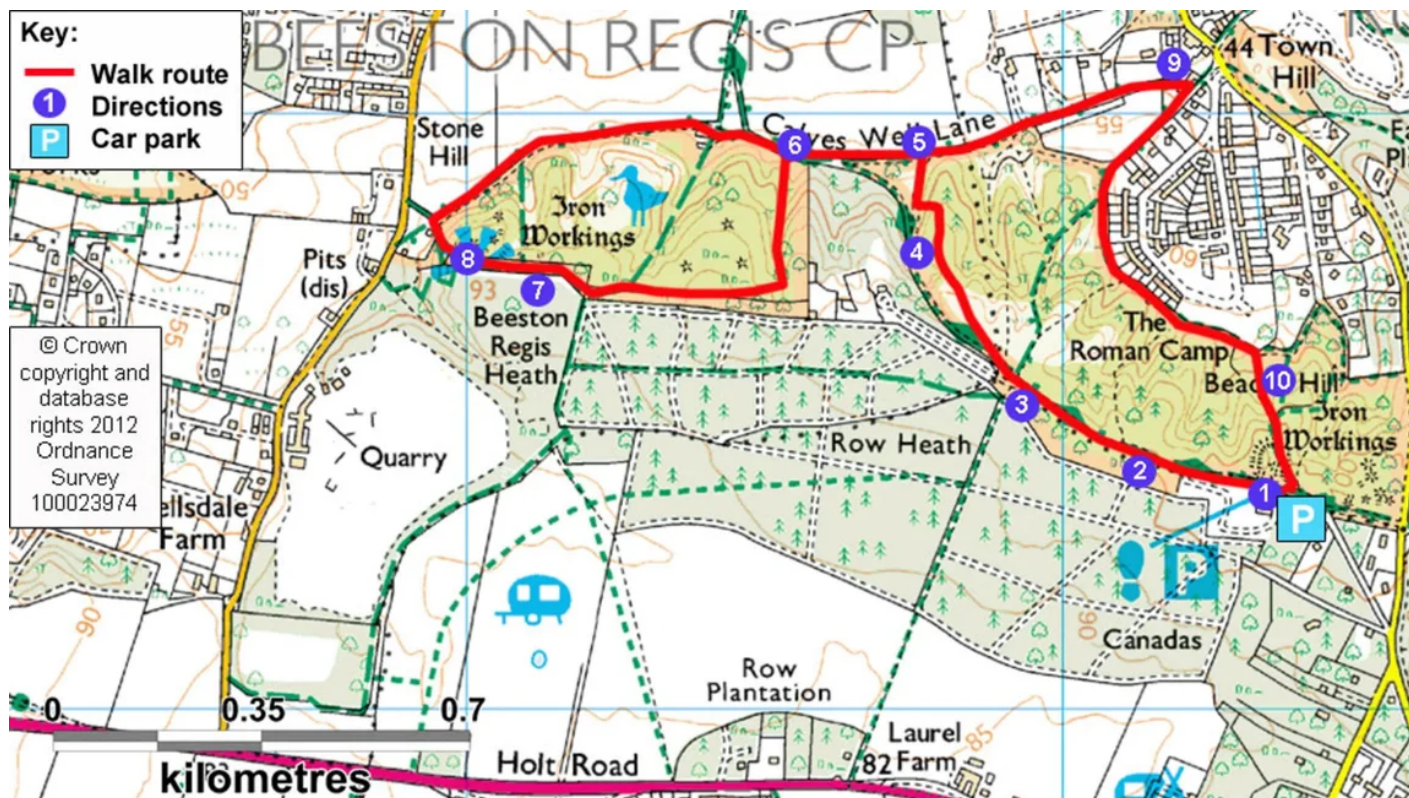


NORFOLK

West Runton circular walk

Explore the beautiful West Runton and Beeston Regis Heath on this circular walk near the North Norfolk coast. The trail features plenty of fascinating plants and wildlife to discover, and those who walk it will find great views of the sea and the surrounding countryside from the summits of Beacon and Stone hills. The route also passes the mysterious 'Roman Camp' earthworks.



Information

Address: West Runton and Beeston Regis Heath,
Roman Camp, West Runton, Norfolk NR27 9ND

OS map: Landranger 133

Activity: Walking

Moderate: A hilly route with some climbs. For further details, please see Terrain section.

Dog friendly: Dogs welcome under close control, but please keep on leads during March to September to prevent disturbance to the many ground-nesting birds on the heathland.

Full trail: Miles: 2.5 (km: 4)

Access: Challenging

Duration: 2 hours

Terrain

Hilly, undulating and uneven, tree roots, ladder paths.
May be very muddy and slippery in wet weather.
Suitable footwear essential.

Total steps: 10

Start point: National Trust car park off Sandy Lane, grid ref: TG184414

1. Walk directly behind the car park and head towards a viewing area (with seats).
2. Now return to the car park and turn right along the gravelled path, looking out for another viewing area to the right (again with two seats). This area, at Beacon Hill, is known as Roman Camp.
3. Return to the track, turn right, and continue along until you reach a crossroad in the path. You will see a cairn on your right. Turn right past the cairn and then shortly afterwards turn left onto another path, leading on to West Runton Heath.
4. Continue along this path (in the direction shown by a red arrow on a post) until you reach an area known as Pine Heath. When you reach a T-junction beside a seat and a post marked with a 9 and 10, turn left and go downhill via the steep stepped path.
5. At the bottom of the steps turn right to walk to Calves Well Lane. This is a 'green' lane and can be quite muddy in places. Now turn left here and continue on alongside Hillside Animal Sanctuary.
6. Look out for the second signpost marking the Norfolk Coast Path junction. Turn left. You are now entering a wooded area called Beeston Regis Heath. Head up this path until you reach a marker post showing a 12 and turn right, keeping the post on your left. Continue on this path until reaching a branch in the path and take the left-hand fork, looking out for another post marked 13.
7. Keep to the left and after a short way you'll come to another branch in the path. Take the right-hand fork. You are now approaching Stone Hill.
8. Keeping to the left (avoiding another right-hand branch) walk up to the viewing area and the cairn. On a fine day sit on the seat here and enjoy the wonderful views across to Sheringham and the coast. Now very carefully, keeping to the right of the cairn, head down a very steep path until again reaching Calves Well Lane, for the homeward leg of

the walk. Turn right, and (passing points 6 and 5 again), continue for approximately 1 mile (1.5km) along the lane. Look out for Calves Well Pond on the right, which can appear stagnant.

9. Avoiding any paths to the right, keep on until you reach Heath Farm. Turn right here, following the signed path running alongside the Renwick Park housing estate, which will be on your left.
10. Avoiding the first, second and third paths that will be found on the right, take the fourth path (signed MPI) which climbs quite steeply uphill, until reaching the car park and the end of your walk.

End point: National Trust car park off Sandy Lane, grid ref: TG184414
