

Walk title/location	Holes Bay
Why this walk is a favourite	This semi-urban walk around Holes Bay in Poole offers a peaceful escape with views across the quiet waters and surrounding salt marshes. The footpath winds gently along the shoreline, where seabirds and the occasional wading heron add to the natural charm. On clear days, you can see across to Brownsea Island, while the soft crunch of gravel underfoot and the scent of the sea create a calming atmosphere. It's a perfect spot for a reflective stroll or a moment of quiet away from the town's busier areas.
Start and finish points	SY 99105 91987 BH15 4PR
Distance in miles	5.4 miles
Key viewpoints	The walk is partly through Upton Country Park. Various sea birds can be seen depending on the season. The RNLI headquarters are on the route with a café and tours can be booked in advance.
Parking/public transport	Poole bus garage and train station are a short walk away.
Level	Easy
Accessibility	No stiles. Costa Coffee and the RNLI headquarters are mid way if a break is needed
Map	