

7 Night Isle of Wight Guided Walking Holiday

Tour Style: Guided walking

Destinations: Isle of Wight, United Kingdom & England

Trip code: FWBOB-7

1 & 2



HOLIDAY OVERVIEW

As Queen Victoria's favourite place to escape to, the Isle of Wight tempts with golden sand beaches, rolling green hills, dramatic white cliffs, ancient woodland, and charming seaside resorts. A fabulous introduction to the island, this guided walking holiday is perfect for those keen to enjoy breathtaking scenery, big-name historic attractions, and the choice of up to three different-grade daily guided walks.

WHAT'S INCLUDED

- En-suite accommodation in our 4-star country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of up to three guided walks (on walking days)

- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

HOLIDAY HIGHLIGHTS

- Discovering the gorgeous landscape of the Isle of Wight on foot
- Soaking up panoramic views of the dramatic coastline
- Visiting golden sand beaches and picturesque villages
- Spending time with like-minded people in the great outdoors
- Finding new routes and places to explore with your HF Holidays Leader
- Staying at Freshwater Bay House, just a skip from Tennyson Down

TRIP SUITABILITY

This trip is graded Activity Level 1 and 2. Explore the beautiful Isle of Wight on our guided walks. We offer a great range of walks to suit everyone - from gentle shorter strolls, to more challenging longer walks with more ascent. You may wish to stroll along scenic coastal paths, discover pristine sandy beaches or beautiful chalk downland. Join our friendly and knowledgeable guides who will bring this stunning island to life.

ITINERARY VERSION 1

Day 1: Arrival Day

Check-in at the hotel is available from 4pm. Enjoy a complimentary cream tea on arrival.

Day 2: Tennyson Down And Alum Bay

Option 1 - Over Tennyson Down

Distance: 7 miles (11km)

Ascent: 1,200 feet (360m)

In summary: A fabulous walk over the chalk cliffs of Tennyson Down to the Needles and the Alum Bay; one of England's finest coastal walks.

Highlight: The commanding view over the Western Solent from the Tennyson Monument. You'll also discover the once secret rocket testing range, and the area's role in the space race.

Option 2 - Headon Warren & Needles

Distance: 8½ miles (13.5km)

Ascent: 1,300 feet (400m)

In summary: Head to the coast at Totland Bay then soak up glorious sea view as you round the Needles headland and return over Tennyson Down.

Highlight: The heather-clad headland of Headon Warren is a real delight, and offers the best views of the Needles.

Option 3 - West Wight Circuit

Distance: 12 miles (19km)

Total ascent: 1,550 feet (480m)

In summary: A circuit of the western tip of the island. We'll follow the Yar Valley to Yarmouth, then follow the coastal path to Alum Bay, before a glorious finale over Tennyson Down.

Highlight: The final section atop the chalk cliffs of Tennyson Down is a fitting conclusion to this splendid walk.

Day 3: Over The Downs To Ventnor

Option 1 - Through The Undercliff

Distance: 6 miles (10km)

Ascent: 600 feet (180m)

In summary: Follow the coast along the Undercliff from St Catherine's Point to Ventnor's Botanic Gardens.

Highlight: Walking through the lush vegetation of this natural suntrap

Option 2 - Godshill To Ventnor

Distance: 9 miles (14 km)

Ascent: 1300 feet (400m)

In summary: Starting in Godshill we work our way towards Wroxall, passing the grand ruins of Appuldurcombe House and its surrounding parkland. We then head up over the Downs before we make our way into Ventnor.

Highlight: Enjoy great views out to sea from the highest point on the Island, St Boniface Down.

Option 3 - Woods & Downland

Distance: 10½ miles (16.5 km)

Total ascent: 1,400 feet (420m)

In summary: Walk through the woods near Sandown, then admire the widespread views as we cross the downs to Ventnor.

Highlight: Our path through Borthwood Copse and America Wood take us to one of the best places in England to spot Red Squirrels.

Day 4: Free Day

Discover more about [Freshwater Bay House and the local area](#) for ideas on how to fill your free day.

Day 5: Shorwell And Carisbrooke Castle

Option 1 - To Carisbrooke Castle

Distance: 6 miles (9.5km)

Ascent: 700ft (220m)

In summary: Cross the island's central hills from the picturesque village of Shorwell to the impressive castle at Carisbrooke.

Highlight: Take time to explore this well-preserved castle. Walk around the walls, and watch the donkeys turn the treadmill to raise water from the well.

Option 2 - Shorwell & Carisbrooke

Distance: 9 miles (14km)

Ascent: 1,100 feet (340m)

In summary: Walk from the south coast to Shorwell village, then continue over the downs to Carisbrooke Castle.

Highlight: Explore picturesque Shorwell with its thatched cottages and historic church. There's also plenty of time to visit Carisbrooke Castle.

Option 3 - The Three Trails

Distance: 12½ miles (20.5km)

Ascent: 1,600 feet (480m)

In summary: Challenge yourself to this fantastic walk along the spine of the island from Carisbrooke Castle to Freshwater Bay. We'll cross the hills to Shorwell then pick up the Tennyson Trail which runs along the top of the chalk downs.

