

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 VHF Channel 16, or dial 999 on a mobile and ask for Coastguard.

LAUNCH & LANDING ZONES
WAREHAM
RIDGE WHARF

LAUNCH & LANDING ZONES
ROCKLEY BEACH
LAKE PIER
HAMMORTHY PARK

LAUNCH & LANDING ZONES
BAITER PARK
WHITECLIFF RECREATION GROUND
SALTERNS MARINA

LAUNCH & LANDING ZONES
SHORE ROAD
SANDBANKS
PANORMA ROAD

LAUNCH & LANDING ZONES
BRAMBLE BUSH BAY
KNOLL BEACH

NO ACCESS

NO LANDING
Overwintering Bird Sensitive Areas (Oct-March)

NO LANDING
Breeding Bird Sensitive Areas (April-June)

Private land with extra wildlife sensitivity

GO HERE!

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 beach

YOUR GUIDE TO PADDLING POOLE HARBOUR

For stand up paddlers, canoeists, kayakers and everyone that uses PADDLE POWER!

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!

SUMMER BIRDS



WINTER BIRDS



HOW TO TELL IF BIRDS ARE BEING DISTURBED

- If they start to call louder to each other - this is an alert to danger!
- If they start to walk or swim away from the perceived threat
- If they fly away - this is called 'flushing' and is the ultimate in scaring the birds

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.

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 Coastguard.
- Wear a personal floatation device.



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

✓ Coiled - General SUP

✓ Straight - Surf

Ankle Leash

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

✓ Coiled - General SUP

✓ Straight - Surf

TOP TIPS FOR PADDLERS

LAUNCH POINTS

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

SHHH... QUIET PLEASE

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

DON'T FIGHT THE TIDE!

Save energy by going when the tide is 'slack', an hour either side of high tide is easiest.

ENJOY FROM AFAR

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



Codes of conduct taken from BARI, BSUPA and British Canoeing