Norfolk is a [county](#) in [East Anglia](#) in [England](#). It borders [Lincolnshire](#) to the northwest, [Cambridgeshire](#) to the west and southwest, and [Suffolk](#) to the south. Its northern and eastern boundaries are the [North Sea](#) and to the north-west, [The Wash](#).

Norfolk's county town and only [city](#) is [Norwich](#), one of the largest settlements in England during the [Norman era](#). Norwich is home to the [University of East Anglia](#), and is the county's main business and culture centre. Other principal towns include the port-town of [King's Lynn](#) and the seaside resort and Broads gateway town of [Great Yarmouth](#).

Based on the 2011 Census[4] the county's largest centres of population are: [Norwich](#) (213,166), [Great Yarmouth](#) (63,434), [King's Lynn](#) (46,093), [Thetford](#) (24,883), [Dereham](#) (20,651), [Wymondham](#) (13,587), [North Walsham](#) (12,463), [Attleborough](#) (10,549), [Downham Market](#) (9,994), [Diss](#) (9,829), [Fakenham](#) (8,285), [Cromer](#) (7,749), [Sheringham](#) (7,367) and [Swaffham](#) (7,258). There are also several smaller [market towns](#): [Aylsham](#) (6,016), [Harleston](#) (4,458) and [Holt](#) (3,810).

Much of the county remains rural in nature and Norfolk is believed to have around [200 lost settlements](#) which have been largely or totally depopulated since the medieval period.

Norfolk is one of the few counties in England that does not have a motorway.

People from Norfolk are sometimes known as [Norfolk Dumplings](#),[40] an allusion to the flour dumplings that were traditionally a significant part of the local diet

Norfolk is a popular tourist destination and has several major holiday attractions. There are many seaside resorts, including some of the finest British beaches, such as those at [Great Yarmouth](#), [Cromer](#) and [Holkham](#). Norfolk contains [the Broads](#) and other areas of outstanding [natural](#) beauty and many areas of the coast are wild bird sanctuaries and reserves with some areas designated as [national parks](#) such as the [Norfolk Coast AONB](#).