

Gorleston promenade  
and exercise trail

Start point	Promenade beside Pier Hotel, Gorleston
	Grid reference TG530039
Parking	Quay Road car park
Distance	2.1 miles
Details	Moderate gradient, 100% firm surface

## Walk instructions

## The point of this walk really is the exercise!

## No map needed for this walk...

From the Pier Hotel, start by walking as far as possible on the Spur breakwater, then turn round and walk to the far end of the promenade. At the end, turn round and walk back; it takes approximately 45 minutes to walk and around 4,500 steps.

For more of a challenge, return via one of the paths to the top of the cliff and walk along the cliff top path which has great coastal views.

At the end, go down the last sloping path to the promenade below and return to the start point next to the Pier Hotel.

Towards the end of the cliff top path just after the tennis courts is the Mia-Lucy Rose Trim Trail and a great chance to exercise different muscles. The trail has 15 activities for you to try with clear instructions beside each piece of equipment showing you how to use it.



- The Pier Hotel was Gorleston's first hotel built in 1897 to provide quality accommodation for the growing number of visitors. Gorleston developed as a seaside resort following the arrival of the railway in 1903; trainloads of visitors arrived to enjoy the new bank holidays and paid annual holiday breaks.
- The design work of J W Cockeril, the Borough Surveyor is evident today. Around the turn of the last century he transformed the seafront with beach gardens, the side of the cliff was grassed and shelters built along with the parade of shops. An artificial ravine was created to give access to the beach and crossed by a bridge supported on ornamental iron arches. He also designed the pavilion with copper domes on the corner towers; an important example of the early use of modern terracotta and glazed tiles.
- Later facilities included bowling greens, tennis courts, yacht pond, swimming pool and holiday camp. The oval yacht pond on the sea front was built in 1926 and is one of very few left in the country.
- The start of the Second World War brought the tourist trade to a halt and the town was heavily defended against invasion by a network of defences. Barbed wire on the beach from the South Pier to Gorleston Golf Links, a pillbox on the Lower Esplanade, anti-aircraft gun battery to the south, and multiple gun emplacements to the north all protected the beach. Nothing now remains of these defences but at the time they were highly visible and gave a profound boost to raising morale.

