

Walks & Runs from Nettlecombe Farm



6 stunning countryside and coastal walks



Suitable for cycling



Dog Friendly



Award winning Nettlecombe Farm is an idyllic, dog-friendly farm stay that offers nine luxurious self-catering holiday cottages.



Week Farm



Starting at the fishing lakes, take the gate near the donkeys signposted **Public Bridleway NT3 Ventnor and Stenbury** then head up until you have to bear left or right. Bear left signposted **Public Bridleway NT119 Week & Stenbury Down** taking the path up and you will eventually reach a stile on your left.

At this point bear right through two gates. Carry straight on then, once through the next gate, turn left and pick up the path alongside the field which takes you up towards **Stenbury Down**. You will eventually reach a gate which you need to go through

Then you have two choices; carry on up to the top to absorb yourself in countryside and admire the far reaching views, or turn right to follow the path down towards **Week Farm**.

The views up on Stenbury are amazing - on a clear day you can see for miles!

If you decide to take the longer route at the top, turn right following **V62** and head towards **Week Farm**. Once you pass the farm, follow the footpath on your right **V59** that eventually loops back to Nettlecombe farm in the direction you came.



1.7 miles standard loop and a little more if you choose to go to the top.



40 minutes walking
20 minutes running



Hilly. Muddy in the winter. Trail shoes needed if running.



None available - so be prepared.



Stunning countryside and coastline.



Medium.

White Horse



The local public house serves excellent food and refreshments and is a short walk from the farm. There are two routes you can take: One way is the road following **Nettlecombe Lane** back down into the centre of the village. The other is to start at the fishing lakes and follow the **footpath NT5** across the fields and down picking up the **Public Bridleway NT13** **Whitwell** to eventually cross the stream and head in to the village. Before you reach the main road you will notice a well on your left.

Legend tells us that pilgrims visited the well for its healing qualities. They arrived by ship to Puckaster Cove in Niton and came via the Cripple Path to the well and listened

to prayers whilst the sick and suffering bathed in and drank of its cooling waters. Healed, or with hope renewed, and full of thanks to our Lady of Whitwell and her good Saint Rhadagunde, they returned to the coast via St Rhadagunde's path.

Once you meet the main road and the church is ahead of you, turn right and walk down the hill where you will see the **White Horse** on your left. Once you are suitably refreshed you can choose your route home either walking the cross country route in reverse or leaving the **White Horse** and turning left and walking down until you see **Nettlecombe Lane** on your right where **Nettlecombe Farm** is signposted.



1 mile.



10-15 minutes run.
Longer if walking and stopping for refreshments.



Concrete for the road route and a little muddy cross country in the winter months only.



The White Horse serves delicious food and drink all day long.



Countryside and village life.



Easy.

Whitwell To Niton

With option of extending to include lighthouse loop and Buddle Inn

This walk takes you to **Niton Village** where you can enjoy a stroll around the village itself enjoying refreshments at either Joe's Bar/Coffee Shop at the Post Office where you can enjoy a cream tea in their relaxing garden area or try what's on offer at The White Lion public house. If you are feeling energetic, you could extend your walk/run down to **Niton Undercliff** to visit the beautiful rustic coastline and lighthouse. If you need your thirst quenching or tummy Feeding, the **Buddle Inn** is a beautiful award-winning 16th century smugglers Inn located at the most southerly tip of the island offering you roaring fires, flagstone floors and quaint snugs alongside an extensive menu.

Starting at the fishing lakes, take the **Public Bridleway NT5 Whitwell**. Follow the path then take the **NT13 Whitwell** until you reach the main road of the village. With the church opposite you, there is a lane to the left **Public Bridleway NT16 to Ashknowle Lane and Niton**. This lane takes you all the way into Niton. Once you eventually reach the houses and pick up **Allotment Road**, you carry straight on until you reach a path bearing off to your left **Public Bridleway NT20 Barrack Shute** running parallel to **The Fields Nursery**. This footpath takes you

past two cottages on your right to then reach a turning point. Follow **Public Footpath NT21 High Street and Rectory Road**. Keep following this path left until eventually you reach an opening on to **Niton High Street** with the **White Lion Pub** opposite you and the **Post Office** and **Joe's Bar** on your left.