Highlight: This is one of our most popular walks. After several ups and downs, your celebratory pint at the end of the walk will be well deserved!

Day 6: Walks Around Eastern Wight

Option 1 - Historic Brading And Culver Cliff

Distance: 6½ miles (10km)

Ascent: 600 feet (180m)

In Summary: A scenic walk along the coastal paths of the Isle of Wight as you walk from the historic Brading to Yaverland.

Highlight: Brading is home to the Church of St Mary. Although not mentioned in the Domesday Book, it is believed to be the oldest church and the most interesting on the island.

Option 2 - Ryde To Sandown

Distance: 8½ miles (14km)

Ascent: 700 feet (220m)

In summary: Soak up the sea air and as we follow the coastal path from the outskirts of Ryde to St Helens, then on over Culver Cliff to Sandown.

Highlight: The Yarborough Monument on top of Culver Down commands a wonderful view over the Solent and English Channel.

Option 3 - Havenstreet To Sandown

Distance: 11 miles (18km)

Ascent: 1,150 feet (360m)

In summary: Enjoy panoramic views on our walk from Havenstreet over Brading Down. We'll pass Bembridge

Windmill and Culver Down, then along the coastal path to Sandown.

Highlight: Views over the Solent where vessels ranging from hovercraft to huge container ships complete this bustling scene.

Day 7: The Downs And South Coast Path

Option 1 - Tennyson, Hamstead Trails And South Coast Path

Distance: 7 miles (11.5km)

Ascent: 900 feet (280m)

In summary: A gentle climb through the golf course on the Tennyson Trail to cross the Downs. The walk drops down to the farms around the Hamstead trail that lead to the south side of the island with some impressive views on the Coast Path that returns to Freshwater.

Highlight: Stunning panoramic views from 'The Downs', the site is famous for the Bronze Age burial mounds and endangered flora and fauna.

Option 2 - The Downs And Mottistone

Distance: 10 miles (16.5km)

Ascent: 1,250 feet (380m)

In summary: Traverse Compton and Brook Downs to 'The Longstone' before passing through the charming village of Mottistone and onto the South Coast path to return to the House.

Highlight: 'The Longstone' is a 10 ton 13 foot high megalith of iron sandstone of archaeological interest, plus the views from the coast path are spectacular.

Option 3 - Mottistone, Longstones And The South Coast Path

Distance: 10.9 miles (17.5km)

Ascent: 1391 feet (424m)

In Summary: The route climbs the Tennyson Trail to the ridge of the island affording views of The Solent and English Channel. The walk passes the ancient Longstones and then through the village of Mottistone by the Manor owned by the National Trust. The return to Freshwater is by a combination of the Coast Path and rolling countryside.

Highlight: Discover the history of the Longstones, an external view of Mottistone Manor and panoramic views of the Downs and Coast.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Freshwater Bay House

Chalky white cliffs and eyebrow-arching sea views set the tone for the delights that follow at this county house on the Isle of Wight - Queen Victoria's favourite island that's just a ferry hop from the South Coast. The location

is as gorgeous as it gets; to the south of the village of Freshwater, within pebble-throwing distance of its namesake bay, and just a skip from Tennyson Down. You'll also be within easy reach of the area's showstoppers, including the imposing Stag and Mermaid rocks, the multi-coloured sands of Alum Bay, the remarkable Ventnor Botanic Gardens, and the 125-million-year-old dinosaur footprints at Compton Bay. And then, of course, there's the Needles Old Battery for the ubiquitous photo opportunity and the best views of The Needles.

Country House Accommodation

Rooms

Designed with your comfort in mind, Freshwater Bay House has 43 well-appointed guest rooms available in three categories: Classic, Premium, and Superior.

Classic Rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a TV.

Premium Rooms are more spacious en-suite guest rooms*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

Superior Rooms are even more spacious en-suite guest rooms offering upgraded views of the surroundings*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers.

We love: Rooms 19 and 20 on the first floor for their lovely sea views. Rooms 18 and 22 are both corner rooms overlooking the bay and Tennyson Downs. The more spacious Room 24 has five large windows overlooking the gardens and bay as well as a private sitting room. Room 39 on the second floor is a corner room with a bathtub.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

Check in & check out

You are welcome to check in from **4:00pm at the earliest**. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

Room supplements

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

*Views and layout reflect each properties unique character and location

*Please note, pool opening hours are: 07:00am – 09:00am and 16:00pm – 18:30pm

About Your Stay

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, the HF Holidays Big Pub Quiz held after dinner on Wednesdays is a weekly staple. Your HF Holidays Leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays Leaders host guided walking information briefings before dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Food & Drink

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licensed bar with beers, soft drinks, and a superb selection of spirits. Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Freshwater Bay House](#)

TRAVEL DETAILS

Address

Freshwater Bay House
Freshwater Bay
Isle of Wight PO40 9RB

Tel: [+44 \(0\)1983 753854](tel:+44(0)1983753854)

By Taxi

From Yarmouth ferry port it's a five-mile taxi journey that takes approximately 15 minutes. We recommend

booking your taxi at least seven days in advance as availability may be limited.

