

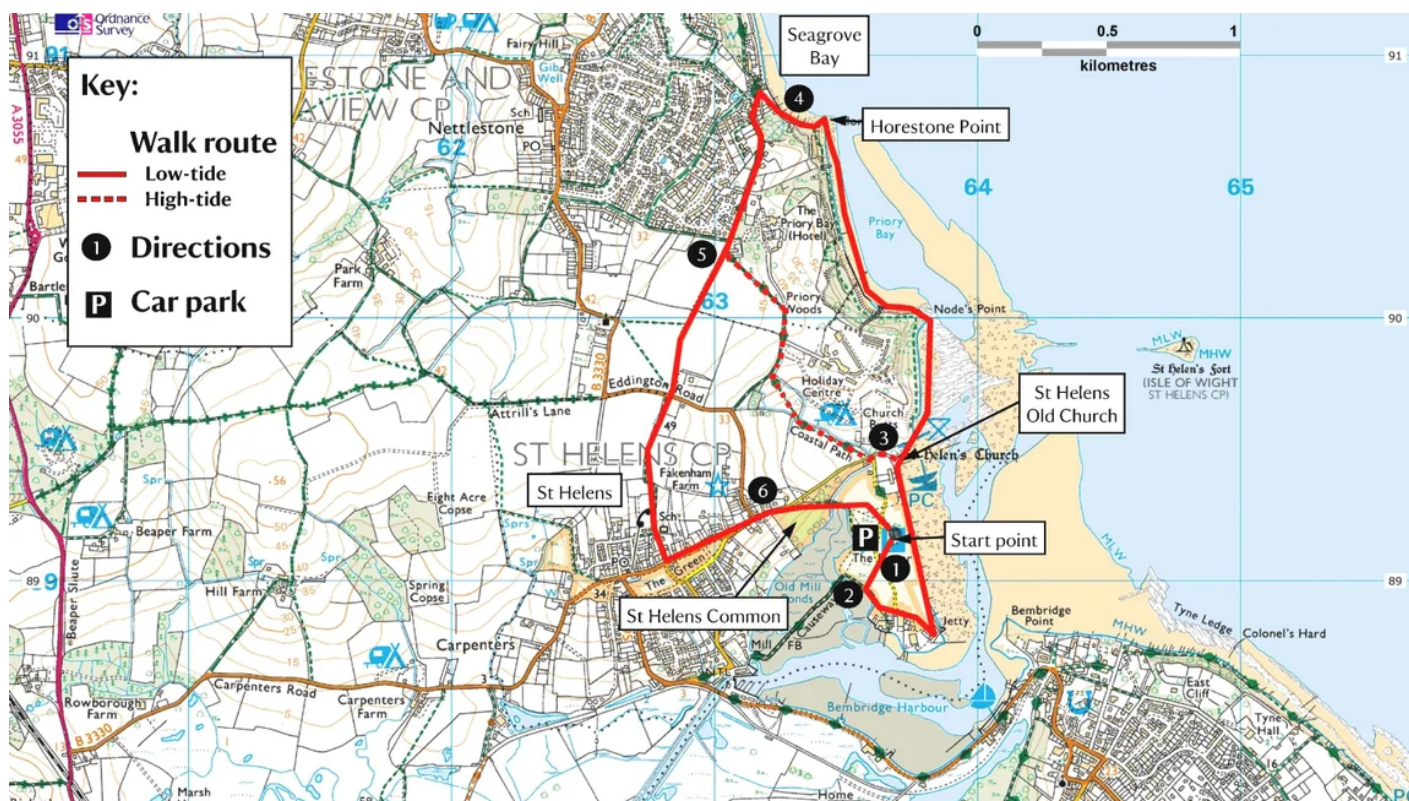
## ISLE OF WIGHT

# A coastal walk at St Helens Duver

This varied coastal walk exploring St Helens Duver will take you along a sandy spit of land rich in wildlife and history. From busy Bembridge harbour you'll pass along the rocky seashore before climbing up inland and returning via picturesque St Helens village.