If you wish to then stroll to the lighthouse, pass the **Post Office** on your left and follow the main road up and out of the village. Eventually you will start going down **Barrack Shute** which bears left. Eventually you will see a sign for **The Buddle Inn**. From this point there are various routes to take you down to the lighthouse. Our favourite is to follow the footpath opposite **The Buddle** through the trees down to **Castlehaven Lane** which leads to **Castlehaven Bay** which in the summer months has a cute little cafe with spectacular views and scenery - the perfect vantage point for Round the Island Yacht race day! From here you will see the lighthouse and each path will eventually bring you back up to **The Buddle**.

Feel free to explore around this area as it is truly beautiful. The way home is simply this route in reverse or, if it all becomes too much, buses do run from near the shop in Niton back to **Whitwell Village**.



3.4 miles to Niton and back.
5-6 miles with lighthouse loop.



30 minute run to Niton and back.
1hr 15 min. walk. Allow more time for lighthouse loop.



Cross-country. Muddy in Winter months.



Lots of choices!



Countryside and spectacular Coastal.



Easy to Medium if lighthouse included.

Stenbury Loop



Another favourite of ours is this cross country route. This path will take you up to the downs for those glorious views then down through **Little Stenbury** and **Sim's Copse** to reach **Stenbury Manor Farm**. Then crossing a main road leading to **Southford Lane** and the other side of **Whitwell** eventually leading back to the farm.

Starting at the fishing lakes take the gate near the donkeys signposted **Public Bridleway NT3 Ventnor and Stenbury** then head up until you have to bear left or right. Bear left signposted **Public Bridleway NT119 Week & Stenbury Downs** taking the path up and you will eventually reach a stile on your left.

Cross the stile and head up to **Stenbury Down** where you will pick up the main foot-path by turning left at the top. Passing the radio station on your left, you will need to

head down following the path that leads to **Little Stenbury**. As you pass down through the fields, you will pick up a wider path that then leads to a house on your left. Follow the bridleway signs bearing left through **Sim's Copse**. Once you hit the main road you need to cross over to the gate and follow the path left, heading towards the detached house and garage, then bear right following the path all the way down to **Ford Farm Barn** conversions then head left across the field towards **Southford Lane**.

The public footpath then picks up across the road which leads all the way to **Stockbridge Manor**. Bear left up **Slay Lane** bringing you out on **Bannock Road**. Turn right past all the bungalows and head up to the church. On the road opposite the church (leading to up and out of the village) you can then pick up the **Public Bridleway NT15 Stenbury Down** which leads right back to the fishing lakes and **Nettlecombe Farm**.



5 miles.



1 hr. run
2 hrs. minimum walking



Tough in parts, very muddy in winter. Wear trail shoes if running.



None until you reach the village of Whitwell again.



Downs, countryside and pretty woodlands.



Medium.

Steephill Cove



A perfect run/walk to the coast! Ideal for keen runners who wish to get their mileage in whilst enjoying amazing coastal scenery. For those who prefer a walk, this is one not to be missed! Remember there is always the option of spending the day there and getting a bus or taxi home.

Starting at the fishing lakes take the **Public Bridleway NT5 Whitwell**. Then take the **NT12 St Lawrence**. You will cross a main road to continue this path up to the old radio station. Once you reach the top of the cliff (**High Hat**) and the sea is in front of you, bear left along **Paradise Walk** as it is known or the **V75 Whitwell Road** which meets **St Lawrence Shute**. Cross over the main road and carry on straight making sure the sea/coast is on your right. Then take the **V73 Undercliff Drive & Botanic Gardens** which takes you down through **Pelham Woods**. At

the bottom of the track there is a **PRIVATE** gate on your right. Pick up the public footpath sign a little further forward on your left. Proceed through the woods until you reach the houses. Carry on along the road until on your right you reach a set of steps which take you almost to the sea! At the bottom of the steps turn left and stay on the road until you see the **V84 Steephill** on your right. Follow this path bearing up and right leading to the beautiful and idyllic **Steephill Cove**.

