



Walking Holidays in Britain's most Beautiful Landscapes

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The Isle of Wight Coastal Path

The Isle of Wight Coastal Path is a dream come true for those who love to stride out amid the fragrance of salty sea air and with the warmth of the sun on their face.

Shaped like a diamond, the Isle of Wight really is the jewel of the English Channel, and our Coastal Path holidays are the perfect way to explore the island the Romans first named Vectis.

Our circuit of the island begins in the seaport town of Cowes on the west bank of the River Medina. Cowes is home to the oldest and biggest sailing regatta in the world. From here we head south west to the historic town of Yarmouth, skirting Newtown National Nature Reserve as we go. Then it's onwards to the village of Totland with its picturesque sandy beach, ahead of a breathtaking crossing of Headon Warren where you'll catch your first glimpse of the iconic chalk stacks, The Needles, guarded by its lighthouse at the outer western end of the formation.

The grassy, whale backed ridge of Tennyson Down leads us east along the southern edge of the island, first past the chalk pebbled Freshwater Bay, then onto a collection of chines, home to one of the richest areas for dinosaur discovery in Europe. St Catherine's Lighthouse marks the most southern point of the island and is one of the oldest lighthouse locations in Great Britain.

Shanklin, Sandown and Seaview continue the theme of sun, sea and sand. Ryde, home to the world's oldest hovercraft operator, is now all that stands between you and the completion of your circuit.

The island has been home to Alfred Lord Tennyson, Charles Dickens, Charles Darwin and Queen Victoria. Also, thanks to Italian inventor Guglielmo Marconi, the birthplace of the radio.

The Isle of Wight is England's largest island. Yet at high tide, becomes England's smallest county!

Put simply, if you like the thought of walking round a beautiful and fascinating island that enjoys more sunshine than some parts of Spain, then the Isle of Wight Coastal Path is most certainly the holiday for you.



Why do this walk?

- Enjoy walking in one of the sunniest places in the UK.
- The island is designated a UNESCO Biosphere Reserve.
- Marvel at the iconic chalk edge 'The Needles' with its 33-metre-high lighthouse.
- Stride out over the whale-backed ridge of Tennyson Down.
- More than half the island is a designated Area of Outstanding Natural Beauty.
- Visit Osborne House, built in 1846 for Queen Victoria.
- The island is home to some of the richest cliffs and quarries for dinosaur fossils in Europe

Essential Info

Length	4 – 8 nights
Full Route Length	70 miles/113 km
Shortest Length	31 miles/50KM

Grade



Easy to
Moderate

This is a coastal walk, not technically difficult, and if walked at a comfortable pace, can be completed by people with limited walking experience. Only when significantly reducing the number of walking days and increasing the distances walked, will the experience become more challenging.

Terrain: A mix of chalk and sandstone cliffs, sandy beaches and pleasant countryside. There are one two road sections also.

What's it like underfoot? Generally, well defined and maintained tracks and paths. These can be a bit sandy at times and some sections can get a little muddy after heavy rain.

How much up & down? There are occasional ascents and descents to and from sea level.

Signposting: Generally good.

Navigation: Pretty straightforward. In addition to detailed route notes, the coastal path is marked on the Ordnance Survey map.

Route

Cowes to Yarmouth

Our walk begins in the bustling sailing town of Cowes and we follow the coastline in the direction of Egypt Point, the northernmost point of the island. From here the trail leads us through Gurnard and along cliff tops before descending onto the beach at Thorness bay. Look out for redshanks, oyster catchers and ringed plovers here. The birdlife continues as we turn inland and through the Newton National Nature Reserve en route to the charming village of Shalfleet. Beyond Shalfleet we return to the coast and journey through woods at Bouldnor Cliff before arriving in the lovely and lively sailing harbour of Yarmouth.



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Yarmouth to Freshwater Bay

Leaving Yarmouth we cross the river Yar and head through Fort Victoria Country Park before arriving at the village of Totland. Next up is the picturesque sandy beach at Totland Bay. From here we walk over the stunning Headon Warren catching our first glimpse of the three pinnacles of the Needles and the multi-coloured cliffs of Alum bay. The grassy, whale backed ridge of Tennyson Down leads us to Freshwater Bay.

Freshwater Bay to Chale

Cliff top and chines (coastal gullies) dominate the landscape as we journey from Freshwater Bay to Chale. The cliffs are a mixture of towering white chalk, crumbling sandstone and blue slipper clay. This stretch of coastline is one of the richest areas for dinosaur discovery in Europe. Just ahead of Chale is Whale Chine the most spectacular of all the coastal gullies.

