

The Oakhaven Walk 2026

Saturday 16th May

Route map

From Sandbanks to Mudeford



Thank you for helping us make every moment matter

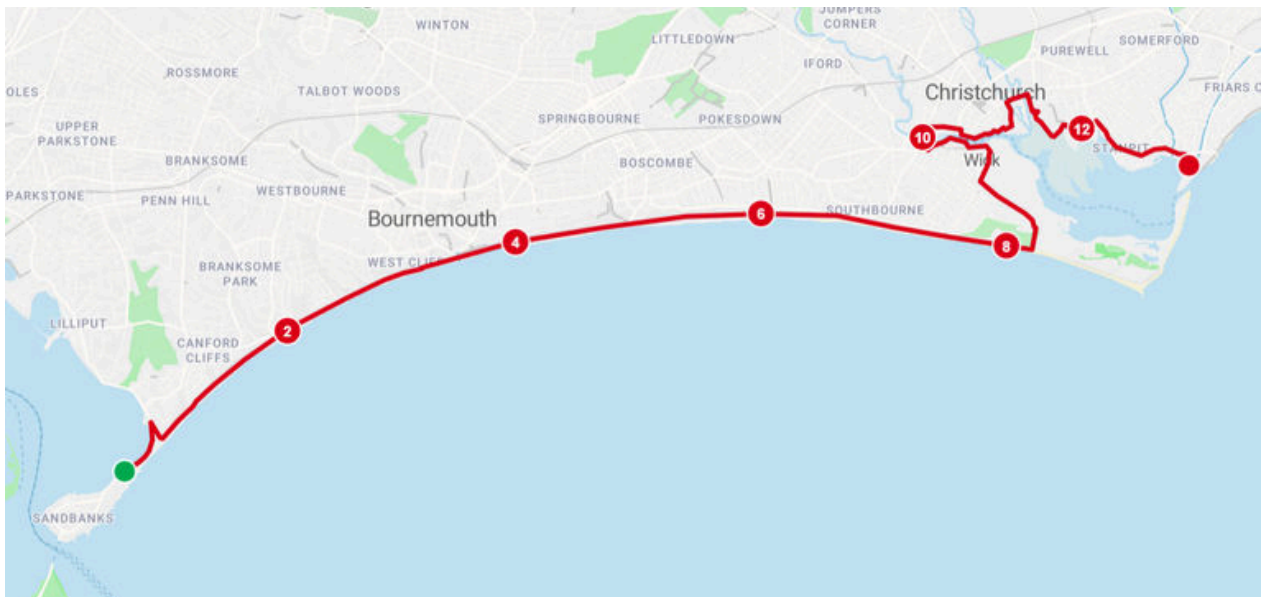


Charity Registration No.
900215 (England & Wales)



