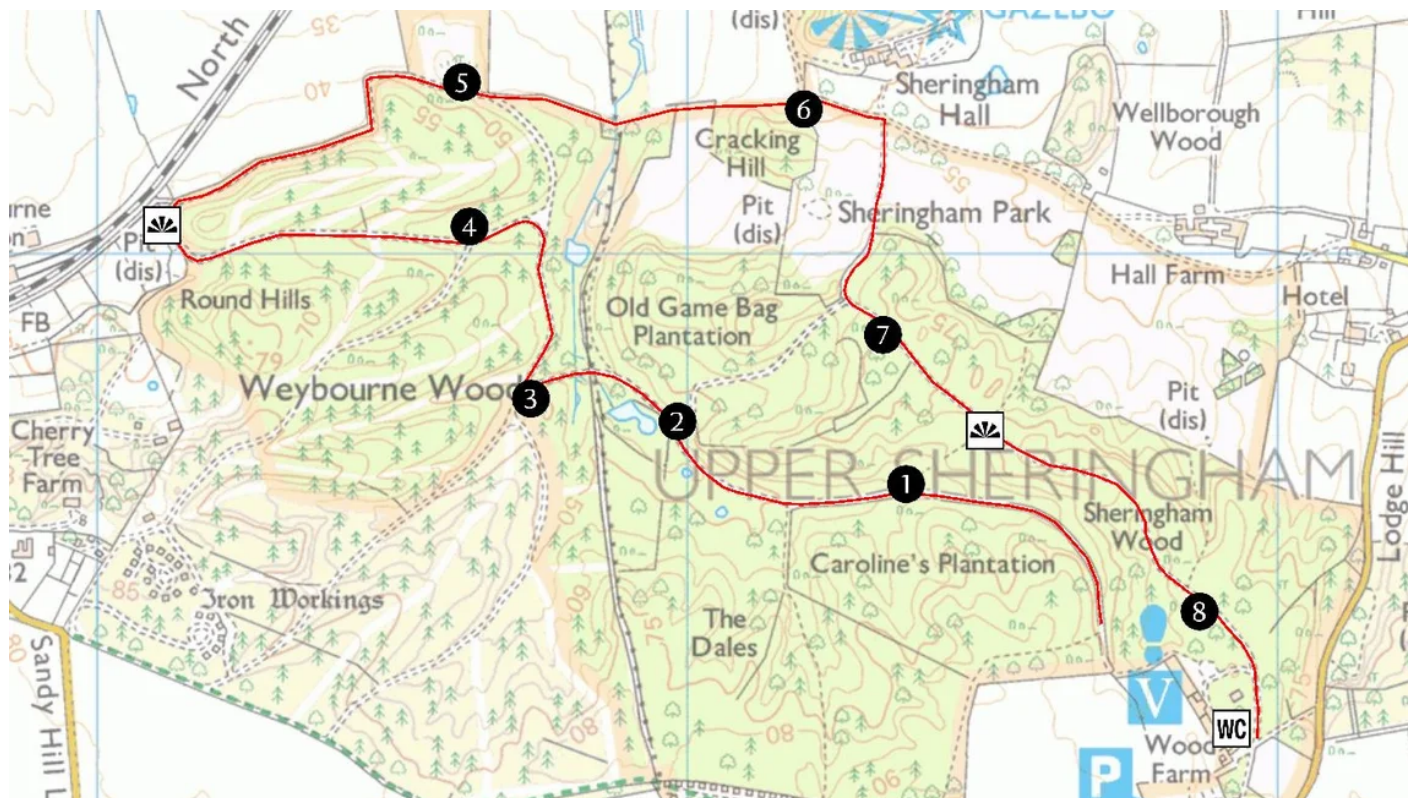


NORFOLK

Sheringham Park 5k Active Trail

The 5km Active Trail follows the popular Sheringham Parkrun route, passing through varying woodland and parkland habitats on the Sheringham estate and taking in some sweeping coastal views. Whether you're looking for a different walking route, taking part in Couch to 5K, or you're a seasoned runner, this picturesque undulating trail has something for everyone.



Information

Address: Sheringham Park Visitor Centre, Sheringham Park, Norfolk, NR26 8TL

OS map: Landranger 133; Explorer 252

Activity: Running

Moderate: Mostly flat route with some steep gradients. For further details, please see Terrain section.

Dog friendly: Dogs must remain on a lead at all times in designated areas and throughout the estate between 1 March and 31 July to protect ground nesting birds.

Full trail: Miles: 3.3 (km: 5.28)

Short trail: Miles: 3.1 (km: 4.96)

Duration: 16 mins - 1 hour 30 mins

Total steps: 8

Start point: To get to the trail start from the visitor centre, follow the red waymarkers which will lead you down Heartbreak Hill to the valley path. The active trail starts at the bench, grid ref: TG136964

1. From the start, head gently downhill on the woodland valley path. Continue past the former sawmill in a clearing and a line of sweet chestnut trees, at about 0.5km.
2. At approximately 1km, the path bears to the right and towards a split. Take the left path, as marked by the orange arrow, and head on past the pond and down 'Toad Alley' – please tread carefully here during the toad migration season.
3. Follow the trail as marked to the left over a stream and around the barrier onto Weybourne Heath. Take a right turn at the corner and then follow the trail as it turns left (this point is affectionately known as 'Acott Corner' after one of the Parkrun marshals who is often stationed here). Head on through a plantation of pine trees.
4. Bear right at the next fork in the path and head up a gradual incline towards the orange 2km marker on the right-hand side.
5. The trail weaves around patches of gorse for the next half kilometre before entering the bluebell wood – which is at its best in April – at around the 3km orange marker. There are some exposed tree roots in this section, so do take care. Head around the barrier that marks the end of Weybourne Heath and along a gradual incline towards the parkland.
6. At around 3.5km, you will enter through a gate marking the beginning of the main park, the heart of the Humphry Repton landscape. Sheringham Hall, which was designed by Humphry Repton's son John Adey, can be seen on the left. Take the right turn uphill at the split in the path and continue on the surfaced path to the cattle grid. Head through the gate on the left of the grid and bear left at the turn at around the 4km orange marker.

7. The trail continues to undulate up and down for the final kilometre along the main drive all the way to the finish near the visitor centre.
8. The final incline heads along the main drive through the rhododendrons in the wild garden, which in spring provide a riot of uplifting colour. In the last few hundred metres of the trail, you will pass by the impressive smooth Japanese maple on the left and a cluster of silver birch and younger acers on the right, outside the Bower garden. Once you've finished the trail, head to the Courtyard Café for well deserved refreshments.

End point: Bench at the bottom of Heartbreak Hill, grid ref: TG136964