Chale to Shanklin

Leaving Chale we come to St Catherine's Point. It is the southernmost point of the island and home to one of the oldest lighthouse locations in Great Britain. Next up is

the seaside resort of Ventnor and beyond there, The Landslip, named after the great landslip of 1810. There was further significant movement in 1928 and to this day it continues to slip very gradually. We pass through the pretty Luccombe Village as we make our way to Shanklin, which still retains some of its Victorian elegance.

Shanklin to Seaview

The walking is easy as we curve round Sandown Bay and onto Culver Down. Look out for plants such as small scabious, harebell, cowslip and lady's bedstraw on the chalk down. Foreland, part of the village of Bembridge, marks the easternmost point of the island. From Bembridge we turn inland to skirt round Bembridge Harbour before rejoining the coast at Horestone Point ahead of the small Edwardian resort of Seaview.

Seaview to Cowes

This final section of the Isle of Wight Coastal Path clings to the coast as far as Ryde, the largest town on the island, before taking a step back as it finds its way to Fishbourne. From here we cross Wootton Creek, a tidal estuary flowing

into the Solent. Having crossed the creek we remain inland as we make our way to East Cowes and the River Medina, completing our circuit. The most popular attraction on this final section is arguably the stunning Osborne House, a favourite retreat of Queen Victoria.

Additional Days

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. We recommend Cowes, Yarmouth, Totland Bay, Freshwater Bay and Shanklin:

Cowes

The picturesque town of Cowes is a perfect place to spend an additional day, before or after your circuit of the island.

Visit Osborne House the one-time seaside retreat of Queen Victoria and Prince Albert.

Partake in sailing and water sports or visit one of the many galleries and maritime museums.

There's a fantastic selection of boutique clothing stores and independent gift



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shops. Restaurants, pubs, cafes and wine bars offer food and drink from around the world. Locally grown and produced fish, meat, vegetables, wine, beer and even gin are in good supply too.

Yarmouth

Yarmouth has an abundance of quaint cafes, shops and galleries. The views of the West Wight coastline from the pier are stunning.

One of the main attractions of Yarmouth is the Tudor Castle built by Henry VIII. Commanding the mouth of the Solent since 1547, Yarmouth was the first Arrow Head Castle in Britain.

Totland Bay

As with Freshwater Bay, Totland is an ideal location to spend an extra day visiting the Needles Landmark Attraction at Alum Bay. Hop on the bus or walk along.

Freshwater Bay

Add an extra day at Freshwater Bay and either hop on the bus or walk along to the Needles Landmark Attraction at Alum Bay. Take the world-famous chairlift from the top of cliffs down to the beach beneath and enjoy superb

views of the iconic Needles Rocks and Lighthouse.

Want a closer look? Take a boat trip from the jetty for a spectacular trip around the rocks and lighthouse with panoramic views of the Alum Bay sand cliffs.

Take time to look around Alum Bay Glass and the Sand Shop. Why not visit the 4D Cinema Experience too. There's plenty of refreshments on offer at the licenced tea rooms, the café and various food kiosks.

Shanklin

The island's oldest tourist attraction is Shanklin Chine, a stunning tree lined gorge that cuts its mark from Shanklin Old Village to the sandy beach and esplanade beneath. On summer evenings hundreds of lights illuminate the narrow paths, streams and waterfalls within the chine. Shanklin Theatre provides top entertainment all year round for all tastes.

Shanklin Olde Village is a small part of Shanklin Town. It sits on a slightly lower level than the town and contains some of the oldest dwellings on the island, most of which are thatched.



Rylestone Gardens are well worth a visit too. Their displays of hanging baskets and flowers are amazing. There are tea rooms serving refreshments and look out for their programme of events for Rylstone Bandstand where afternoon and evening concerts run throughout the Summer.

Getting There and Away

General travel information for the Isle of Wight Coastal Path will be in your holiday pack.

Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps.

To view train times please visit qjump where you can also purchase tickets in advance. For information on bus timetables please visit traveline

If you require secure car parking whilst walking this route, please contact us for information.

Getting There:

To reach the Isle of Wight you will need to take the ferry crossing. There



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are several options for ferries depending on whether you cross as a passenger or with a vehicle – from Portsmouth, Southampton or Lymington.

From Portsmouth there are passenger only ferries to Ryde Pier or vehicle ferries to Fishbourne. Hovercrafts also run from nearby Southsea to Ryde Esplanade.

