



do142 St Aldhelm's (St Alban's) Head from Worth Matravers

Worth Matravers is on Minor Roads S of the A351 Wareham to Swanage Road

The walk shown is for guidance only and should not be attempted without suitable maps.

Details

Distance: 7.5km (4¾ miles)
Total Ascent: 230m (754ft)
Time: 2½ hrs Grade: 3
Maps: OS Landranger® 195
or OS Explorer Map™ OL15
Start/Finish: Worth Matravers, Dorset
Grid Ref: SY974777
Sat Nav: N50.5986 W2.0377

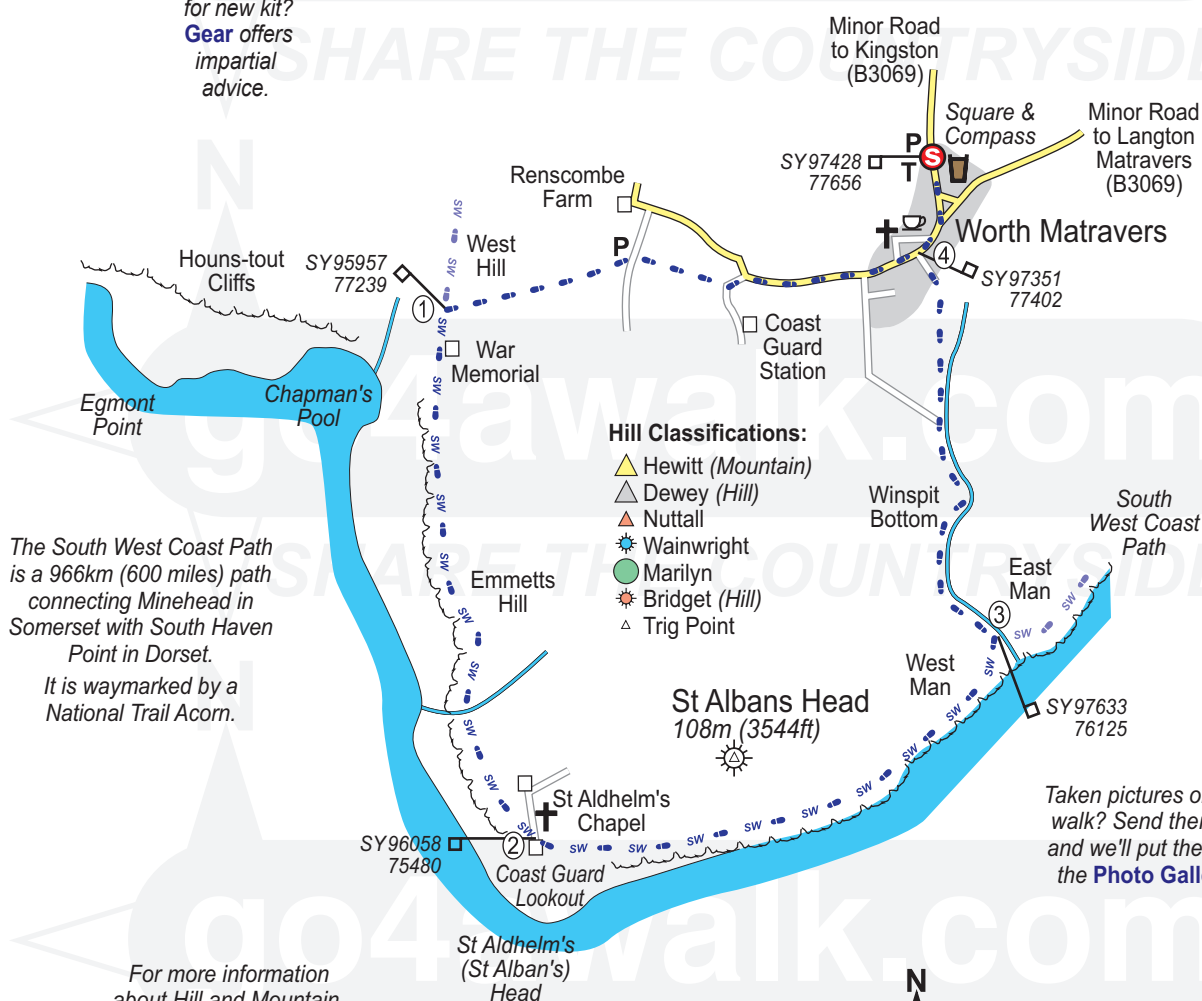
One short, steep climb to magnificent views

Go S from the Car Park into Worth Matravers past the duck pond (left) and then Worth Matravers Church (right) and follow the road out of the village. Beyond Weston Farm leave the road and fork SW on a track (signed 'St Aldhelm's Head'). After 100m go W (right) over a stile and cross a field to reach a crossing track and a car park. Go SW (half-left) on a clear path to reach the South West Coast path above Chapman's Pool. (1¾ km)

- Go S (left) along the cliff top before descending steeply into a valley. Continue steeply up the other side and follow the cliff top to reach the small stone built St Aldhelm's Chapel and the Coast Guard Lookout Point high above the cliffs. (2km)
- Continue E above more cliffs before slowly descending round a disused quarry to reach a crossing path in Winspit Bottom. (2km)
- Leave the South West Coast Path and go NW (left) along Winspit Bottom to reach a fork. Go N (right) across fields and stiles to return to the road in Worth Matravers. (1½ km)
- Go NE (right) to return to the car park and the start. (¼ km)

GPS data: Position Format = 'British Grid'
Map Datum = 'ord svry GB'

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The information given in this document has been provided in good faith. It is intended only as a general guide. We advise you to verify the accuracy of information before relying on it. It is the responsibility of individuals to approach outdoor activities such as the one described on this page with caution. The activity described can be strenuous & individuals should ensure they are fit enough before embarking upon it. If in doubt, seek medical advice.

Appropriate equipment & maps should always be carried, along with suitable clothing & footwear. Always follow the Countryside Code. More information about the Countryside Code, clothing, equipment & how to use it can be found on the go4awalk.com website. This document may be downloaded from the go4awalk.com web site & printed for personal use only except under licence from TMDH Limited. Nothing may be added, deleted or amended in any way. In any event, this document & the

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