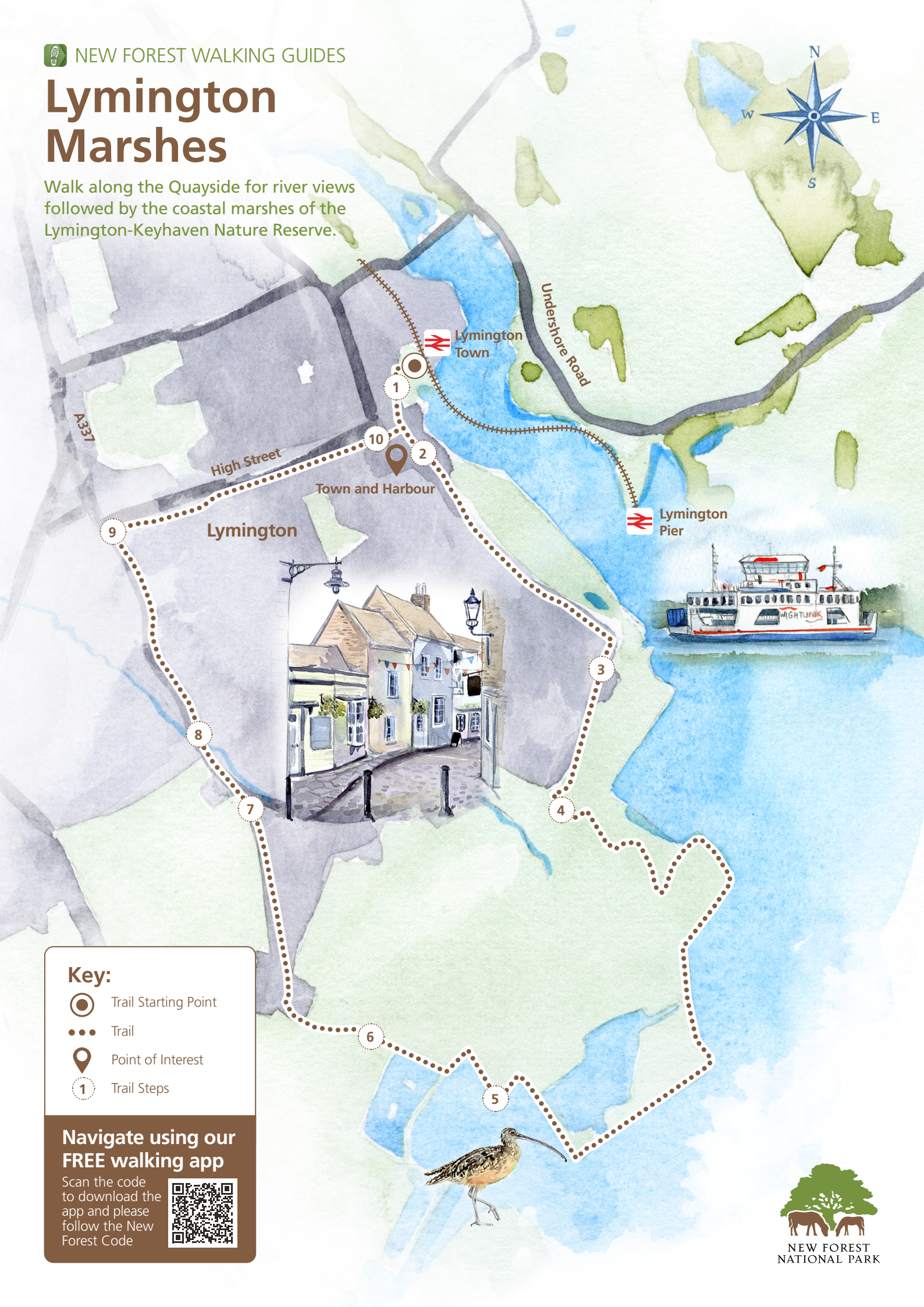



# Lymington Marshes

Walk along the Quayside for river views followed by the coastal marshes of the Lymington-Keyhaven Nature Reserve.



## Key:

-  Trail Starting Point
-  Trail
-  Point of Interest
-  Trail Steps

## Navigate using our FREE walking app

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# Lymington Marshes



**Walk along the Quayside for river views followed by the coastal marshes of the Lymington-Keyhaven Nature Reserve.**

Outside the sea wall the mudflats and saltmarsh are rich feeding and roosting grounds for many bird species. These form part of Hampshire and Isle of Wight Wildlife Trust's Lymington and Keyhaven Marshes reserve. The winter is when the largest number of wading birds can be seen visiting, including wigeon, redshanks

and curlews. In the summer, the salt marshes are important breeding grounds for birds such as terns and gulls. In spring and autumn look out for spoonbills, large white wading birds. You'll know when you see one – the clue is in the name!

## Trail Overview

**Start/finish:** Lymington Town Railway Station, SO41 9AU.  
Grid reference SZ 327 957

[what3words.com/deprives.driven.torn](http://what3words.com/deprives.driven.torn)

**Ordnance Survey map:** Explorer OL 22 New Forest.

**Distance:** 3.7 miles (6 km) – 1-2 hours.

**Local facilities:** Public toilets in Lymington, near St Barbe Museum. Train and bus transport to start of walk.

## Directions

### 1 Lymington Train Station

Head out of the train station and turn left along Mill Lane, then turn right and follow the narrow back street through to the historic quay side area of Lymington

### 2 Quay Hill & Town Quay Car Park

Head down the cobbled streets past restaurants and shops onto Quay Road. Keep the harbour on your left and walk south down onto Bath Lane and past the large marine warehouses

### 3 Bath Road Recreation Ground

Walk through the recreation grounds into the large Bath Lane Amenity Car Park. Head towards the Lifeboat Station, follow the sign for Lymington Sea Water Swimming Baths. This will lead you onto the public footpath which follows the sea wall

### 4 Through the Marina

Follow the trail past the sea baths and into the Marina. Walk down the short tarmac road turning right at the small junction. After 30m watch out for a narrow footpath on the left marked out with cones. Follow the public footpath out into the greenery of the Lymington Marshes

### 5 Lymington Marshes

Head away from Lymington enjoying sea views across the Solent to the Isle of Wight. The path winds down past Normandy Marsh and back to Eight Acre Pond and the Salterns Sailing Club. At this point leave the sea wall turning right past the bench and down along the narrow path back inland

### 6 Maiden Lane

Once you reach Maiden Lane keep going straight ahead and then follow the road as it bends round to the left, past informal parking places. After a short while Maiden lane opens out into a staggered crossroads. Bear right then immediately left following Woodside Lane curving to the left

### 7 All Saints Road

At the end of Woodside Lane, turn left onto All Saints Road. Go straight ahead at the roundabout to join Belmore Lane

### 8 Belmore Lane

Belmore Lane heads through leafy suburbs before eventually reaching a busy crossroads at the top of Lymington High Street

### 9 Lymington High Street

Turn right onto Lymington High Street. There are plenty of shops, pubs, and restaurants to enjoy along the high street. Follow the street all the way downhill. At the bottom look out for the Kings Head Inn and the path down to the Quay Side

### 10 Back to the start

Head down the cobbled street re-joining your previously walked route. The turning back to the train station is just before the bike hire shops so don't miss it! The car park is straight ahead.

**Accessibility:** Easy walk along level ground.

