp was not actually a Roman settlement or camp. The surrounding woodland and heathland around the camp is dotted with shallow circular iron-working pits dating from about 850 to 1150AD. At 336 feet above sea level, Roman Camp is Norfolk's highest point.