

### 37. The Lepe Loop

**Distance**      5 miles/8km

**Ascent**        72 metres

**Start/finish**    Lepe Country Park, SO45 1AD

Follow the path to the beach and turn R heading west along the coastal path towards the Beaulieu River estuary. Continue onto a road and take a R onto a footpath at a left-hand bend (1.7 miles/2.8km). Follow this footpath north away from the coast, staying L at the first path junction then turning R at the second (2.4miles/3.8km). Follow this footpath to the road, crossing to a bridleway heading north-east to Burnthays Copse and then east to a path junction just east of East Hill Farm (3.5 miles/5.6km). Turn R onto a footpath and follow this around a L corner then south back to Lepe beach. Turn L here to return to the start.

Miles	Km	Directions
0.0	0.0	Follow the path to the beach and turn right heading west along the coastal path towards the Beaulieu River estuary. Continue onto a road to a right turn onto a footpath at a left-hand bend.
1.7	2.8	Follow this footpath north away from the coast, crossing the river and then turning left at the first path junction.
2.2	3.6	Continue on the path north-east to a path junction where you turn right. Follow this path to the road.
2.7	4.3	Cross the road and follow the bridleway opposite in a north-east direction. Turn right at the junction and continue on the bridleway south-east to a junction just beyond East Hill Farm.
3.5	5.6	Turn right and follow the path around a left turn then continue south towards the sea. To a fork in the path.
4.2	6.8	Take the left fork and follow it back to the coast path. Turn left to return to the start.