This out and back walk is approximately 1.33km along the Gorleston promenade, giving you the opportunity to take in the sea and the beach, the sea front, Gorleston bandstand and Gorleston south pier lighthouse.

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

- Flat hard surfaces underfoot
- Wide walkways
- Regular seating during route
- No steps at any point
- Toilets and refreshments at the start point
- Pay and display car park close by with spaces for blue badge holders

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?