



**Down to Earth**

*"Earth science learning for all"*

# The North Norfolk Coast

## October 18-23 2023



*The beach at Overstrand*

### **A word from your leaders...**

We are ending our field trips for 2023 with somewhere that you've probably never considered, yet it's very special. We had a great time on our first visit to the North Norfolk Coast in 2018, now we're back. If you've never been there before, you are in for a big surprise. The oldest rocks in the area come from the Lower Cretaceous, the youngest, the Crag deposits from around 1 million year ago.

These extremely young materials, some of them barely consolidated into rock, preserve for us a record of the Anglian Glaciation and the succeeding interglacial warmer period. Nowhere else in the UK can we see such deposits and these tell us a lot about the power of glaciers to move large blocks of material. Fossils help us to learn more about the palaeoclimatic changes and just how rapidly they occurred. For fans of more solid rocks, there's the Cretaceous succession at Hunstanton with lots to see and talk about.

The trip will be based in the comfortable Hotel de Paris on Cromer's seafront. Cromer is on a branch line railway from Norwich. Why not leave the car at home and let the train take the strain!

Chris and Colin, are greatly looking forward to this trip, especially Colin who is already swotting up on his glacial terminology! Don't worry Colin, Chris will have his day on the Cretaceous of Hunstanton, but there are no dykes for him to go on about! Early booking is strongly advised, the last trip booked up very well.

**Chris Darmon & Colin Schofield**  
Course Organisers/Leaders

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### **Getting to Cromer**

Cromer is easily reached by 'A' class roads from Norwich or around the coast from Kings Lynn. It is also on a branch line railway line from Norwich, with a regular service of trains. Our hotel is within walking distance of the station at Cromer.



## Getting around on the trip

As usual, we'll have the use of a 17-seater minibus, driven by 'our Colin'. There may also be a need for a couple of extra cars, so we may be looking for a couple of volunteer drivers! this will only happen if the total number of participants exceeds 15. We are looking to hire our minibus in the Peterborough or Ely areas, so if you are looking for a lift for the final part of the journey we may be able to help you - ask nearer to the time.

## Walking

This is not an area of particularly difficult terrain, although there will be a couple of steep ascents and descents of cliffs. We'll get you as close as possible to the relevant sites and will, in almost every case, involve minimal walking distances. Everything therefore should be within the capabilities of all of the party. Most walks will be short, along the shoreline.

However, if at any time you wish to 'opt out' that will be fully acceptable and understood. In view of the uncertainties of the weather you are strongly advised to bring all waterproofs and walking boots – particularly as you will be walking over rough ground.

## The geology of the North Norfolk Coast

Geologically, this is a fascinating area. The hidden basement is anything but simple, with rocks right back to the Precambrian, but thankfully the surface exposures are much easier to understand. The oldest rocks in the area outcrop in the Hunstanton area and are from the Lower Cretaceous. The cliffs of Hunstanton show three distinct units, the lower brown Carstone, overlain by the red Chalk and this in turn is overlain by the Chalk.

The Chalk reappears in a number of large 'rafts' that have been emplaced during the Anglian glaciation, occurred some 450,000 years ago and has left its mark in a number of deposits in the area. However, before this happened, sedimentary materials in the form of the Crag deposits were left in the Cromer area. These record some very interesting climatic changes and several places have yielded notable mammals including the so-called 'West Runton elephant', actually a mammoth. You'll be able to see a notable esker at Blakeney and also lots of glacial till, not to mention ice wedges and other glacio-fluvial features.

## Accommodation & Food

Good food and a good night's rest are important elements to our tours and we have worked hard to bring you good value in local accommodation. For this trip we have chosen the Leisureplex Hotel de Paris on Cromer's seafront which is a quite close to the railway station.

The hotel will provide us with breakfast and a 3-course evening dinner for each day. Packed lunches will be sourced locally for each field day. Single accommodation is available, but is limited and subject to a modest supplement.

**We are happy to help anyone looking for someone to share a twin bedded room – simply indicate on the booking form.**

## Itinerary

*The following is not intended to be prescriptive, but to give you an idea of what we hope to cover during this trip, weather and tides permitting:-*

- The Cretaceous rocks of Hunstanton
- The Pleistocene rocks of West Runton
- The coast at Wells-next-the-Sea and the Blakeney Esker
- The coast at Happisburgh

*In order to get the most out of your short visit, we'll finish around 12 noon on the final day.*

## Cost

**For 2 people sharing a double or twin room, the cost of the 5-night trip will be £525.00 per person; for single occupancy, the cost will be £595.00 per person and is limited to a maximum of 5.**

## What's included in the cost?

- The services of Chris Darmon & Colin Schofield as tutors, who will be available to you at all reasonable times
- Accommodation and meals as specified here
- The cost of all transport used during the trip



- Admission to any museums, exhibitions etc. as visited by the group

### **What's excluded from the cost?**

- The cost of travel between your home and Cromer
- Travel insurance
- Incidental expenditure

### **Insurance**

Everyone booking a place and paying a deposit is strongly advised to take out holiday insurance. This can cover you against loss of money in the event of cancellation etc. Cover is often included in with your credit card or bank account.



### **Booking**

Please fill in and return a completed booking form.. Your booking will be confirmed upon receipt of either a deposit of £250.00 per person or the full payment. ***The balance of the brochure price will be due by July 31st 2023.***

***This trip will run provided a minimum of 12 people have booked by May 31st. 2023.***

### **Your money...**

Upon receipt, all monies paid for these trips are placed in a specific 'client trust account' where it cannot be drawn by us until after completion of the tour. This is in accordance with EU Directives and ensures that your money is safe in the unlikely event of corporate failure by Geo Supplies.

### **What happens next?**



As soon as we are in a position of confirming that the trip will run - pretty soon if previous trips are anything to go by - we will let you know. You will then be free to start making your own travel plans and to take advantage of any advance fares on train.

Please don't make any such arrangements until we have been in touch with you.

***Please also see information contained in our 'Residential Field Trips 2023'***

***The 'Cromer forest bed' at West Runton, source of many fossils.***