

## The Solent Way, Milford-on-Sea to Lymington



HAMPSHIRE  
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SERVICE

<b>Distance:</b>	<b>9 miles</b>
<b>Start:</b>	<b>Milford-on-Sea</b>

The Solent Way is a 60-mile long-distance coastal walking route from the seaside town of Milford-on-Sea past the hustle and bustle of seafronts, quiet yachting harbours, deserted marshland and saltings to finish at Emsworth Harbour.

The Way has been divided into 8 sections, each providing a really good day out. Choose between deserted coastal marshes or promenades and candy-floss, seaside picnics or cosy riverside pubs, and shingle beaches with exhilarating views.

There are castles and forts to explore, ships, submarines and museums to visit - and always with the smell and sound of the sea beside you. Walk past some of the finest marshes and lagoons in the south with rare species to look for such as foxtail stonewort, lagoon shrimp and starlet sea anemone.

The route is well waymarked with a Tern on a green arrow and is shown on Ordnance Survey maps Explorer OL22, 119 and 120 at 1:25 000 scale and indicated on these maps with a green diamond and the name of the route (Solent Way).

### **Directions**

The Solent Way begins in the seaside town of Milford-on-Sea. It follows the seashore to Hurst Castle Spit, which stretches out to Hurst Castle.

From here you can retrace your steps back to the mainland, or catch a ferry (seasonal) to Keyhaven Harbour along the seawall past the unique Lymington-Keyhaven Nature Reserve, which provides a home for a huge number of wetland birds, plants and animals.

The Way continues to the yachting Mecca of Lymington with its pretty cobbled streets hosting many cafés, restaurants and pubs, as well as shops to browse in.

# Solent Way - Milford-on-Sea to Lymington



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