

Walking on the Isle of Wight

The Isle of Wight Coastal Path and 21 coastal and countryside walks

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Author: **Paul Curtis**

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Guidebook to 21-day walks on the Isle of Wight, suitable for all abilities, plus a long-distance Coastal Path route. Discover this beautiful, relaxed island off England's south coast, with a variety of walking terrain: dramatic coast paths, rolling downland, marshes, woods, forests and sites of historical interest. Coastal routes can be enjoyed year-round, while inland walks are best between spring and autumn.

The graded day walks range from 8-30km (5-19 miles) and take between 2 and 8 hours to complete. The Coastal Path is a longer, more challenging route that circumnavigates the island in an anti-clockwise direction. It's divided into eight stages, though stronger walkers may prefer to complete it over five, six or seven stages. The full route covers 125km (78 miles).

- **1:50,000 OS maps** included for each walk
- **Easy access** from Newport, Cowes and Shanklin
- Includes **refreshment and public transport options** for all walks
- **Local points of interest** include The Needles, Osborne House and Carisbrooke Castle
- **GPX files** available to download

About the author

Paul Curtis fell in love with the Isle of Wight on his first visit as an adult in 2008. Surprised and inspired by the sheer variety of landscapes in a relatively small area, he kept returning over the next three years and ended up walking nearly every footpath on the island before being commissioned by Cicerone to write a guidebook. He has lived on the island since 2011 but regularly finds time to walk and cycle on the mainland and internationally.

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sarah@cicerone.co.uk