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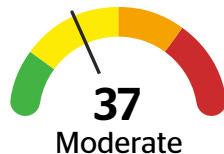
YHA Isle of Wight Totland The Needles

Coast walk

Distance: 5.4 miles (8.7km)

Ascent: 216m (709ft)

Time: Allow 2h 30m to 4h 15m



Map: OS Explorer 1:25k (OL29) Isle of Wight

Start/Finish: OS Locate SZ 324 864 **what3words** ///sized.paraded.eyelash

A coastal walk with breath-taking views over the West Wight Peninsula. From the hostel head to the crossroads and onto Weston Lane. Pass the campsite and pub and take the path on the right just before the Tennyson Down car park. At the path junction turn left to visit the monument. Retrace your steps to the path junction and continue straight ahead. Follow the Coastal Path signs to the Needles viewpoint and on towards Alum Bay. Walk through The Needles Landmark Park attraction and turn right onto a path alongside the road. Turn left onto the Coastal Path to Headon Warren. The path is steep and exposed across moorland. Descend, past Warren Cottage, towards Totland Bay. At the road go straight ahead onto York Lane, cross over at the junction by the Church and continue along this road to the hostel.

Hazards

Caution required on the road sections, some do not have footpaths. The road near The Needles attraction can be busy. Take care near cliffs as they have unmarked edges and steep drops, however the Coastal Path is well marked and does not go near the cliff edge. Watch out for rabbit holes and cows grazing on West High Down.

Accessibility

There are no stiles on the route. There are steps on the route and gates and paths less than one metre wide. There are sections of steep and rough ground with stones or ruts exceeding 10cm.

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

Scan or click to view this route on the OS Maps App – also a route profile and GPX



Points of interest

Tennyson's Monument dominates the landscape. Excellent views to The Needles lighthouse, along with operational coastguard station, New and Old Batteries (Victorian coastal defences) and a secret cold war rocket testing site. Alum Bay has a chair lift to the beach and the famous coloured sand cliffs. Surrounded by heather and honeysuckle, Headon Warren is a tranquil space with stunning views.

Facilities

Stoats Farm campsite sells ice creams, drinks and snacks, no toilets. Pub at the crossroads near the campsite. The Old Battery has toilets and tearooms (seasonal opening). The Needles attraction (Alum Bay) has ice creams and snacks and public toilets outside the entrance. Lots of places to sit on the route.

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Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated (yha.org.uk/route-card).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

For more walks or information on route grading and timings go to yha.org.uk/walks

If you encounter problems with this route contact walking@yha.org.uk



Scan or click to shop
for OS maps online
osmaps.com/yha

Share your walks
 #YHAWalks

What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.