

35. Tennyson Down Isle of Wight

Distance **6 miles/9.5km**

Ascent **247 metres**

Start/finish **High Down car park, PO39 0HY**

Facing south turn L and follow the footpath east towards Freshwater Bay. Turn R at the end of the woodland and head towards the sea joining the coastal Tennyson Trail (1.1 miles/1.7km). Turn R and follow the trail west passing the Tennyson Monument where you leave the Tennyson Trail and stay L along the coast to the Old Battery at the western tip of the island (4 miles/6.7km). Head back east along the northern edge of the hill to the start.

Miles	Km	Directions
0.0	0.0	Facing south towards Tennyson Down turn L and follow the footpath east towards Freshwater Bay. Follow this to a path junction at the end of the woodland.
0.9	1.5	Turn right and follow the path towards the sea to a junction with the coast path. Turn right and follow the coast path west to the Tennyson Monument.
2	3.2	Continue west but stay left leaving the Tennyson Trail and staying on the more coastal path to the Old Battery National Trust café above the Needles.
4	6.5	Follow the coastal path back east on the northern coast of the Needles promontory to the path junction where the left turn descends to the car park and Alum Bay. Stay straight on and follow the path east above Warren Farm to a path junction in the col between West High Down and Tennyson Down. Stay left here to return downhill to the start.