



Distance: 11.1 km/7 miles
 Time: 2hr 48mins
 Type: Walk the Norfolk Coast Path in 7 stages, part 5
 Accessible by public transport

Getting there:

By Bus -

CH = Coasthopper:
 King's Lynn to Cromer
 along the coast.
 (Summer: 1/2 hourly,
 rest of year: hourly,
 alterations on Sundays)
 From Norwich:
 Norfolk Green's x29
 service to Fakenham
 then onto Wells to meet
 the CH.

By Rail - The CH service
 is accessible from King's
 Lynn and Cromer/
 Sheringham stations.

Disabled Parking:

Stiffkey - National Trust
 car park before marsh,
 no disabled spaces, very
 rough ground.

Morston - The National
 Trust car park has
 disabled spaces at the
 quay.

Blakeney - There is a
 car park at the quay,
 however be aware of tide
 times as it can flood.

Additional Info:

*Note to wheelchair users
 regarding the CH bus:*
 Norfolk Green can't
 assure that all buses are
 fully wheelchair
 accessible during busy
 periods. If you need to
 make sure that your bus
 will be accessible, then
 call them on tel.:01553
 776980 24 hours before
 you travel.

Contact us and let
 us know how you've
 got on:



www.nationaltrail.co.uk

Produced by National Trail office
 09/10

**This walk offers
 amazing views over
 internationally
 important stretches
 of saltmarsh.**

**Binoculars a must as
 there are plenty of
 birds.**



*This walk takes you past the villages
 of Stiffkey and Morston, and
 through Blakeney and Cley.*

*Morston was called 'Merstuna' in the
 Domesday Book of 1086. This Old
 English name means 'farmstead by
 the marsh' and is particularly
 appropriate. The church at Morston
 is mostly 13th century, the tower was
 patched up with brick in 1743 after
 being struck by lightning.*

*The villages of Blakeney, Cley and
 Wiveton make up the Glaven ports,
 around the mouth of the River
 Glaven. The gradual growth of the
 shingle spit known as Blakeney Point
 protected the wide estuary at the
 mouth of the river, which was an
 ideal site for a harbour. This estuary
 has gradually silted up to form the
 salt marshes that now attract bird
 watchers and walkers, rather than
 ships.*

*It was during the medieval period
 that Blakeney became a prosperous
 port.*

The only reminder of this medieval

*prosperity is Blakeney Guildhall the
 house of a wealthy merchant in the
 14th or 15th centuries, with a brick
 vaulted undercroft.*

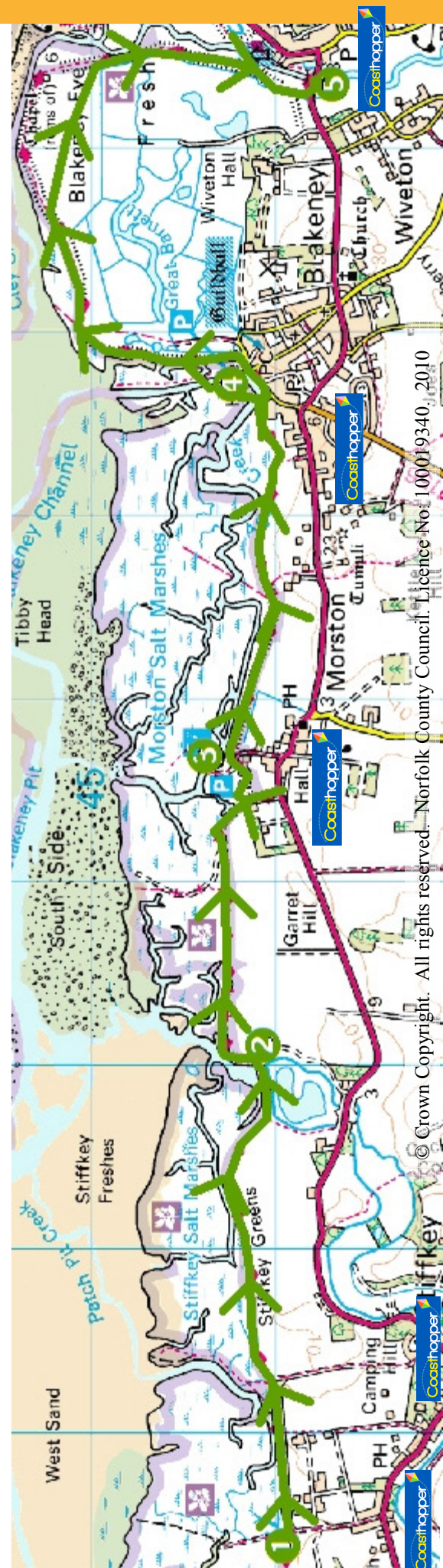
*The river Glaven was realigned in
 2006 due to the impeding danger of
 the former channel of the River
 Glaven being blocked by the natural
 southwards migration of Blakeney
 Spit, and more recently also
 because of shingle that had become
 displaced following storms in 1993
 and in 1996, resulting in flooding of
 the adjacent Blakeney Freshes
 Special Protection Area and the
 village of Cley, the Environment
 Agency decided to cut a new
 channel to the south of the old one.*

*The saline lagoons, grazing marsh
 and reedbeds here support
 wintering and migrating wildfowl and
 waders, as well as bittern, marsh
 harrier and the bearded tit.*

*Norfolk Wildlife Trust's Cley Marsh
 visitor centre is on the outskirts of
 the village and well worth a visit.*

Find out more here:

www.norfolkwildlifetrust.org.uk



- 1** Start - TF964439, at the National Trail Trust car park at the end of Greenway Lane, Stiffkey. Follow the black and white National Trail acorns from here going eastward. There is a short section of Bridleway here so you may encounter a horse.
- 2** Carry on past Stiffkey Greens . Stiffkey Freshes Creek on the seaward side and Stiffkey Freshes on your right , This area is favoured by families and birdwatchers alike.
Due to the encroaching tide there is a wet area on the approach to Morston, to avoid it there is a 150m detour into a field, be aware there is only a narrow gap through the
- 3** fence. Continue on the gorse lined path until you reach the floodbank.
Take the steps over the floodbank then across the grassland strewn with boats and the tinkling of maritime paraphernalia towards the National Trust visitor centre at Morston. The path then takes the floodbank eastward towards Blakeney.
- 4** At Blakeney, cross the quay and up on to the floodbank towards Cley next the Sea.
- 5** Walk the informal steps down into Cley, take care with traffic in the village as there are no footways

Terrain: Grassy footpaths close to marshes, muddy during / after wet weather, with some loose stones, quays and floodbanks which do get muddy during/after wet weather

Steps:

- Close to Morston quay over the floodbank.
- From the Morston floodbank down on the approach to Blakeney.
- Informal steps down into Cley village from the floodbank.

Maps:

Ordnance Survey Explorer 251 Landranger 132 & 133

Public Toilets:

Morston Quay - No disabled,

Blakeney Quay (National Trust) - Disabled, open until 9pm Summer, 5pm Winter.

Refreshments:

Stiffkey - (01328)

The Red Lion (serves food)(t:830552)

Stiffkey Stores & Post Office (t:830489) Serves coffee and cake, open: *Summer:* 8.30am-5pm, (Sun 9-3) closes Sun & Wed at midday in winter.

Morston - (01263)

The Anchor Inn (t: 741392)Serves food.

Blakeney - Various cafés, pubs, restaurants. See more at: www.blakeneyonline.co.uk

Cley next the Sea - Tea rooms, pubs, a delicatessen and a smoke house, See more at: www.cley.org.uk