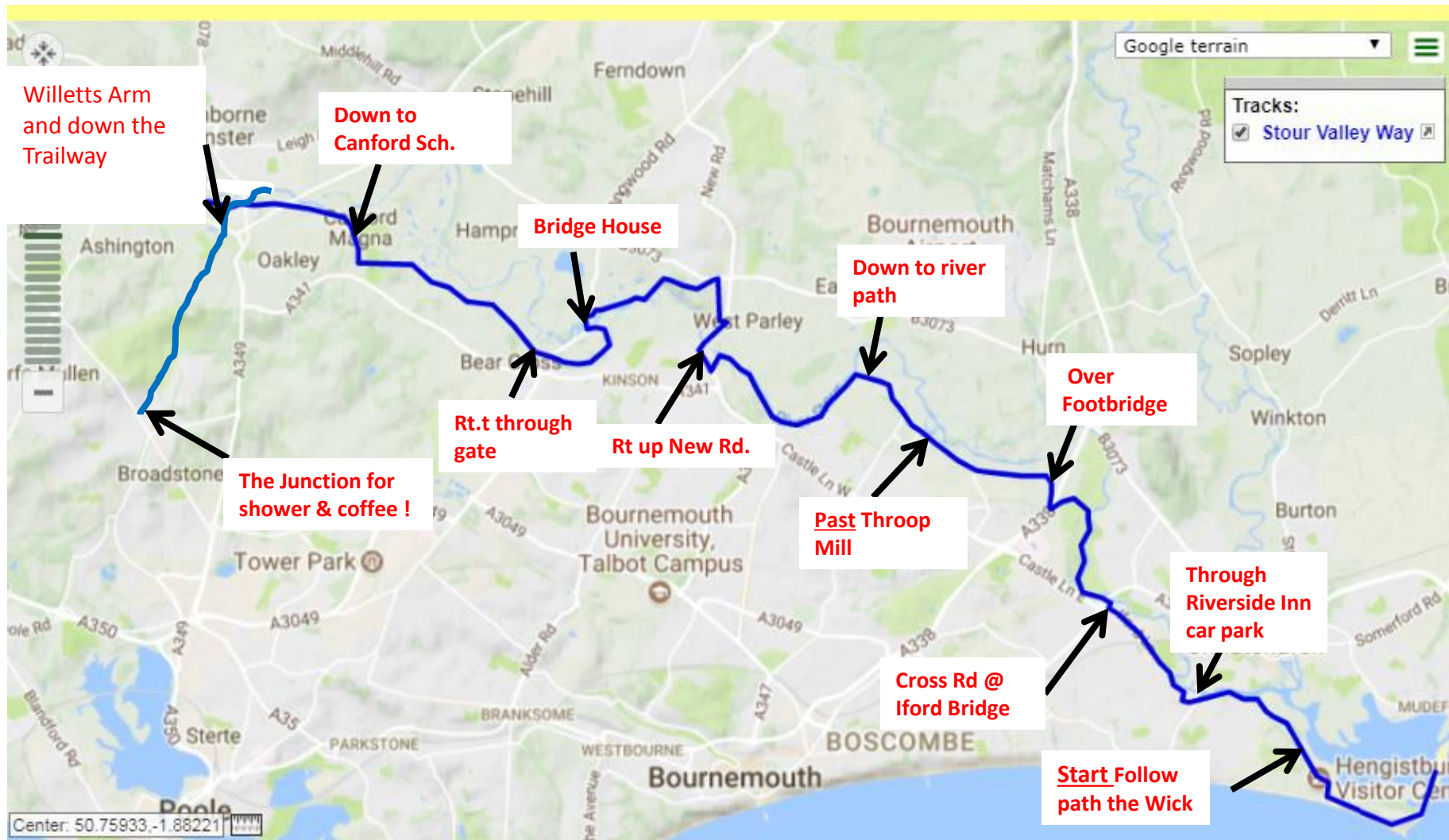


Fifteen Mile Map

Guide Notes are on the reverse Route follows the "STOUR VALLEY WAY" signs. Will also be marked with black arrows on a yellow background.

There will be a drinks / aid point at the Bridge House

An enlargeable web map can be found <https://www.walkingenglishman.com/ldp/stourvalleyway.html>



For 17 mile route: Run over Hengistbury and directly back on the roadway to the drop off point and start the fifteen miles route

For 19 mile route: As above but continue to the spit (Ferry) and return.