

Island Youth Water Activities Centre along the River Medina to Folly Inn Canoe Trail



General Information

The River Medina is the main river of the Isle of Wight, rising at St Catherine's Down in the south of the Island and through the capital Newport, towards the Solent at Cowes. The river is a navigable tidal estuary from Newport northwards. The Medina is 17km long. The Medina takes its name from the Saxon, 'Medene' meaning Middle River because it nearly splits the island in half.

The upper reaches of the Medina River often go unexplored, but they offer great waterside pubs, a clench of interesting marinas and yards, and plentiful alongside mooring. The river is used by yachtsmen as a very safe harbour. Along the banks of the Medina there are many old warehouses and wharfs where in the past flying boats, hovercraft and steam ships were built and developed; and there is a museum of classic boats which displays much of the river's history alongside the history of yachting. The Island Harbour Marina, an old tidal mill is also located along the river, about 1 mile from Newport.

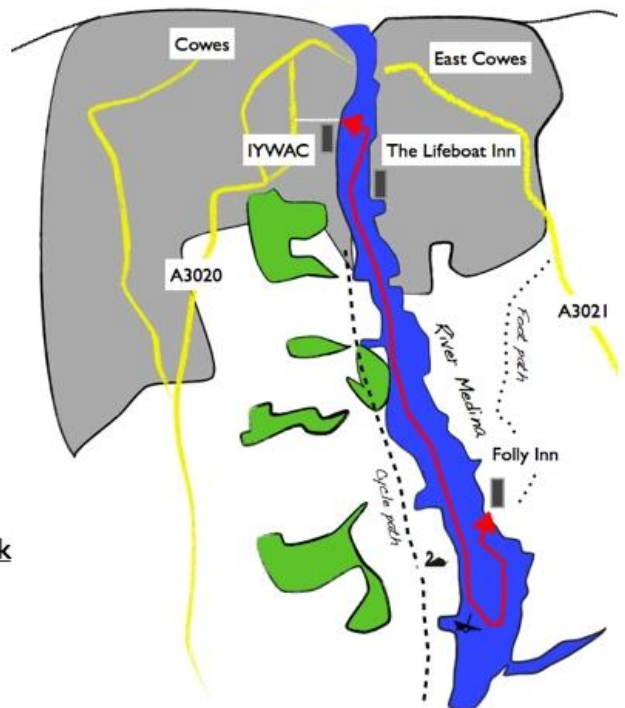
As well as the chain ferry, the River Medina is served by several small ferries which cater mainly for sailors. There is also a steam paddle steamer 'Paddle Steamer Monarch' which offers pleasure cruises from Newport Harbour.

Island Youth Water Activities Centre (IYWAC) IOW Ltd. is a voluntary organisation grant aided by the Isle of Wight Youth & Community Service. They are a Charity run for the benefit of all young people on the Isle of Wight. Their prime aim being the provision of a variety of water based experiences, which combine challenge, safety and enjoyment. IYWAC's secondary aim is to provide training to national standards for young people and potential instructors (of any age). The Centre is committed to providing equal opportunities. They have the experience and facilities to cater for many special requirements.

<http://www.iywac.org.uk/>



IYWAC
Whitegates
Arctic Road
Cowes
Isle of Wight
01983 293073
www.iywac.org.uk



Oystercatcher



lapwing



Little Egret



Kingfisher

Start

The start is at Whitegates pontoon next to IYWAC in Cowes roughly at PO31 7PG

Parking? Where can people park?

This is a circular trail and you need to plan to be at the Folly for High Tide.

Distance

8km approx 2 hours *(is this one way of the whole trip?)*

OS Maps

Do you know which ones?

Route

Leaving the historic town of Cowes (<http://www.cowes.co.uk>) head south past old boat yards and modern yacht marinas and watch them disappear as you are soon out amongst the wildlife and green trees.

Take your time and explore all the small inlets and keep your eyes open as there is so much to see..

It is worth canoeing past The Folly to canoe around the old shipwreck.. Oystercatchers, Lapwings and little Egret's are all locals to the river so do watch out for them. If you are quiet and very lucky you may even spot a Kingfisher.

If you are planning to stay to eat/drink at the Folly, especially in the summer, it is advisable to book a table contact the Folly Inn 01983 297171.

Hazards

By its nature the River Medina is extremely busy with commercial and leisure shipping all of which are bigger than you! Stay to the right of any channel and where possible stay out of the shipping channel completely. Be aware of other water users.

The Estuary, by definition, is tidal please ensure that you will have enough water to get back (or be prepared for a muddy wade). At times the tide moves with great speed so be aware of objects that you could become trapped against. Check the tide times and weather conditions before you set out.