

Walk title/location	Hengistbury Head
Why this walk is a favourite	This scenic walk takes you along grassy paths with sweeping views over Christchurch Harbour and the distant Isle of Wight. As you ascend Hengistbury Head, the landscape shifts to heath and ancient earthworks, rich in history and birdlife. At the top, panoramic views stretch across the Solent and along the Dorset coastline. The return route loops past the beach huts of Mudeford Spit and back through peaceful woodland, making for a varied and invigorating circuit.
Start and finish points	SZ 15767 91528 BH6 4EL
Distance in miles	4.5
Key viewpoints	Panoramic views of Christchurch harbour. Opportunities to spot migrating birds. Visitor centre. Two cafés along the route.
Parking/public transport	Free parking in the public area of Solent Meads Golf Centre.
Level	Moderate
Accessibility	No stiles. Short moderately steep ascent and descent.
Map	