

Note the **BLUE** dotted lines route options, use only if the tide is out.

Accessible, apart from up to 1 hour either side of high tide.

It's about 2km / 1 ¼ miles, allow 30-40 minutes to walk

HIGH TIDES:

Friday 29th August 2025

14:35hrs British Summer Time.

Height 4.65m

Saturday 30th August 2025









02:52hrs British Summer Time.

Height 4.67m

And

15:15hrs British Summer Time.

Height 4.40m

FRIDAY 29		High tide	02h15 5.01m
		Low tide	08h32 1.56m
		High tide	14h35 4.65m
		Low tide	20h44 1.75m
SATURDAY 30		High tide	02h52 4.67m
		Low tide	09h10 1.87m
		High tide	15h15 4.40m
		Low tide	21h28 2.05m