

Itchen River

Type of trail: Sea water – Tidal river

Region: South Hampshire

9 miles

Approximate distance:
Up river from launch and recovery point. 9 miles Round trip



IMPORTANT
The River Itchen is very busy with commercial and recreational craft. Be vigilant and aware of other water users.

Important:
Your safety comes first **always** wear a Buoyancy aid.

Difficult: Do not attempt trail with wind of Force 4 or greater.

Accessibility
Easy access to launch and recovery point.

Ease of access to the water
Car Parking within 50metres easy walk of launch and recovery. Access to water.



Maps covering the area:
OS 1:25,000: Southampton