## ! Check the tide times before you set off

Only attempt the longer walk in the two hours either side of low tide, otherwise it's a dangerous scramble over slippery rocks. For further details and guidance on tide times, please see the Terrain section.



## Information

Address: National Trust car park, St Helens Duver, Isle of Wight. Nearest postcode PO33 1XY.

OS map: OS Maps: Landranger 196 or Explorer OL29

Activity: Walking

Challenging: Some steep gradients which can be slippery after wet weather. Beware of incoming tides on the coastal section. For further details, please see Terrain section.

Dog friendly: Dogs are welcome, please keep on a lead around wildlife.

Full trail: Miles: 3.8 (km: 6.08)

Short trail: Miles: 3.2 (km: 5.12)

Access: Challenging

Duration: 1 hour 30 mins - 2 hours

## Terrain

Only attempt the longer walk within two hours either side of low tide, otherwise it would be a dangerous scramble over slippery rocks. The alternative footpath shown on the map through Priory Woods is often closed due to severe mud. So when the tide is high, we

## Total steps: 6

Start point: St Helens Duver National Trust car park, grid ref: SZ637892

1. Leave the National Trust car park by following the hedge to the left of the interpretation panel and parking meter and go on up the sandy path by the green dog bin. Cross the grass and go on over the road, aiming for the boats in Bembridge Harbour.
2. Turn left along the embankment path which soon leads away from the water, then cross the road and take the grassy path which heads over to houses on the right. Follow a track between the houses onto the promenade. Turn left and walk along the promenade to the remains of St Helens Old Church. Go past the church and continue to an interpretation panel along with a National Trust sign for Node's Point; go onto the sands here.
3. \*Low-tide route only\* Walk along the sands for about a mile passing through three rocky headlands. After crossing the third headland (Horestone Point) take the raised boardwalk along the back of Seagrove Bay. \*High-tide route\* Back-track to the road by St Helens Old Church, turn right and follow it for 110 yds (100m). Take the signed coastal path through a memorial gate on the right and go up the right edge of the field. Cross a bridge over a stream, through another memorial gate then continue diagonally up the next field to a metal kissing gate in the top right corner. Turn right along the road, bearing left at the caravan park entrance. The footpath goes just to the left of the Priory Bay Hotel stone gateposts and follows the left-hand edge of woodland. You'll reach step 5 at the path junction where the wood ends: turn left to the stile and gate.

strongly suggest following the coastal path directly from route step 3 to step 5, which misses out Priory Bay but is safe in all conditions. This route alternative is 0.5 miles (0.8km) shorter and is described within step 3.

Total ascent is 80m (250ft) for the longer low-tide route, or 55m (180ft) for the shorter

**Bembridge tide times (which apply to St Helens Duver)**

<https://www.hampshire-tides.com/bembridge-approaches-tide-times>

4. \*Low-tide route only\* Walk along the promenade and, at the end of it, take the road left up a slipway and hill, climbing Ferniclose Road, footpath R74. Continue to the top of the hill, reaching a gate next to a stile 55yds (50m) beyond the Priory Hotel driveway.
5. Go through the gate or over the stile and continue straight on, keeping a hedge on your left. Go through a field gate next to another stile at the field boundary and follow in the same direction until you reach a road via a memorial gate. Turn right for 25yds (25m) then left along footpath R82 to St Helens. Bending left at a junction by the school, cross a cul-de-sac and follow a path between houses, before emerging alongside the Vine Inn. Turn left and continue along the pavement back towards the Duver, notice the plaque to Sophie Dawes on a house on your left almost opposite Mill Road. Turn right into Duver Road when the main road bends sharply left.
6. Just before some traffic lights, turn right onto a path which leads through St Helens Common. Go down this path and cross a wooden footbridge to an interpretation panel. Continue along the path for 60yds (55m) then head diagonally left across the grassy area and back to the car park.

End point: St Helens Duver National Trust car park, grid ref: SZ637892

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