Geology around Cromer:

CROMER FOREST-BED

- Younger "Ice Age" Glacial Deposits
- 78-80 Million Year Old Chalk on Low Foreshore
- Weybourne Crag

Resting on the chalk is the Weybourne Crag. Above this is the series of deposits called the Cromer Forest-Bed.

A great variety of shells and seeds tell us exactly what the habitat was like close to the spot where the sediments accumulated. These are freshwater shells from a river deposit...

Some of the deposits are marine... especially the Crag.

Cyclic changes in world climate are recorded in these sediments: Cold - Warm - Cold - Warm.

Sea-level rose as the polar ice caps shrank in warmer times and fell when they grew in cold periods.

Open grassy and heathy habitats in cold periods gave way to forest when warmer times returned.

The remains of a remarkable fauna of vertebrates, from shrews to elephants, amphibians, reptiles, fish, and birds complete the picture.

The West Runton Freshwater Bed is the type section of a warm period called the Cromerian.

Norfolk was big game country. A lowland river meandered past banks fringed by bank vegetation. Mixed oak forest cloaked the land, with open areas maintained by herds of grazing animals. Carnivores hunted and scavenged their carcasses.

Cromer Museum