For pricing, please contact the taxi company directly.

Taxi companies in the area include:

Bay Taxi

Tel: [+44 \(0\)7475 662350](tel:+44(0)7475662350)

Rayner's Taxis

Tel: [+44 \(0\)1983 752784](tel:+44(0)1983752784)

I Cabs

Tel: [+44 \(0\)7553 567567](tel:+44(0)7553567567)

A return journey can be arranged on your behalf by the HF Holidays House Manager at Freshwater Bay.

*HF Holidays does not own or manage any of the above taxi companies.

By Train

The nearest station is Lymington Pier on the mainland which is adjacent to the ferry terminal.

Check National Rail for train times and routes.

By Ferry

You have two ferry options. The Wightlink Lymington to Yarmouth ferry is the most convenient for Freshwater Bay. Alternatively, the Red Funnel Southampton to East Cowes ferry is often the cheapest option if you want to take your car to the Isle of Wight.

HF Holidays member discount

If you're a member, you can get 15% off car travel and 20% off foot travel with Wightlink Ferry. For full details visit www.wightlink.co.uk/HFHolidays.

By Car

From Yarmouth

Turn right out of the ferry terminal onto the A3054 and cross the bridge. After one mile, turn left down Pixley Hill, signposted Freshwater Bay. Turn left at Freshwater Garage and continue along Afton Road. At the lifeboat station turn right and follow the road round. Freshwater Bay House is on your left.

From East Cowes

Follow signs for Newport, taking the A3021 and then A3054. Continue through Newport and Carisbrooke. Turn left onto the B3401 through Calbourne. At the junction with Afton Road (A3055), turn left and then right by the lifeboat station, and follow the road round to Freshwater Bay House.

Or you can leave your car on the mainland (there's a pay and display car park at Lymington Pier) and travel on the ferry as a foot passenger.

By Air

The nearest airport is Southampton Airport.

From Southampton Airport Parkway station (adjacent to the airport terminal) there are regular trains to Lymington Pier, taking about 40 minutes. From here, you'll need to catch the ferry over to the Isle of Wight.

Otherwise, the best options are London Heathrow or London Gatwick airports for connecting trains to

Lymington Pier.

Check National Rail for the best routes and train times.

LOCAL AREA

Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Freshwater Bay House.

Freshwater Bay

Just a skip away from Freshwater Bay House, this semi-circular namesake bay surrounded by gleaming white cliffs is a magical spot for rock pooling, watersports, swimming, boating, walking, and more. While mostly pebbles, there are some sandy parts on its eastern side.

The Needles

Named for their pointy shape, this iconic trio of brilliant white chalk rocks are located on the island's western tip. They lead out to what is easily Britain's most photographed lighthouse – a red-and-white-striped tower built in 1859 on the outermost of the chalk rocks.

Yarmouth

An hour's walk away, this historic seaside town is set at the mouth of the River Yar. The highlight is the 16th century Yarmouth Castle – one of Henry VIII's most sophisticated coastal fortresses built to guard the western entrance to the Solent.

Osborne House

Just a 40-minute drive away, this former royal retreat was purchased by Queen Victoria and Prince Albert in 1845 and used to escape court life. Now managed by English Heritage, it charms with glorious gardens and rooms filled with original furniture and works of art.

Carisbrooke Castle

What was once an artillery fortress, king's prison, and royal summer residence is located near Newport in the heart of the island. Not-to-be-missed attractions at this medieval stunner include King Charles I's bowling green and the lovely Princess Beatrice Garden.

Alum Bay

Cherished for its multi-coloured sands and stunning views across the Solent, Alum Bay delights with crystal-clear waters that are perfect for swimming and paddling. Don't leave without buying a souvenir filled with this world-famous sand that comes in 21 shades.

Isle Of Wight Steam Railway

Following a five-mile countryside route Smallbrook Junction to Wootton, this lovingly restored vintage steam train is an award-winning attraction. Hop off at the rural stations and learn about 150 years of railways history at the Train Story Discovery Centre.

Blackgang Chine

Perfect for those with children in tow, this family-run fantasy theme park dating back to 1843 is the oldest in the UK. Highlights include life-sized pirate ships, fairy castles, an underwater kingdom, and a cowboy town where kids can choose to be an outlaw or sheriff.

Ventnor Botanic Gardens

A 30-minute drive away, this botanical wonderland is home to around 6000 species of rare and exotic plants and trees in 22 acres. The warm climate attracts some amazing wildlife, including wall lizards, slow worms, and even Iberian ants.

Bembridge Windmill

Built in the early 1700s and closed in 1913, the last surviving windmill on the island was famously featured in a 1795 watercolour by JMW Turner. This much-loved local landmark was donated to the National Trust in 1961 still has most of its original machinery intact.

USEFUL HOLIDAY INFORMATION

Essential Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera

Safety On Your Holiday

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest while clothing, equipment or behaviour is

unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

Document produced: 24-04-2025

