

Walk descriptions

All routes start from Sea Road Car Park.

1. Orange Route – 4.5 miles. Nature reserves, coast and farmland

This route skirts the marshes of the Lower Danes Stream, takes in a section of Sea Wall, passes through Keyhaven and then crosses farmland to reach Agarton Lane; after crossing the small lush valley of the Lymore brook there are further open fields before the route enters a residential area of the village. It then crosses Carrington Lane and Keyhaven Road to rejoin the outward route close to its starting point. The outstanding features of this walk are its nearness to the sea and marshlands and the glorious open views to Hurst Castle, the Solent and Isle of Wight - a magical combination of light, air and views of distant fields, woods, water and hills.

2. Yellow Route - 7 miles. Farmland, churchyard

This route follows the B2058 road but soon heads across open fields to reach the quiet backwater of Agarton Lane. At the end of the lane there begins a path which skirts and later enters dense, ancient and beautiful oak woodland. Follow the path through the woods until it emerges onto open farmland, taking a track which leads to Lymore Lane and the footbridge beside a ford which crosses Lymore Brook. After this, the route uses a field, some roadside and then paths amongst houses and gardens before passing through the churchyard of Milford's Norman Church and the final resting place of Admiral Cornwallis, a contemporary of Nelson and a great naval commander. The route continues down Church Hill and the eastern side of the village green to reach the starting point at Sea Road Car Park

3. Red Route - 3.75 miles. Village, nature reserves and churchyard

This varied and undulating route begins by heading due north, past eh village Green, 12th century church with its tomb of Admiral Cornwallis, on through some residential areas and agricultural properties before reaching Barnes Lane, on eof Milford's oldest lanes. The route then uses quiet roads as it heads back towards the shaded wooded valley of the Danes Stream, with a diversion through Sharvells Copse – a small area of heathy woodland still recovering from the Great Storms of 1987 and 1990. The route then criss-crosses the narrow by attractive valley with its streamside Please Grounds, gradually moving downstream and finally using Love Lane – a tunnel-like pathway of high hedges, to return to the church and village centre.

4. Green Route - 5 miles. Hurst Castle and back (or in season return by ferry)

From the Sea Road Car Park follow the waymarked "Solent Way" Footpath over a bridge and on past the SSSI of Sturt Pond. Look out for migrating birds in season. Continue on over the spit to Hurst Castle where you will find 500 years of history as well as a café and toilets (entrance fees apply). Either retrace your steps on the water's edge or the top of the spit or return by ferry in season (charges apply). If returning by ferry, follow the sea Wall Footpath back the crabbing bridge at the foot of the spit. In either case, once you have reached the end of the spit at Marine House, continue along the seafront on Hurst Road and then back up Sea Road.

5. Purple Route – 6.5 miles. Sea Wall to Lymington Town Quay (one way)

Follow the sea Wall past medieval salt pans, taking in breath-taking views of the Solent and Isle of Wight. Look out for myriad sea birds that use the pans as a stopover point.

6. Brown Route – 4.5 miles. Ancient Highway to Lymington

This one-way route is suitable for bicycles.