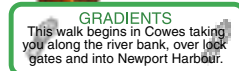
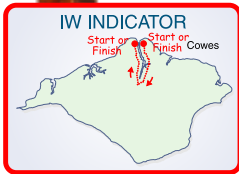


Circular Medina River Walk



This walk begins in Cowes taking you along the river bank, over lock gates and into Newport Harbour.



Medina River Walk Sights

Views of Historic Whippingham Church are afforded as you walk the boundary of the church yard.

Admire the yachts at the Island Harbour Marina and enjoy the sights of various river vessels as you proceed along the river bank. Wading birds can also be spotted at various points along the route.

Route to Newport

- 1 Depart from Red Funnel's Hi-Speed terminal car park by the archway and turn right along the High Street, passing The Anchor Inn as you walk. Follow the left-hand pavement to the Floating Bridge passing Cowes Police Station on your right. Take the Floating Bridge to the East Cowes side of the Medina River. (If you arrive via Red Funnel's Vehicle Ferry service, leave the terminal building and follow the exit road to the roundabout (approx. 100 metres). Turn right, pass the Red Funnel car parks to arrive at East Cowes Floating Bridge terminal).

With your back to the river, carry straight on past a factory entrance on your right. In the shopping area after 150 metres, turn right and walk South parallel with the river. After passing factory buildings, the new housing development, The Lifeboat family pub and the RNLI base the road turns left. After 30 metres, turn right and continue past a cemetery to the Power Station where the road turns left and the surface becomes poor.

- 2 Continue walking East, back on to a properly surfaced road which leads to a T-junction, then turn right. The shops ahead across The Green, are the last chance to purchase anything before Newport. Take care when walking along this road towards

Whippingham Church as the footpath ends at the school. At the boundary of the Whippingham Churchyard, turn right along a footpath marked by a fingerpost. This path crosses three fields to a road some 400m from the Folly Inn. At the end of the churchyard boundary, enter a field and follow the path heading for a stile and bridge in the opposite far corner. Cross this bridge into this second field, and head along the path to reach a stile and bridge across this wooded stream. There is a straight path across the third field, follow this to a small copse and arrive at the road near the entrance to a caravan park. Turn right and walk down towards the Folly Inn where refreshments may be available.

- 3 Turn left and follow the footpath marked by a fingerpost to pass through the car and boat parks. Continue along the river bank between tall hedges with the caravan park on your left, to a bridge across a small creek. Cross the bridge and follow the river bank to Island Harbour Marina. This path can flood at high tide! At the marina, cross the lock gate with care and pass the lock control building.
- 4 Turn right and continue along the river bank towards Newport. Much of this last mile or so to Newport harbour is wooded with only occasional views of the river - it can be very muddy in winter. Before entering the woods, pass the hulk of the paddle steamer 'PS Ryde', now land locked and decaying. Continue along the path with occasional views across the river, and pass through the recreational area of Medina High School before entering the Seaclose Playing Fields where you can join the cycle track. There are picnic sites here on the outskirts of Newport with two seats near the notice board for Newport Harbour. Pass the Isle of Wight Planning Office on the left and arrive on the Quay. The Bargeman's Rest pub is on the return route just across the river, the food here will satisfy the largest appetite!
- 5 Continue to the entrance of the Quay passing the Riverside Centre on your left and under the bypass bridge. Cross the bridge at the entrance to the harbour and complete the walk along the Eastern bank of the river. The street opposite leads past the court buildings up into the town. The Tourist Information Office is now located at the junction with the High Street. If you wish to eat in Newport or to have a look round this county town return to the harbour entrance to pick-up your return route.

Route to Cowes



Whippingham Church

- 6 From the harbour entrance, turn right past the Quay Arts Centre, then immediately turn right round the Quay Arts Centre, and past the Bargeman's Rest now on your left. You are now passing through an industrial estate before gaining access to the river bank and another picnic site. Continue along the river bank to the first turning on the left, turn left, climb a slope past car showrooms to a T-junction. Turn right and continue through the industrial estate looking for a finger post indicating a footpath back to the river on the right. This path passes through a picnic spot and parking area which can also be reached from the alternative route. The cycle path from Newport to Cowes is used on the walk later.
- 7 Continue along the path on the river bank until it runs alongside, but below, the surfaced cycle/footpath. Turn left and climb up on to the cycle path. Continue to where the lane crosses the path and turn right along the lane to the river bank. The lane becomes a footpath and turns left to rejoin the cycle path just after a bridge over a creek. The route now follows the cycle path to the outskirts of Cowes. At the T-junction where the path meets the road, turn right, then immediately left at the mini-roundabout. Continue along the road passing the UK Sailing Academy on your right. At the next mini-roundabout your route will depend on whether you are returning to Red Funnel's Hi-Speed Terminal at West Cowes or the Vehicle Ferry Terminal at East Cowes.
- 8 If your destination is the Hi-Speed terminal, turn left, then at the T-junction turn right and right again at the next T-junction. Continue down the slope until the road turns right, then turn left by Cowes Police Station. Cross to the right hand pavement and follow this round to the Red Funnel terminal.

For East Cowes and the Vehicle Ferry Terminal, turn right at the mini-roundabout and walk down the hill past an Industrial Estate on your right. At the T-junction turn right to catch the Floating Bridge to East Cowes. After leaving the Floating Bridge turn left and continue to the mini-roundabout, turn right and the Red Funnel Vehicle Ferry Terminal is directly ahead.

For Red Funnel ferry information and places to stay, visit www.redfunnel.co.uk or phone the Travel Centre on 0844 844 9988

