Welcome to the Medina Estuary

estuary is Cowes. In the early
Now the estuary is wide range
of marine related
industries such as sailmakers,
boat
famous part of
1800s the first
Perhaps the most
600,000 tonnes a year.
Atmosphere.
and soak up the shore-side
day to watch the racing
nearly 10,000 visitors a
day in particular, the
estuary mouth is bustling
with activity and Cowes
Week in August attracts
Cowes has been an
venue for yachting. In the
century East Cowes
began to build its
reputation as a major
port which prospered from
strong trading links with
the North American
colonies in the 17th
Century, before
East Cowes
other ports on the
Island. The project
Harbour Commission, the Crown Estate, the Isle of Wight
and processes. It is a partnership project supported and
funded by Natural England, the Environment Agency, Cowes
and other estuaries check out the
website www.iwight.com/estuaries

To find out more about the Medina and other estuaries check out the website www.iwight.com/estuaries

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The Isle of Wight estuaries project aims to promote and coordinate the integrated use of the Island’s estuaries through partnership and develop understanding of estuarine features and processes. It is a partnership project supported and funded by Natural England, the Environment Agency, Cowes Harbour Commission, the Crown Estate, the Isle of Wight Council and Yarmouth Harbour Commissioners. The project currently oversees and assists in the implementation of the estuary management plans for the Medina and the Western Yar estuaries.

The estuary’s character is made up of a rich maritime heritage, natural change such as sea level rise. The estuary’s birds are all adapted to their
beaks together. They
have specially
designed beaks to help them take advantage of the food living in the
Marine Worms. These provide food for a variety of wading birds
such as godwit, dark-bellied brent goose, shelduck, wigeon and teal.
Oystercatchers and mute swans are seen all year round.
The estuary’s
wealth of natural habitats and vibrant mix of
collections made up of different designations under
national and international law.

Welcome to the Medina Estuary

Please follow the countryside code and help to protect the wildlife of the Medina Estuary:
• Avoid launching, landing or walking on the saltmarsh - it is very sensitive.
• Protect plants and animals, and take your litter home.
• Keep dogs under close control.
• Be safe - plan ahead and follow any signs.
• Leave gates and property as you find them.
• Consider other people.

Cycling to
kayaking,
angling, learning to
sail or just enjoying
being by the water.
Although yachting has a
high profile in the Medina,
the estuary also supports
a wide range of other
activities from bird
watching to get

The Medina estuary is such an important area for	nature conservation that it is protected by six
different designations under
national and international law.

Over 40 different
species of marine
worm have been
recorded here!

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national and international law.
The Medina Estuary circular walk is approximately 9 miles/14km long and at a fairly brisk pace can be completed in approximately 4 hours.

Medina is the Latinised form of its Saxon name 'Medene' meaning 'middle river'.

The Medina is home to many different creatures but is a key spot for wading birds and waterfowl, especially in the winter. Keep an eye out for little egret, oystercatchers, curlew, black-tailed godwits, grey herons and redshank.

The tree lined cycleway is a great place to catch a glimpse of red squirrels.

Please take care – particularly on the paths closest to the estuary – they may be muddy!

Look out for the blades! A feature of the estuary since 2000, Vestas transports its wind turbine blades on a specially designed barge which causes very little wash and therefore less disturbance to the river banks and the wildlife.

The cycleway along the old railway line is very popular so look and listen out for cyclists!

Many of the birds have travelled thousands of miles and are using the estuary as a stopping off point to rest on the banks at high tide or stocking up with food at low tide. Please keep dogs on leads in these areas.

The route is public footpath, cycleway and roadside pavement. There are a few stretches around Newport Quay and north of Whippingham Church that have no pavement so please take special care in these areas.

Please remember to wear suitable footwear!