

# Great Yarmouth promenade starter walk

Start point	North Drive; start of promenade opposite Salisbury Road, North Denes • Grid reference TG531 090
Parking	North Drive (seasonal charge)
Distance	Up to 4 miles
Details	Minor gradient, 100% firm surface

## Walk instructions

Start with an easy promenade walk in Great Yarmouth before tackling more adventurous routes.

It is two miles to walk the entire length of the promenade in Great Yarmouth, starting from the boating lake at the north end and finishing at the south end just beyond the scenic roller coaster. Of course you then have to walk another two miles back again, although you could cheat and have a ride in the road train one way and walk back!

It is recommended we should walk for at least 30 minutes per day on at least 5 days per week and take 10,000 steps per day.

A gentle 1.3 mile walk between Britannia Pier and Wellington Pier and back again takes approximately 30 minutes, with an average of 2700 steps. To walk the entire length of the promenade and back again takes approximately 8,000 steps; a daily sea front walk will help reach that 10,000 steps goal.



- It is fascinating to note the change of character from one end of the promenade to the other; from the natural sand dunes at North Denes, passing the visitor entertainments of the Golden Mile to the industrial southern end towards the new harbour.

- The piers and amusements on the sea front today started in a small way in 1759, with a single bath house built on the beach containing two baths just big enough to allow men and women to immerse themselves into the sea in privacy. The popularity of sea bathing grew and a whole new seaside industry developed to encourage the day-tripper to 'promenade' on the sea front.



● Little terns feeding young  
Photograph by Kevin Simmonds

- Every May around 300 pairs of little terns make the gruelling journey from Africa to nest on the beach at North Denes. Around 10% of the UK population choose to nest here, making it the largest breeding colony of little terns in Britain. The RSPB and Natural England have been protecting the site since 1986 resulting in a growing breeding population. Unfortunately, recent wave action scouring the beach combined with the advancing North Denes dune system has resulted in concerns for their long term future and they are now included in the Norfolk Biodiversity Action Plan; to find out more on line visit [www.norfolkbiodiversity.org](http://www.norfolkbiodiversity.org). To discover how to watch little terns without disturbing the nesting birds visit the RSPB cabin on North Beach or contact them on 01493 700645.