



The Solent Way: Milford-on-Sea to Lymington

Trail	: HAMPTR0099	Distance	: 10.9 miles / 17.6 kms
Location	: SZ290918 / SO41 0QH	Ascent	: 62 feet / 19 metres

The Solent Way begins in Milford-on-Sea just to the south of the New Forest, with stunning views of the Needles on the Isle of Wight in the distance. The path initially takes you on the sea front before heading down Hurst Beach to Hurst Castle. Returning from the spit, the path follows the coast through pleasant countryside round to the lovely port of Lymington.



This trail has been produced by [solentway.co.uk](http://www.solentway.co.uk). A full trail description can be found at http://www.solentway.co.uk/solent_milford_lymington.html.