



Iford Bridge – Weir River Stour

Old Bridge Road,
Christchurch,
Bournemouth, BH6 5RG

Overview:

1 hour round trip (Plus as long as you want at weir)

NOVICE/INTERMEDIATE (When Paddling Against Flow)

This is a great short paddle for those looking to get away from the busy main section of river and enjoy the country side surroundings on this tranquil section of river. It is also good for accompanied paddlers wanting to get used to paddling on moving water without it being too strong or intimidating This stretch can get “weedy” over the summer months so be aware of this when paddling.

Parking at Iford Bridge is off road and can get busy due to the pub up the road and the tea rooms. This spot is best early morning or evenings due to this, but it does save paying to park!

Once parked there is a hard area next to the water, perfect for getting ready to paddle and with easy access to the water.

Once on the water paddle up-stream under the bridge. Depending on the tide times you will find the current can be strong so it is worth checking this before setting off.

Paddle up-stream under the two Iford Bridges and off out into the countryside. This is a beautiful paddle on a summer morning! Continue upstream under a green foot bridge; it is here you will find signs warning of the weir and no further paddling permitted past that point.

Once at the small weir you will find a great little location for practicing crossing moving water and also basic white water surfing with the SUP’s able to sit on the small wave nicely, especially after heavy rain.

This is a great little spot for developing your skills and is nice and deep for the inevitable bail!



Guide Produced By The New Forest Paddle Sport Company & Hutch SUP Wear
www.thenewforestpaddlesportcompany.co.uk & www.hutchsupwear.com
 For more information on locations or to join us on a social paddle please contact us

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