From Southampton there are passenger only ferries to West Cowes or vehicle ferries to East Cowes.

From Lymington there are vehicle ferries to Yarmouth.

Once on the island, buses run regularly servicing the ferry terminals and towns.

By Air: The nearest major international airports are London Gatwick and Heathrow. The nearest regional airport is Southampton. Gatwick and Heathrow have good transport links to London train stations, you can get a train from Southampton Airport Parkway to Southampton Central for trains to Portsmouth.

By Public Transport: There are regular trains from London Waterloo and London Victoria stations to Portsmouth Harbour, the National Express 030 service from London

Victoria also stops at the harbour.

There are also regular trains from London Waterloo to Portsmouth & Southsea station if you are crossing by hovercraft from Southsea.

By Road: The M3 splits at Southampton, for Portsmouth take M27 east to junction 12 then take the M275 and follow signs for the ferry terminals.

For Southampton

By Air: The nearest major international airports are London Gatwick and Heathrow. The nearest regional airport is Southampton. Gatwick and Heathrow have good transport links to London train stations, you can get a train from Southampton Airport Parkway to Southampton Central.

By Public Transport: Cross Country trains bound for Bournemouth stop at Southampton Central and there are regular trains from London Waterloo to Southampton Central. There are also National Express services (032/035) to Southampton. The Quayconnect shuttle bus runs between Southampton Central and the ferry terminals on Town Quay.

By Road: Follow M3 to A27 (exit 14) then take A33, leave at Town Quay for ferry terminal.

For Lymington

By Air: The nearest major international airports are London Gatwick and Heathrow. The nearest regional airport is Southampton. Gatwick and Heathrow have good transport links to London train stations, you can get a train from Southampton Airport Parkway.

By Public Transport: There are regular trains from Brockenhurst station to Lymington Pier. Trains from London Waterloo bound for Weymouth and Cross Country trains bound for Bournemouth will stop at Brockenhurst.

By Road: The M3 splits at Southampton, for Lymington take M27 west and exit towards Lyndhurst on A337. Follow A337 through Brockenhurst to reach Lymington.

Getting Back:

As this is a circular route you will be walking back to your starting location so you can depart by the same means you arrived.



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How our holidays work

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures and history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday. You just turn up and walk!

Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please.

You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. You can book part of a walk if you don't have the time to complete the entire distance.

How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed, posted or faxed to us. We will get in touch with you once we have received your booking to confirm your holiday details.

Alternatively, you can either book online using our website at www.mickledore.co.uk or telephone us during office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We understand this and go out of our way to find the best. We put a great deal of effort into hand picking our accommodation and matching it to individual customer requirements. In selecting the accommodation, we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course of your trip you might stay in a village inn, a bed and breakfast in a

converted barn, a Victorian guest house, and on a working farm. We always try to arrange en suite accommodation, i.e. rooms with their own bathrooms, for each night of your stay. However, in some of the more remote locations accommodation is limited and occasionally we may have to book rooms with shared bathrooms for one or two nights of your holiday, (especially if the booking is made at short notice), but we will always let you know if this is likely to be the case.

Single Rooms We are happy to book single rooms on this walk but cannot normally book more than two for any one group. Single room bookings include a supplement.

What We Provide

All Holidays

Accommodation Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs.

Full English or Continental breakfast.

Guidebook A guidebook with route



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information, maps, photos and background information.

Information of Services Along the Route A comprehensive service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafés and taxis.

Maps An Ordnance Survey Explorer (1:25000) maps covering the entire route.

Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

15% discount at Cotswold Outdoors We will issue you with a 15% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry

a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

Packed Lunches Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or café on the route.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

Arrangement of return transport We can also arrange your transfer back to your car, (or advise you when public transport is a better option!)

What's not included

Evening Meals Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £20.00 per night.

Transport to the start & away from the finish Taxi or bus transport if you need to miss a stage (but we'll help you organise it if you need help)

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website.
www.mickledore.co.uk

About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.



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We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years' experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.

- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and the Association of British Travel Agents (ABTA). We have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at www.aito.com. Visit the website to find out more about the Association or call 020 8744 9280.



Mickledore - Walking Holidays to Remember





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Our Itineraries

Turn over for more Itineraries →

The Isle of Wight Coast Path - Cowes to Cowes – 70 miles/113KM

We offer 5 holidays on the Isle of Wight Coastal Path. Of those, 4 make a complete circuit of the island over 4 to 7 days, beginning in the seaport town of Cowes. Make your choice depending on the pace you find most comfortable.

