

## CARING FOR THE ENVIRONMENT

The Solent Forum's Natural Environment Group and RSPB have published guidelines to reduce the disturbance of marine wildlife and birds from paddlesports.

- Find out about the area before you go. Note down any sensitive places and species likely to be present at that time and be aware of any protected area designations. Remember that bird and wildlife may be particularly sensitive to disturbance in areas not normally visited by people.
- Paddle at a safe distance from wildlife; at least 50 metres is advisable, keeping noise and sudden movements to a minimum.
- Do not damage plants or other habitats that animals depend upon.
- Do not feed birds or other wildlife.
- Float your canoe, kayak or paddleboard for launching and lift out when landing rather than dragging, so as not to cause damage along natural banks/beaches.
- Take your litter home with you, including all food waste. Report any concerns to the Harbour Office e.g. sightings of litter or pollution on the water.
- Be a wildlife-friendly paddler by reporting any interesting marine wildlife sightings or instances of disturbance to the Hampshire & Isle of Wight Wildlife Trust  
[www.hiwwt.org.uk/marine-sightings](http://www.hiwwt.org.uk/marine-sightings)
- Report bird sightings on the Solent Birds App  
[www.solentbirds.org.uk](http://www.solentbirds.org.uk)



## GENERAL INFORMATION

Lymington is one of the UK's premier yachting centres and is located in an enviable position at the 'gateway' to the western Solent making it a popular destination for watersports throughout the season. The river is also home to the Wightlink Lymington to Yarmouth, Isle of Wight Ferry.

The Solent Marine Sites (SEMS) is one of a number of marine sites in the UK which are designated as internationally important sites for their habitats and species. SEMS covers the harbours, estuaries, areas of open coast and inshore water around the Solent. The site stretches from Hurst Spit in the West to Chichester Harbour in the East.

Paddlesports, such as canoeing, kayaking and stand-up paddleboarding are a growing popular activity. It is important to follow some general guidelines to stay safe on the water and to minimise any environmental impact on wild and bird life.

For more information about looking after the environment search for *You, Your Canoe and the Marine Environment* published by the RSPB and British Canoeing at [www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk). Further information can also be found from Bird Aware Solent at [www.solent.birdaware.org](http://www.solent.birdaware.org).

Please purchase a Slipway Launch Permit before launching. Information on charges and how to pay can be found on our website [www.lymingtonharbour.co.uk](http://www.lymingtonharbour.co.uk)



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**LYMINGTON HARBOUR COMMISSIONERS**  
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Hampshire SO41 3SE

VHF Channel 66 / Call sign: Lymington Harbour  
01590 672014

[INFO@LYMINGTONHARBOUR.CO.UK](mailto:INFO@LYMINGTONHARBOUR.CO.UK)  
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**LYMINGTON  
HARBOUR**



**ENJOYING PADDLESPTS**  
safely and protecting the environment on  
and around the Lymington River

**Advice for canoe, kayak and  
paddleboard users**



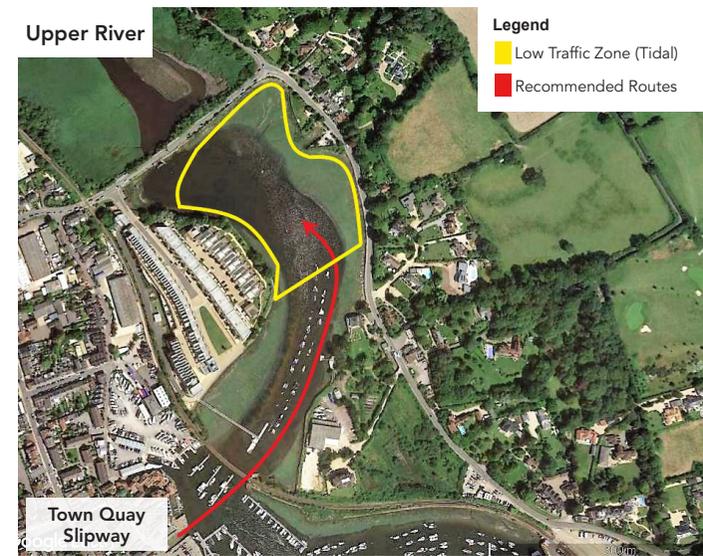
You can access the Lymington River from the slipways at Town Quay or Bath Road. The latter is best for parking or paddling further afield.

## PADDLE SAFELY & RESPONSIBLY

- Check local weather forecasts and tidal predictions – tidal currents can be hazardous.
- Wear a well fitted buoyancy aid and an appropriate leash.
- Ensure you have a waterproof mobile phone, personal locator beacon or waterproof DSC VHF radio on your person in case of emergency. Carry a whistle to attract attention.
- Observe navigational rules.

- The Harbour is very busy with leisure and commercial vessels so please be aware. Remember you are not always visible to other vessels.
- Do not secure children or dogs to your canoe, kayak or paddleboard.
- Do not drink alcohol and paddle.
- Insurance (3<sup>rd</sup> party) is recommended.

**Unless supervised by a qualified instructor, harbour waters are not well suited to beginners who are recommended to learn to paddle in quieter areas without strong currents and marine traffic.**



The images to the left and above show the recommended routes from the Bath Road and Town Quay slipways, avoiding the most congested parts of the river. When paddling:

- Follow the recommended routes to/from the slipway (highlighted in red) keeping outside of the navigation channel which is marked by green and red posts.
- When crossing the channel, only do so when the channel is clear of marine traffic.
- The yellow lines demarcate quiet areas for marine traffic so are a good area to paddle at higher states of tide. They dry out at low tide, so ensure you allow time to clear the area on a falling tide.
- Stay at least 50m away from the highly sensitive wildlife areas shown on the plan in grey. Follow the 'Caring for the Environment' guidance overleaf.

For further guidance the RNLI offer a range of resources to help you Stay Safe on the Water.

[rnli.org/safety/choose-your-activity](https://www.rnli.org/safety/choose-your-activity)