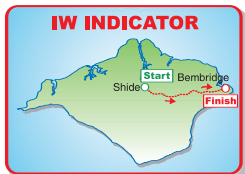


Bembridge Trail



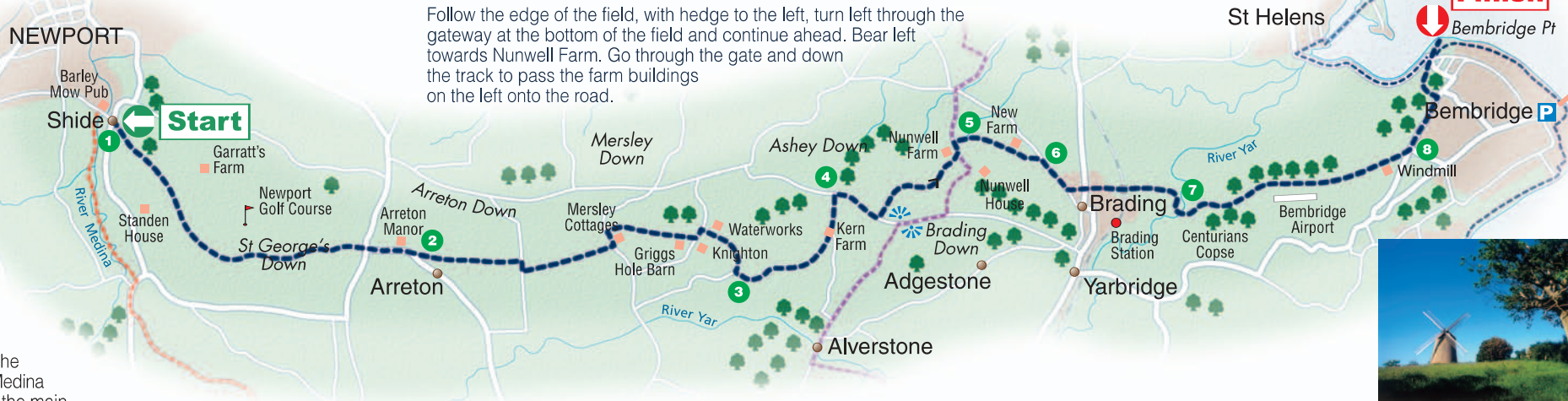
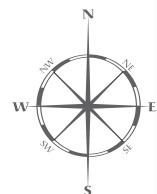
DISTANCE
0 miles 11
0 kilometres 18 **3h**

GRADIENTS
Several steep sections both up and down where the trail traverses the downs. Latter stages of the walk fairly flat.

A walk from the heart of the Island to its eastern tip, over downland, besides marshes at the mouth of the River Yar, passing historic houses and the tranquil village of Brading.



Brading



Bembridge Windmill

- 1 The trail starts at Shide, about 1500 metres (1640 yards) south of the centre of Newport. From the Barley Mow pub cross the River Medina to the main road junction, cross the main road and enter St George's Lane (A28 Ancient Highway; Bembridge Trail). Go up St George's Lane passing Newport Golf Club on the left. Follow the trail and pass between gravel workings.
Continue on downward between hedges to a junction of roads, then straight ahead down the main Arreton-Sandown Road, passing Arreton Manor and the White Lion Inn on your left.
- 2 Just after the White Lion, take the left turning by the school, bearing left after passing the school. Go through the gate at the end of the field, turn right along Shepherds Lane, then turn left along the bridleway which becomes NC6.

- 3 Bear left at the road junction, following sign for Bridleway NC45 Kern, and continue along a well defined track through two metal gates up to Kern Farm.
Turn sharp right, signposted Alverstone, then turn left signposted B33a and walk up the hill. Go through several gates and continue to a metal gate. Turn right on to road ignoring the footpath directly ahead and walk along the road for about 400 metres (440 yards), then left through a gate on the roadside signposted Bridleway Nunwell Farm B26.
Follow the edge of the field, with hedge to the left, turn left through the gateway at the bottom of the field and continue ahead. Bear left towards Nunwell Farm. Go through the gate and down the track to pass the farm buildings on the left onto the road.
Turn left along Nunwell Farm Lane past the main entrance to the farm and in 200 metres (220 yards) leave the lane to the right at public footpath B23 for Brading. Head across the field to the old leaning oak tree, cross a small wooden bridge and stile and continue in a straight line across the field.
Pass the signpost B23 to Brading by New Farm and follow the path across the field to a stile and plank bridge. Continue across the next field, following the trees in the centre of the field over a stile and bridge and along the footpath to exit onto Coach Lane.
- 6 Turn right along the lane past Nunwell East Lodge and Nunwell House

- 7 Follow the footpath round to the left through the copse and over Centurions Hill. At the footpath junction bear left to the path signposted BB20 to Bembridge, then left at the next signpost for BB20 and follow the path through the copse, over the stile and walk diagonally across the field. Cross the ditch and continue straight across the field, through the gap in the hedge, across the next field to the stile and past the sign for Bembridge. Cross the stile and walk across the perimeter field of Bembridge Airport.
Go along the causeway and at the far end follow the path up across the field. Go over the stile, then bear right towards the windmill, keeping close to the hedge on the left.
Cross the stile and walk past the windmill. Turn left along the lane to the top of Bembridge High Street. Turn left down the High Street. On reaching 'The Courtyard' on your right take the public footpath opposite, signposted to BB3 Bembridge Point, and follow the path through the woods, eventually emerging at a group of houses on Station Road.
Continue past the two pubs and at the end of the road cross to Bembridge Point.