

# The Solent Way, Hill Head to Gosport



HAMPSHIRE  
COUNTRYSIDE  
SERVICE

<b>Distance:</b>	<b>8 miles</b>
<b>Start:</b>	<b>Hill Head</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.

## **Directions**

### **Hill Head to Gosport**

From the tiny harbour of Hill Head, the Way follows a long shingle beach to Lee-on-the-Solent and its promenade.

At Stokes Bay you are entering an area oozing with naval history - you can see a fort out to sea and a land fort at the western end of the bay. Dip inland before returning to the water's edge at Gosport, where there are excellent views across to Portsmouth.

Visit the exciting Royal Navy Submarine Museum with several submarines to investigate.

Take the ferry across to Portsmouth.

# Solent Way - Hill Head to Gosport

