

Points of interest



1
A stony beach with sand and rock pools at low tide. As the tide goes out, it leaves rock pools amongst the boulders which are full of interesting sea creatures.

2
Sheringham is a traditional seaside town, which grew up out of the old fishing village. Boats still bring in the daily catch. The town is home to the North Norfolk Railway (The Poppy Line), which operates steam train rides to Holt.

3
Behind the beach on the promenade, is a row of colourful beach huts, just waiting for a sunny day!

4
The Museum tells the story of the town and its people over the last two centuries. There are a rich variety of photographs, social history, agricultural and fishing artefacts, as well as a spectacular fleet of boats.

About this walk



This out and back walk is approximately 1.16km along Sheringham promenade, giving you the opportunity to take in the sea and the beach, Sheringham town, beach huts and Sheringham museum. This walk has a long slope at the seafront.

This walk has features designed to be accessible for people living with dementia:

- **Flat hard surfaces underfoot, slight slope to promenade**
- **Wide walkways**
- **Regular Seating during route**
- **No steps**
- **Refreshments at start point and throughout route**
- **Toilets at start and during the route**
- **Parking 20 metres from starting point, disabled bays, pay & display**

Experience more on your walk

Using our senses when we walk can help us connect with the world, jog our memory, and spark a conversation. Can you use all your senses on this walk? Here are some examples:

- **Listen:** Can you hear any birds? What do they sound like?
- **Smell:** What can you smell? How does it make you feel?
- **Sight:** Look up, look right, look left. What do you notice?
- **Touch:** Stop and touch something on your walk. Is it hard or soft? Rough or smooth? Warm or cold?

Sheringham Walk

An accessible walk suitable for people living with dementia

norfolk easy
ambles

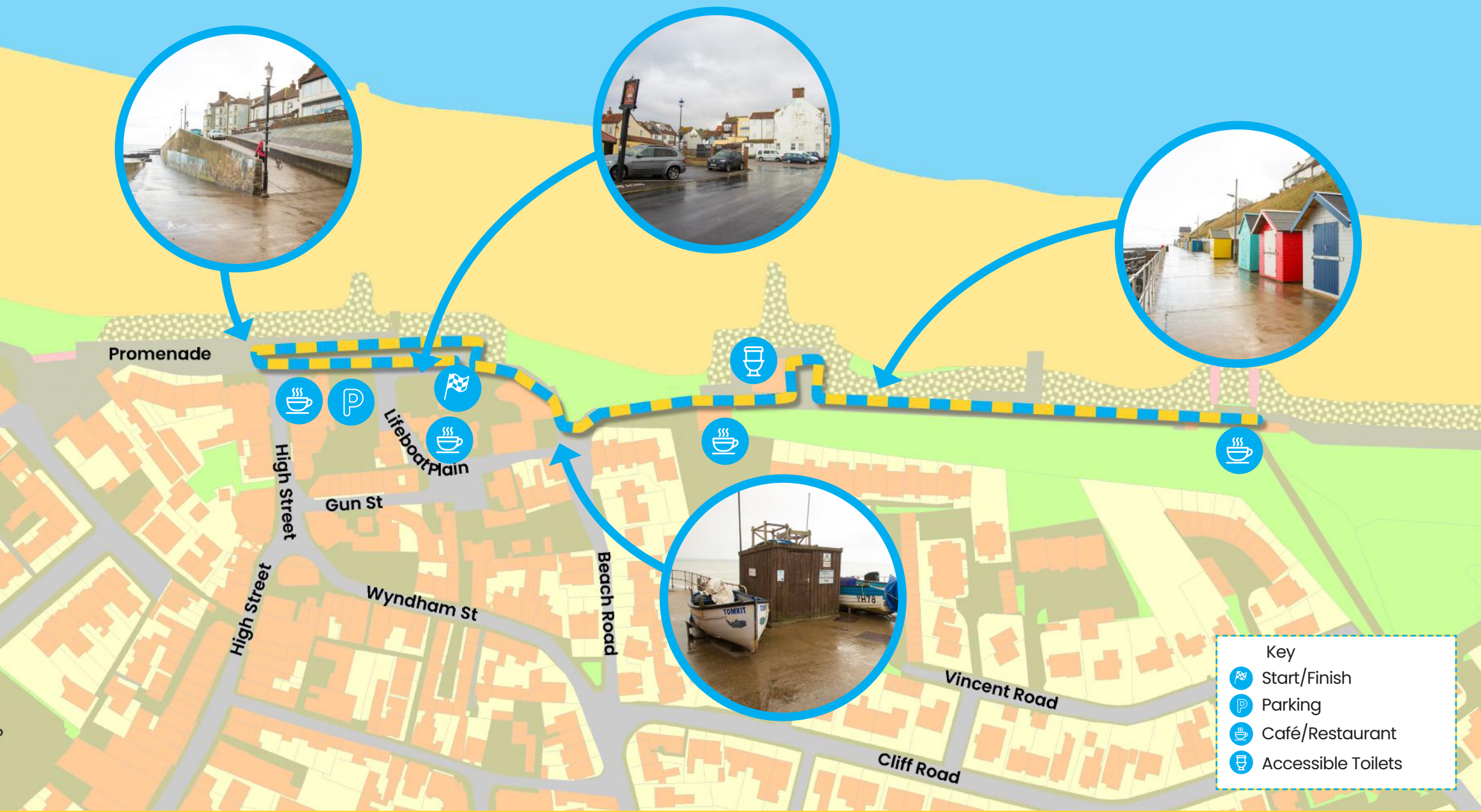
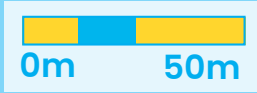


Photo Credit: Visit North Norfolk

Location: The Crown Inn, NR26 8BG

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Sheringham Walk