PADDLING IN POOLE HARBOUR

NOT TO BE USED FOR NAVIGATION

Dangerous mud exposed at low tide in many areas. If you get stuck, stay with your craft and call for help. **In case of emergency:** stay with your craft and call for help on

HOLTON

GIGGER'S ISLAND

LAUNCH & LANDING ZONES WAREHAM (*) (P) (III) (S) (A)

RIDGE WHARF





NØ ACCESS

NO LANDING Overwintering Bird Sensitive Areas (Oct-March)

NO LANDING Breeding Bird Sensitive Areas (April-June)

Private land with extra wildlife sensitivity

PADDLE POWER!

Launch & landing sites (all year round)

Launch & landing sites (summer only)

Camping area

Slipways

MAP KEY

Rough/fast moving water

Shipping channel - take extra care

Muddy foreshore

Sandy foreshore

RNLI lifeguarded Lifeboats beach

PERSONAL WATERCRAFT

AREA

GOAT HORN

BROWNSEA

ISLAND

6 P 8 LAKE PIER **6 9 1 3** HAMWORTHY PARK **OP O**

AMWORTHY PARK

LAUNCH & **LANDING ZONES**

HAMWORTHY

ROCKLEY BEACH

LAKE PIER

ROCKLEY BEACH

PENINSUL

ARNE BAY

IIDDLEBERE

WYTCH LAKE

SHIP

TURNING AREA

GREEN ISLAND

NEWTONS BAY

POOLE

LAUNCH & **LANDING ZONES**

BAITER PARK (P)

WHITECLIFF RECREATION GROUND (*) (P) (M) (S)

SALTERNS MARINA 🕒 🔁 🛞



PANORMA ROAD SHORE ROAD

PANORAMA ROAD

WARNING – Chain Ferry Chain ferry has right of way

LAUNCH & **LANDING ZONES BRAMBLE BUSH BAY**

8 P KNOLL BEACH **OP#8**

KNOLL BEACH

STUDLAND

BRAMBLE BUSH BAY

STAY SAFE WHILST OUT EXPLORING

RNLI SAFETY CHECKLIST



Check the weather forecast and tide times. Avoid paddling in an offshore wind.



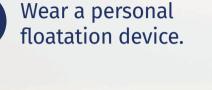
Carry a phone in a waterproof case.



Ensure you wear the right leash when stand up paddleboarding.









In an emergency call

999 and ask for the



BUOYS

The harbour has designated water sports zones marked by buoys. Red=Port (left) and Green=Starboard (right).

STRONG TIDAL CURRENTS

The harbour has strong tidal currents especially around the harbour entrance, Sandbanks, Brownsea Island, Holes Bay to Poole Quay and Rockley into the entrance of Lytchett Bay. They are at their strongest on a Spring tide.

SUP LEASHES- WHICH ONE?

Quick Release Belt System

For use on any moving or flowing water where there is a risk of snag/ entrapment

Coiled

Calf Leash

For use on lakes/ canals/sea/coastal bays/surf where there is NO risk of snag or entrapment

✓ Straight – Surf

4 **Ankle Leash**

For use on lakes/ canals/sea/coastal bays/surf where there is NO risk of snag or entrapment

✓ Coiled – ✓ Coiled – General Sup

General SUP ✓ Straight – Surf

Codes of conduct taken from BARI,

DON'T FIGHT THE TIDE!

Save energy by going

when the tide is 'slack'.

an hour either side of

YOUR GUIDE TO PADDLING POOLE HARBOUR

For stand up paddlers, canoeists, kayakers and everyone that uses

This map has been created in collaboration with watersports professionals, conservation charities, Poole Harbour Commissioners and RNLI.

It's your guide to safety advice, wildlife sensitivities and top tips so you can enjoy your adventures knowing you're safe and you're helping keep local wildlife safe too.

BARI - Poole Harbours Bird And Recreation Initiative is a BCP and Dorset Council funded project to manage sustainable access within the harbour and protect SPA Birdlife.



MUDDY BUSINESS!

The **muddy foreshore** symbol on this map shows you where it's the shallowest in the harbour (just 48cm (19in) deep at high tide)! As a paddler you will want to avoid these areas at low tide times, for fear of getting stuck in the mud!

Whilst the lowering of the tide marks home time for paddlers, it comes alive with an incredible diversity of birdlife; it's dinner time for these birds! The mud is jam packed with juicy worms, crustaceans and marine invertebrates (insects) which are only available when the tide is out and the mud is exposed. For this limited time, many of our threatened bird species feed in the rich mud.

If you do paddle past them feeding, give the birds as much space and quiet as possible. Being scared uses up vital energy that takes a long time to replenish. As the harbour gets busier with paddlers it's not just you that will be paddling by them.

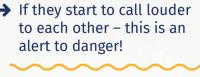
KEEPING POOLE HARBOUR WILD

The whole of the harbour is a Special Protected Area due to the huge number of rare and globally threatened bird species that come here!

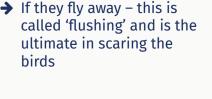












HOW TO TELL IF BIRDS ARE BEING DISTURBED WHY DOES IT MATTER?

- Many birds make long migrations to spend winter in the harbour. Once here they need to feed and build up their strength.
- → As the harbour gets busier it's harder for birds to feed and rest without getting disturbed as so many people use the coastline
- ~~~~~~ → The energy they use when disturbed takes a long time to replenish and if they can't get strong enough they won't survive.

TOP TIPS FOR PADDLERS

SHHH... QUIET PLEASE LAUNCH POINTS

Keep to designated launch and landing sites to protect both your kit and sensitive habitats.

Keep noise to a minimum and if you see signs of wildlife disturbance move away and choose an alternative route.

high tide is easiest.



Make a difference at a distance look out for birds when setting up and find a bird free area to launch and land.

