The rocks around Cromer are of international importance, not least because the Cromer Forest-bed Formation at West Runton is the ‘type locality’ for the Cromerian Stage. The Chalk and Crag deposits which can be seen along the beaches of North Norfolk are also of world importance. Above these sediments however, are the glacial deposits which were laid down starting approximately 500,000 years ago, during the Ice Age. These form most of the cliffs that you can see along the coast at Trimingham, Sidestrand and Overstrand.

The Cromer Ridge is a huge glacial feature which forms the highest point in Norfolk. The ridge is what’s left of the terminal moraine, formed as the glacier retreated. The eastern part of the ridge is a push moraine. This is best seen at Overstrand, which has a 60 metre cross-section through the ridge, showing spectacular ‘rafts’ of chalk which were pushed into their current position by glacial movement.

The western part of the ridge is composed of outwash sands and gravels deposited by rivers at the glacier edge. This is best seen at Telegraph Hill. At the view point there is a steep northward-facing slope which would have been the glacier margin, this rests on the flat-lying outwash gravel surface of Kelling Heath. There are also a series of circular hills known as kames between Telegraph Hill and the sea.

**Glossary:**
- **Cromerian Stage** = a stage within the Pleistocene Period, from 866,000 to 478,000 years ago.
- **Crag deposits** = a series of marine deposits at the base of the Pleistocene in Norfolk, Suffolk and Essex. Crag is a local word for shelly sand.
- **Glacial deposits** = the rocks, soil and other sediment picked up and transported by glaciers.
- **Terminal moraine** = sediments deposited by a glacier at its end when the ice was at its maximum extent.
- **Outwash** = glacial sediments deposited by meltwater at the terminus of a glacier.
- **Push moraine** = a broad arc-shaped ridge of material pushed along by an advancing glacier.
- **Kame** = sand and gravel hills formed as glaciers retreat.

Ice coverage in the British Isles during the most recent glaciation (between about 110,000 to 10,000 years ago).

The Cromer Ridge is one feature caused by the movement of ice during this glaciation.