

# Brading Marsh Trek

6.7 miles (depending if tide in / out) 3 hours 40 mins approx.

*Note: Can get very muddy on single track by airfield when wet. Includes 5 stiles across the marsh. Mainly flat.*

**Start:** Crab & Lobster Car Park

**Option 1:** If wet, up Forelands Farm lane then left into Howgate Road. At the top, turn right into Hillway Road. Proceed across Steyne crossroads and then to entrance to Bembridge Windmill.

**Option 2:** Take coastal path towards Whitecliff Bay (muddy) turning right prior to Bembridge School. Left at Hillway Road, then right taking stile and across Sandown Road (busy). Take short path through the copse and right up to Bembridge Windmill.

Follow Bembridge Trail over Bembridge Airfield (muddy) and fields down into copse. At junction in the copse (signpost) turn right to Brading down to bridge over feeder stream for River Yar. Turn right, walk over bridge towards Brading. At the end of the path pass through the gate (end of Wall Lane), turn immediate right onto public footpath, then through gate onto old railway track. Continue to Carpenters Road, turn right (careful, very busy, short stretch of no footpath as you turn into Carpenters Road) onto footpath to St. Helens.

Turn right at island to Bembridge Harbour and around the harbour to 'Tollgate Café'.

**Option 1:** If tide is out walk behind café around headland, along beach past Lifeboat House to Crab & Lobster.

**Option 2:** If tide is in, take opposite side of road from Pilot Boat pub and follow public footpath/path/unadopted roads to Crab & Lobster.

