

Rambles around the IW

in association with the IW Ramblers

Description: A coastal and countryside walk from St Helens to Seagrove Bay

Distance: 3.7 miles

Start: At the public car park (free) on St Helens Green at Vine Road

Access Information: One stile. Some steps at the causeway. The coastal path R85 from St Helens Duver can be quite wet and often muddy.

Refreshments: The Vine at St Helens (a walker friendly pub). Café and restaurant at St Helens Green. Café at The Duver.

Toilets: Toilets at St Helens Green and The Duver. Also Seagrove Bay in season.

Route: From the car park (1) take Vine Road down the green and follow this left into Lower Green Road, passing a garage, restaurant, book shop and café. Turn right into Mill Road (2)

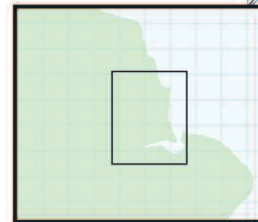
and follow this around The Mill House. Follow footpath R86 (3) and cross the causeway. Follow the path right and then leave the path (4) to head left across The Duver to reach blue beach huts in the distance (5). Go left along the promenade or the beach to reach a large white seamark which is the remains of St Helens Church (6).

Go left across a small green to rejoin a lane and continue on to reach a Ramblers gate on the right (7). Follow footpath R85 uphill going through a second Ramblers gate with a footbridge and then bear left through scrubland. At a field, head left uphill to reach a double telegraph pole and go through a metal kissing gate (8). Turn right along the lane and follow the coastal path through the entrance to The Priory Hotel. At a double set of brick pillars (9), take the path left R84. Follow this path along

the edge of woodland passing a transmitter mast disguised as a tree.

At a path junction, turn right to follow the track down to the beach at Seagrove Bay (10). Retrace your steps to the path junction (11) and go ahead over the stile on R83. Go ahead following the left hedge line. There are distant views of the Bembridge Lifeboat Station. Cross a stile/gate and continue on the path to reach Eddington Road (12). Turn right and then cross the road to follow footpath R82. Follow the path which passes a school and emerges at a road. Cross the road to continue on a path which emerges at the side of The Vine pub. Here cross the road and pass the sports pavilion to reach the car park.

GPS Users: Waypoints for this walk can be found at our web site: <http://www.iowramblers.com/page5.htm>



Around
St Helens

