Points of interest

1 The original lighthouse established here in 1852 was an octagonal brick tower of similar height to the present building. The lighthouse today was built in 1955 and used to be the harbourmaster's office.

2 Gorleston beach stretches for three wonderful sandy miles and has been enjoyed as a seaside resort since Victorian times.

3 This Edwardian theatre puts on seaside shows throughout the year. It is also a popular dining and dancing venue.

4 In days gone by, hundreds of fishing boats from the herring fleet would sail from the harbour.

5 Around the turn of the last century J.W. Cockerill, the Borough Surveyor, transformed the seafront with his designs including pretty beach gardens, grassed areas and the parade of shops.

6 The Pier Hotel was Gorleston's first hotel, built in 1897 to provide quality accommodation for the growing number of Victorian visitors.

About this walk

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?

Gorleston Walk

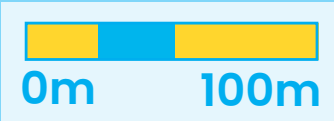**An accessible walk suitable for people living with dementia**

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SAIL
European Regional Development Fund

Norfolk County Council

active norfolk

Location: Pier Hotel, NR31 6PL

Gorleston Walk

Map labels:
- 0m 100m
- Quay Rd
- Pier Gardens
- Pavillion Rd
- Beach Rd
- Cliff Hill
- Lower Esplanade
- Avondale Rd
- Marine Parade
- Clarence Rd
- Park Rd
- Cliff Ave
- Marine Parade

Key
- Start/Finish
- Parking
- Café/Restaurant
- Accessible Toilets