If you don't have time to make a full circuit, we have a short break highlights holiday in west and south Wight walking from Yarmouth to Shanklin over 3 days.

Round Trip from Cowes in 4 days Walking Code: IW5				Round Trip from Cowes in 5 days Walking Code: IW6		
		Mile	km		Mile	km
Day 1	Travel to Cowes for your first nights accommodation			Travel to Cowes for your first nights accommodation		
Day 2	Cowes to Yarmouth	16	26	Cowes to Yarmouth	16	26
Day 3	Yarmouth to Chale	22	35	Yarmouth to Brighstone	15	24
Day 4	Chale to Sandown	16	26	Brighstone to Shanklin, then transfer to Brighstone	16	26
Day 5	Sandown to Cowes	16	26	Transfer back to Shanklin then walk to Seaview	12	19
Day 6	Depart from Cowes after breakfast			Seaview to Cowes	11	18
Day 7				Depart from Cowes after breakfast		

Round Trip from Cowes in 6 days Walking Code: IW7				Round Trip from Cowes in 7 days Walking Code: IW8		
		Mile	km		Mile	km
Day 1	Travel to Cowes for your first nights accommodation			Travel to Cowes for your first nights accommodation		
Day 2	Cowes to Yarmouth	16	26	Cowes to Shalfleet, then transfer back to Cowes	9	14
Day 3	Yarmouth to Freshwater Bay	11	18	Transfer back to Shalfleet then walk to Totland	11	18
Day 4	Freshwater Bay to Chale	11	18	Totland to Freshwater Bay	7	11
Day 5	Chale to Sandown	11	18	Freshwater Bay to Chale	11	18
Day 6	Sandown to Seaview	10	16	Chale to Shanklin	9	14
Day 7	Seaview to Cowes	11	18	Shanklin to Seaview	12	19
Day 8	Depart from Cowes after breakfast			Seaview to Cowes	11	18
Day 9				Depart from Cowes after breakfast		



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Our Itineraries

Turn over for our Booking form →

The Isle of Wight Coast Path – Yarmouth to Shanklin – 31 miles/50KM

This short break 'highlights' holiday focuses on the incredibly popular areas of west Wight and south Wight as you walk from Yarmouth to Shanklin. The iconic Needles, Tennyson Down and the possibility of dinosaur footprints at Compton Bay make this a wonderful walking experience.

Yarmouth to Shanklin in 3 days Walking Code: IWH4

		Mile	km
Day 1	Travel to Yarmouth for your first nights accommodation		
Day 2	Yarmouth to Freshwater Bay	11	18
Day 3	Freshwater Bay to Chale	11	18
Day 4	Chale to Shanklin	9	14
Day 5	Depart from Shanklin after breakfast		





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Booking Form

Contact Details

Address: _____
Telephone: _____ Mobile / Alternative Tel: _____
Email: _____ Emergency Contact No: _____

Your Holiday

Holiday Name: _____ Holiday Code: _____ (Hadrian's Wall: Add an 'R' if starting in the West)
Date of First Night: _____ Date of Last Night: _____

Party Members

Name	Age	Room	Notes

Item	Quantity	Item	Quantity
Luggage Transport	<input type="text"/>	No. Double Rooms	<input type="text"/>
Packed Lunches	<input type="text"/>	No. Twin rooms	<input type="text"/>
Off Street Parking (there is normally a charge for this)	<input type="text"/>	No. Single Rooms	<input type="text"/>
Transfer required (additional charge)	<input type="text"/>	No. Triple Rooms (Double & Single)	<input type="text"/>

Comments (special diets, other requirements, etc): _____

Payment

Holiday cost per person	<input type="text"/>	I enclose a cheque for the deposit value (GBP only, made payable to Mickledore Travel) <input type="checkbox"/>
Rest Days	<input type="text"/>	I would like to pay by card (we will contact you to arrange this). <input type="checkbox"/>
Total cost per person	<input type="text"/>	I would like to pay by bank transfer (we will contact you to arrange this). <input type="checkbox"/>
Number in group	<input type="text"/>	
Total group cost	<input type="text"/>	
Deposit (20% of Total Cost)	<input type="text"/>	
Single and solo supplements will be added where applicable.		

I confirm that the above details are correct and that I have read the terms and conditions available on the website.

Signed _____ Date _____

Name _____

How did you hear about Mickledore Travel: _____