Sandbanks to Mudeford

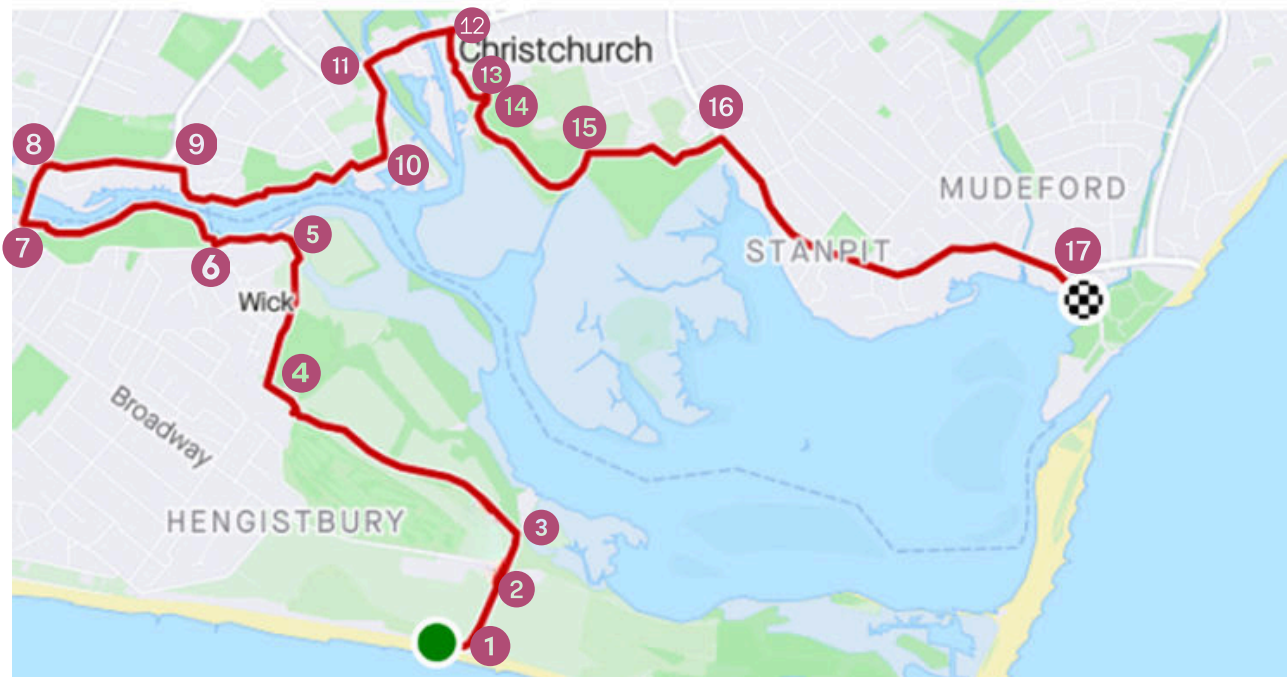
Route map



Instructions: Sandbanks to Hengistbury Head

- Begin the walk on Banks Road with the harbour and Poole on your left.
- Turn right onto Shore Road and meet the promenade, where you will turn left and walk all the way along the promenade to the beginning of Hengistbury Head.
- When the promenade ends at Southbourne, don't walk down onto the beach but turn left and walk up the steps to the road.
- **Do not follow the road** but turn right (up a sandy verge signposted Milford on Sea via Tuckton and Christchurch) and onto the sand dunes. Follow the route, which is a mixture of sand and wooden slated pathways until you meet our marshal at the edge of Hengistbury Head.

Instructions: Hengistbury Head to Mudeford



1. At the end of the path before heading over Hengistbury Head, turn left. This path will take you past The Hikers Cafe on your left. **what3words: rider.jacket.mount**

2. Keep on the path and walk straight through the double wooden gates, signposted STOUR VALLEY WAY. **what3words: rested.train.supporter**



3. Turn left through the wooden gates (not the metal gates) and continue onto STOUR VALLEY WAY. Keep on the stone path - you will pass Solent Meads Golf Club and St Kathryns school on your left. **what3words (wooden gate): lost.beard.putty**



4. Eventually, the path will veer down a small hill and you will meet Wick Lane on your left. Stick to the dirt path and do not go onto the road. Continue down the dirt path until you come to a wooden gate. **what3words: fields.decent.ideas.** Go through the wooden gate and into Wick Fields (you will be able to see Christchurch Priory). Cut diagonally left across the field on the dirt track. You will meet a gravel path in the middle of the field which leads you to a wooden gate. **what3words (at wooden gate): keen.enter.orchestra**



Instructions: Hengistbury Head to Mundeford

5. Cross the next field and go through the wooden gate where you will meet the river on your right hand side. **what3words (at wooden gate): trendy.create.aware**

6. Walk past the sign for Christchurch Harbour and keep to the right-hand side. Keep walking along this gravel path, you will see The Captains Club Hotel across the river on your right. The path will turn to tarmac as you approach Tuckton Tea Rooms and Tuckton Bridge. **what3words (tearooms): froze.slurs.wage**



7. Walk up the verge onto the main road, turn immediately right and go across Tuckton Bridge - please walk in small groups/single file as the pathway is narrow. Keep walking until you reach Stour roundabout, a short distance down the road. **what3words: define.shaped.manage**



8. At Stour roundabout, turn right into Willow Drive and continue along Willow Way (there is a little verge leading you downwards all the way to the junction with Sopers Lane). **what3words, (roundabout: lied.saints.jumps**



9. At the end of Willow Way turn right onto Sopers Lane towards the Captains Club Hotel, which will be on your left. Join the path, turning left with the river on your right walking in front of the Captains Club Hotel. Follow the path past the Boat Club and children's play area on your left through the Quomps on Christchurch Quay all the way to the band stand. **what3words (Sopers Lane): tracks.visual.shadow**



10. Keep right onto Quay Road with the Old Mill Tea Rooms on your left and the Place Mill (art gallery) on your right. Turn right and go over the bridge, then turn immediately left onto Convent Walk. With the stream and Christchurch Priory on your left continue along the path until you meet the main road. **what3words (tearooms): saving.wipe.dads**



11. At the end of the footpath, turn right onto Castle Street, which turns into Bridge Street.

Instructions: Hengistbury Head to Muddeford

12. Cross two bridges until you come to a pelican crossing. Cross the road and enter the Bridge Street car park. Bear right and take the path to the right of the old Civic Centre building. **what3words: accent.wire.swaps**



13. Enter the rear car park and keep right (take care, there is no footpath). At the end of the car park, turn left towards the path leading towards the rear reception of Two Rivers Meet Leisure Centre. **what3words: trace.truly.level**



14. Continue to the rear entrance of Two Rivers Meet. Just before the reception, turn right through the wooden gate, then turn immediately right. **what3words: scouts.casual.books**



15. Stick to the gravel path until you reach a metal gate. Go through the gate and turn immediately right onto the tarmac pedestrian/cycle path. You are now on Stanpit Marsh. **what3words: bright.lucky.sands**



16. Stick to the tarmac path until you reach the car park and then the main road, Stanpit. Turn right down Stanpit for approx. 1 mile. **what3words (carpark): pills.lend.walks**

17. Turn right at the signpost to Muddeford Quay into Chichester Way and onto Muddeford Quay. We will be situated on the green as you approach Muddeford Quay. **what3words (carpark): final.army.puns**