Pause to enjoy or stay a whole lot longer! As you pass along the cove and head up the hill out of the cove, follow the coastal path west exploring the beautiful hidden bays. Follow the **V81 St Rhadagunds & Whitwell** and head up to the top of the cliffs finding your way back inland to **Whitwell** and then once you get to **High Hat** you will know your way back to the farm again.



7 miles.



1 hr. run
2 hrs. minimum walking



Cross-country and road.



Cafes at the cove open during summer and sunny days in winter. Cafe at Botanic Garden is an option.



Coastal and Seaside.



Medium.

Ventnor Loop

With Stenbury Trail Option

This run/walk has the advantage of stunning cliff top views on your descent into the beautiful seaside town of Ventnor. You can choose whether to stay and play in Ventnor itself enjoying the numerous cafes, bars and quaint little shops. Maybe even hire a deckchair on the beach itself and indulge in the fresh sea air just as the Victorians did many moons ago.

Ventnor was one of the most famous Victorian health resorts due to its unique micro-climate with more sunny days and fewer frosts than the rest of the island allowing many species of subtropical plant to flourish notably at Ventnor Botanic Garden.

Starting at the fishing lakes take the **Public Bridleway NT5 Whitwell**. Then take the **NT12 St Lawrence**. You will cross a main road to continue this path up to the old radio station. Once you reach the top of the cliff (**High Hat**) and the sea is in front of you, bear left along **Paradise Walk** as it is known or the **V75 Whitwell Road** which meets **St Lawrence Shute**. Cross over and carry on straight making sure the sea/coast is on your right. This path takes you all the way in to the start of Ventnor as you see the houses ahead of you. Eventually, you will reach a junction of the main route and you need to follow the main footpath on the right down in to Ventnor itself again keeping the sea on your right. Just follow the path

all the way down in to the heart of the town. Once you have sampled the delights that Ventnor has to offer, head back the way you came in to Ventnor. Eventually, at the top of the hill past the houses, you can follow the path back in the direction of **Whitwell OR**, as you leave Ventnor on the cliff path leading back to **Whitwell** parallel to **Whitwell Road** you will reach **Ventnor Rugby and Football Club** to your right on the other side of the main road. To the right of the club there is **The Stenbury Trail Public Bridleway V56** signpost right next to the "Welcome to Ventnor" sign. This leads up on to **Stenbury Down**. At the top, **Ventnor Golf Course** is on your right. Pass through a gate to carry on the downs path.

On a clear day, if you look right you will see far reaching countryside views all the way to the mainland and the **Spinnaker Tower**. If you look left, you will see all the way to the sea and the **Chalk cliffs of West Wight**. Keep following the path until you reach a larger farm gate on your left (with a sign that has a blue arrow on). This leads down all the way to meet a horizontal path. Turn right here, passing through the first gate. Then go through the next two gates and bear left taking the path all the way back down towards **Nettlecombe Farm**. Enjoy the lovely views of the farm as you descend down the pathway!



4-6 miles depending on route.



1 hr. run
2-3 hrs. walking



Hilly. Muddy in winter. Concrete roads.



Selection of cafes, restaurants and bars within Ventnor town and seafront.



Outstanding coastal views.



Medium.

Being outdoors in the fresh air is fun. It costs nothing but is valuable and benefits your health and wellbeing.

We are so fortunate here at Nettlecombe to be surrounded by stunning countryside and coastal landscapes right on our doorstep so we have created this guide for you to experience the outstanding natural beauty that we have on offer.



All routes were lovingly researched
by keen local runner Jodie Lacey

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