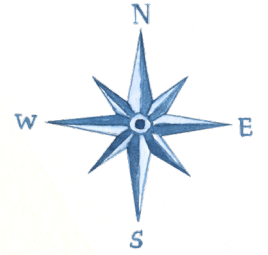


# Sturt Pond Accessible Trail

This 1.5 mile coastal walk uses gravel paths.



Milford-on-Sea



Cafe

**P** Hurst Road  
East Car Park

1

2

3

## Key:

- Trail Starting Point
- Trail
- Car Park
- Public Toilet
- Trail steps

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Forest Code





# Sturt Pond Accessible Trail

Sturt Pond is a tidal inlet and a fantastic place to see a wide range of birds. For a shorter walk, staying on surfaced paths, head west (keeping the sea on your left) and saunter past the bowling green with views of the White House before heading back to the car park and café.

The walk takes in views of the Isle of Wight 'Needles' – chalk formations known as stacks. They take their name from a large needle-shaped pillar that was part of the group until 1764, when it collapsed in a storm. The treacherous area around The Needles has caused numerous wrecks, going back hundreds of years.



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## Trail Overview

### Start/finish:

Hurst Road East Amenity Car Park.

Grid reference SZ 276 918

[what3words.com/structure.showering.skyrocket](http://what3words.com/structure.showering.skyrocket)

### Ordnance Survey map:

Explorer OL 22 New Forest.

### Distance:

1.5 miles (2.4 km) – 1-2 hours.

### Local facilities:

The car park has nine accessible bays, easy access toilets and a cafe.

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## Directions

### ① From the car park

From the Cafe and the adjacent car park, keep the sea on your right and follow the tarmac path up to the road. Follow the pavement along the road until the surfaced path ends, then cross over the road and head towards the restaurant

### ② Toward Sturt Pond

Continue past the restaurant, through the car park and onto the wide dirt and shingle track, alongside Sturt Pond. Follow the path alongside Sturt Pond, passing by the first wooden bridge. Continue along the path until you reach a second wooden footbridge

### ③ Views of Hurst Castle

From the bridge head right, up the short shingle ramp to enjoy the spectacular coastal view. You can retrace your steps or walk on top of the shingle bank for coastal views. On returning, you can take the upper path by the beach huts, past the bowling green for a longer walk and access to public toilets.

**Accessibility:** Hurst Road East car park has nine blue badge parking spaces. Hurst Road West car park, a five minute walk away has accessible toilets.

