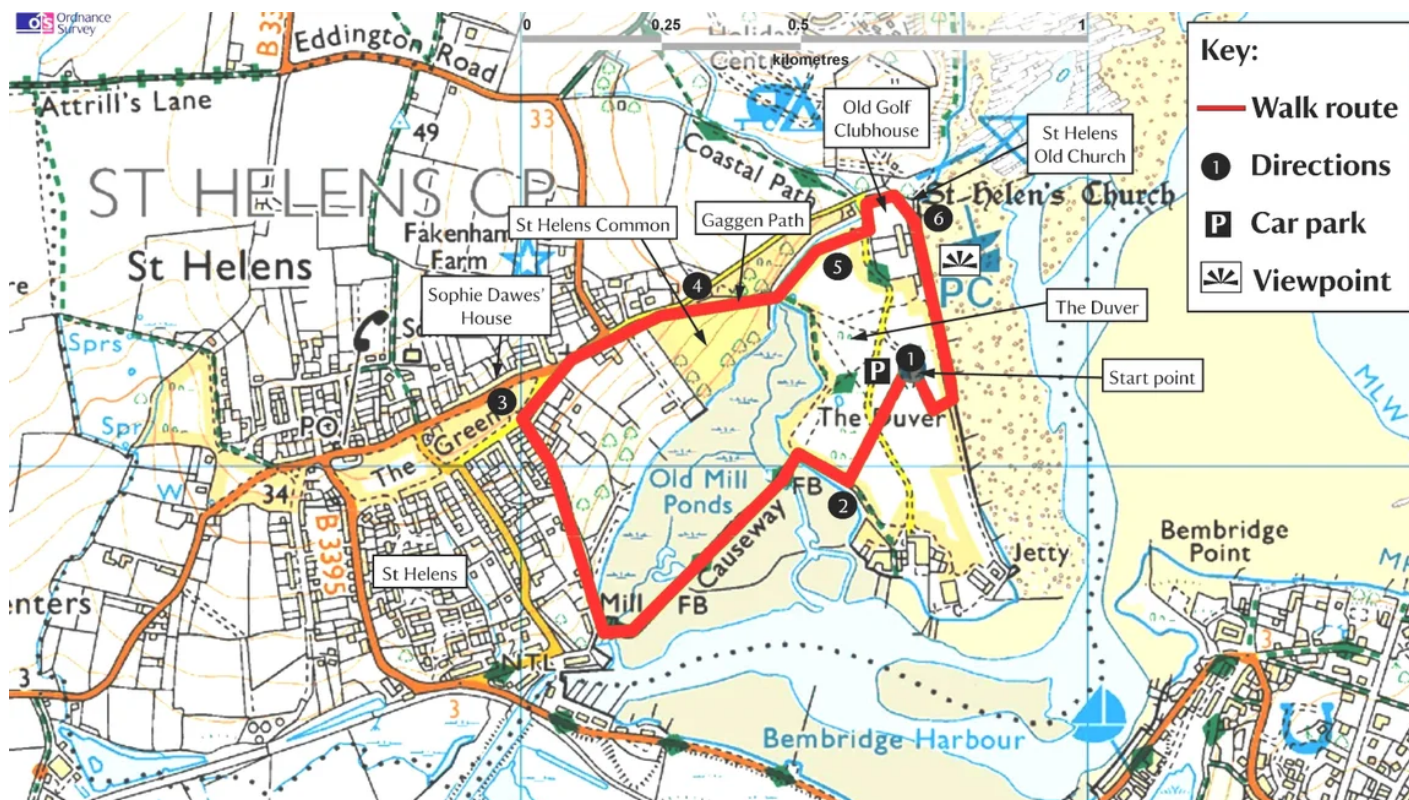


ISLE OF WIGHT

Down on the Duver circular walk

A short but varied coastal walk exploring St Helens Duver, a sandy spit of land on the eastern tip of the Island that is rich in wildlife and history. The gentle circular route passes Bembridge Harbour, the historic Isle of Wight Golf Club and the village of St Helens with its famous Old Church. Keep an eye out for a wide variety of birdlife along the way, from waders in the harbour to whitethroats, wheatears, chiffchaffs in the dunes.



Information

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

OS map: Landranger 196; Explorer OL29

Activity: Walking

Easy: Difficult terrain with some mild gradients. For further details, please see Terrain section.

Dog friendly: Dogs are always welcome, but please keep them on a lead around wildlife and livestock, and take any dog waste home with you.

Full trail: Miles: 1.6 (km: 2.56)

Access: Challenging

Duration: 1 hour - 1 hour 20 mins

Terrain

Total ascent is 35m (115ft). Some paths are very uneven, especially on the descent through St Helens Common and across the causeway. The paths can be muddy after heavy rain, so please take care.

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. Bembridge Fort is on the skyline.
2. Turn right at the water's edge then follow the raised causeway path between the lagoons and around buildings to Mill Quay. Take the first tarmac road on the right by Mill House. Go up the hill to the top, passing caravans on both sides.
3. Bear right along the bottom edge of St Helens Green, claimed to be one of the largest village greens in England. Bear right again at the end, then carry straight on into Duver Road when the main road swings sharply left at a bend.
4. Just before some traffic lights, turn right onto a path by an interpretation panel (signed R88 to the Duver) which leads past St Helens Common. This is the Gaggen Path, which gets its name from press gangs which used to hide here and then gag their victims. Go down the path to the end.
5. Upon reaching the Duver by a wooden bridge, follow the path behind the interpretation panel round to the left and meander along to the Old Golf Club building. Bear left behind the clubhouse to meet the access road, then briefly left and right to reach the sea beside St Helens Old Church, where there are picnic benches.
6. Follow the sea wall to the right. Take the first gap to the right after a long line of beach huts made from old railway carriages (just after number 28) and turn inland through the dunes. Bear right by the National Trust omega sign and return to the car park by the steps.

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