Countryside Code
Respect. Protect. Enjoy.

Respect other people
- Consider the local community and other people enjoying the outdoors.
- Leave gates and property as you find them and follow paths unless wider access is available.

Protect the natural environment
- Leave no trace of your visit and take your litter home.
- Keep dogs under effective control.
- Enjoy the outdoors.
- Plan ahead and be prepared.
- Follow advice and local signs.

Seagrove Bay
The first development of 14 houses was built in the 1890s. Until that time, the only property in the area was Seagrove Manor, whose estate ran down to the bay. It was not until the 1960s that the coast was recognized by a line of summer beach tents which lined the sea wall every year.

The Priory Bay Hotel
There was a 12th century Benedictine monastery on St Helen’s Down; alongside the church whose tower still remains. The current priory was established as a farmhouse in Tudor times. In 1580 it changed to a residence, with a succession of private owners until 1938, and was then occupied by the army during the Second World War. During this time the barn became a barracks room and the security services also used the priory as their HQ on the Island. The priory re-opened at the end of June 1998 as a luxury hotel.

French invasion
In July 1545, Seaview was one of the sites of the last French invasion, and it is thought that the local militia caught the French and pushed them back to the sea. The entire population at the time was approximately 9,000 people, but Richard Worsley, the Captain of the Isle of Wight militia, had an army of 6,000 under his command. Everyone on the Island had compulsory military training, with women often fighting as archers.

Spitbank Fort
one of Lord Palmerston’s defences guarding against invasion by the French.
Route: From the bus stop 1 near The Wishing Well pub at Pondwell, go downhill and cross the road at a bend and follow bridleway R61 through a gate 2 and across a green field track to a gate and an enclosed track. Turn left onto a gravel track 3 and cross a bridge over a stream. Turn left on R62 4 and at a field, follow the left hand edge to reach a boardwalk which turns left.

Go through a Ramblers gate 5 and across a field by a copse. Go through a kissing gate onto a track on the edge of woodland.

Cross the main road 6 and then turn right into Priory Drive. Continue straight on the track R72. As an entrance to the Priory Hotel 7, turn left downhill to reach Seagrove Bay 8. Here, there is a choice of following the beach or turning left along Pier Road to the shops. Turn right into High Street and continue to the esplanade 9. The coastline between Seaview and Seagrove Bay is the site of a last pier (1881-1951) and also where ships sailed to take part in Operation Overlord on 6th June 1944.

Continue along the esplanade, passing the yacht club and then on R91 along the sea wall. At 10 there are views of the Spinnaker Tower and sea forts. Turn left into Salisbury Road, passing cottages. Continue straight on and then turn right into Pond Lane and follow bridleway R95.

The path emerges at Nettlestone Hill 11. Turn right into Farm Shute, footpath R114 at a viewpoint overlooking the Nettlestone Valley and The Solent. The path descends into the valley, emerging onto a pathway - follow this to return to the Wishing Well bus stop.