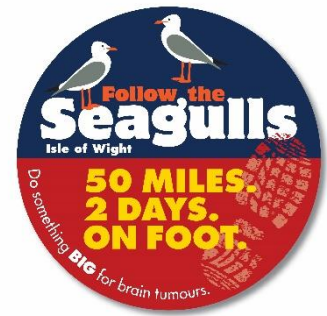


Itinerary – Follow the Seagulls Isle of Wight

We have calculated these times at 2.5mph/4.00kmph. This is a steady walking pace – adjust times for quicker or slower paces. Please read carefully the following notes for all walkers and keep this itinerary with you at all times as it contains important information.



Please read carefully the following notes for all walkers and keep this itinerary with you at all times. All checkpoints will be manned by support staff who will be wearing high-vis vests, please ensure you check in at these points.

This is a very tough challenge, you need to listen to your body and stop if you can't carry on any further. If this happens you must let us know. It is crucial we know you have decided to stop so we can account for you.

The route as indicated on your map follows the Isle of Wight coastal path as denoted by a blue sign with a white seagull. Inevitably as the IOW suffers from erosion, you should be prepared for detours where part of the path is shut. These are well posted with the alternative routes shown. Don't be tempted to "have a go anyway"- you will end walking more miles as you retrace your steps.

Day One: Saturday

From 07:00am – Meet for hot buffet breakfast and walk briefing at the Duke of York Pub, Mill Hill Road, Cowes PO31 7BT. An optional full English breakfast will be available at £5.00 per person.

Before setting off please put all your non carrying luggage in the appropriate vehicle. We will provide tags on which you should write your name and accommodation address. These bags will be delivered to your accommodation prior to your arrival on day one and be ready for your collection on day two.

08:00am – Depart Cowes (Note - We will begin the walk on Day 1 by crossing the Cowes floating bridge- a charge of £1.50 is applicable. Please bring correct change with you)

09.30am– Arrive at Wootton Bridge - support vehicle will be at The Sloop Inn Stonehouse, Mill Square.

11.30am- Support vehicle will be at Canoe Lake Ryde.

13.30pm– LUNCH - Arrive into Bembridge – Tollgate Café at the harbour –Support vehicle will be present.

You may divert off the route here. Go across the road from Café and walk thru Nature reserve, up hill, along to Bembridge Windmill, down to Hillway and the Hoilday Park and pick up Coastal park again.

15.00pm Support vehicle will be at Steamer Inn, Shanklin.

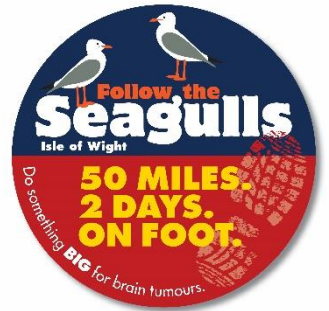
17.00pm– Arrive at Ventnor – End of Day One

Cut off time: In the interests of safety we have nominated 7:15pm as the cut off time for this part of the route. Light will be fading and if you are unable to complete the walk by this time you should move off the Coastal Path and use a taxi or public transport.

19.30pm– Meet for supper at Betsy & Spinkeys Cafe Bar, Ocean Blue Quay, Eastern Esplanade, Ventnor PO38 1JR (Main course and dessert paid for by Brainstrust for walkers and helpers/marshals)

Day Two: Sunday

On day two you will come across a feature of the West Island – Chines. These are ravines/valleys carved out by streams. In some circumstances, you can climb down/jump the stream/climb up but we advise you use discretion and if in doubt follow the inland path. On Day two you will also find an almost complete absence of shops/villages for you to buy food/drinks. It's crucial therefore that you stock up before setting out. At about the 2/3rd distance Isle Of Wight Pearl will serve hot food and drinks but there are approx 5 hrs walking before that.



08:30– START - Depart Royal Hotel, Ventnor- Briefing outside by entrance at 08.15.

10.00 – Arrive at Niton. We will at this point divert from the Coastal Path and go through Niton Village. provisions can be bought at the store. Support vehicle will be present at Niton Toilets.

Note: *from this point onward there are no drinking/food/toilet facilities until Brighstone.*

12.00 - Support vehicle to meet walkers at Grange Farm Holiday Camp Brighstone on the coastal path.

14.00– Arrive at the Isle of Wight Pearl Factory – café & toilet facilities available. Support vehicle present.

At Freshwater Lifeboat Station will again divert from Coastal Path heading towards Yarmouth via the old railway line. Helpers will be stationed to divert you.

17.00 – Arrive at Gossips Café, Yarmouth – End of Day Two

Cut off time: *In the interests of safety 7:00pm will be the cut off time for this part of the route. If you are unable to complete the walk by this time you should move off the Coastal path and use a taxi or public transport to complete the walk.*

NOTE - On Both days of the walk we will provide backup vehicles for walkers. These will intersect the route 3-4 times during each day. They will provide emergency supplies/plasters etc as needed.

On the Sunday when we finish at Gossips Café Yarmouth, drinks and food will be available. If you need to travel back to Cowes, Taxis are readily available near the Ferry terminal.