

Points of interest



1 Hunstanton beach is remarkable for its striking pink and white striped cliffs, formed from a combination of carrstone and white chalk. The rich variety of coastal plants and remote cliff edges make a great habitat for lots of birds and insects.

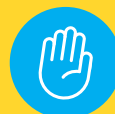
2 The floral displays and traditional Victorian bedding within Esplanade Gardens have been a feature since the early 20th Century. These displays are funded and managed with the support of local volunteers, providing a warm sense of community pride.

3 The bandstand in the centre of this sea view green hosts many free performances over the summer, from brass bands to country music. A great place to relax in 'Sunny Hunny'.

4 The Princess Theatre originally opened in 1932 as The Capitol and was renamed in 1981 in honour of Princess Diana on her marriage to Prince Charles.

5 As well as the war memorial, there is a memorial to the 31 people who lost their lives in Hunstanton during the 1953 floods when the sea came raging inland sweeping aside the sea defences.

About this walk



This circular walk is approximately 1.25km along Hunstanton promenade, giving you the opportunity to take in the sea and beach, wide open green areas and a war memorial. This walk has a short slope to the memorial gardens.

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

- **Flat hard surfaces underfoot, some slight gradients**
- **Wide walkways**
- **Regular seating during route**
- **No steps**
- **Refreshments at start point and cafes on route**
- **Toilets next to car park and starting point, and just before the war memorial**
- **Carpark 50m from start point for disabled 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?

Hunstanton Walk

An accessible walk suitable for people living with dementia

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ambles



Photo Credit: © The Borough Council of King's Lynn & West Norfolk

Location: Hunstanton Library, PE36 5AL

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Key

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



Hunstanton Walk