ADVICE ON

Riding on Beaches and Estuaries

The British Horse Society

There are a number of beaches around England, Wales and Ireland that allow riding and BHS Approved centres that offer the opportunity to ride on a beach.

There are many health benefits of riding on a sandy beach for horse and rider. Long sandy stretches are good for building up fitness levels and often the sand can encourage muscle tone and strength. It can provide outstanding views of the sea and is a refreshing way to see areas of beauty throughout the coasts of England, Wales and Ireland.

Beach riding can be a wonderful experience for both you and your horse if you are aware of a few points of legality and safety, so please read all the guidance in this leaflet.

Estuaries are where rivers meet the sea and they are unpredictable places, requiring caution and respect for the variety of conditions underfoot, the special ecology and the potential risks in riding there. While large expanses of open ground look inviting to riders, some of the conditions encountered may be dangerous. However, with due care and knowledge, estuaries can provide excellent riding opportunities.

Is riding on the beach permitted?

Check that riding on the beach is permitted. It may be limited to certain times, days or areas and there may be bylaws. Restrictions on time will often be to riders' benefit, being at quieter periods such as early morning and late evening when there may be fewer other users to avoid.

If there are areas where riding is not permitted, be sure you are clear about their extent and avoid them carefully; their boundaries may not be obvious even if they are above high water because signs and fences tend not to last long on the shore or may not be permitted.

Always avoid disturbing wildlife and plants, paying particular attention to dunes, salt marshes and estuaries. Keep to designated paths. Sand dunes and salt marshes are fragile environments and riding through or over them should be avoided for conservation reasons, even if riding is not specifically prohibited.

Estuaries provide a rich habitat for wildlife and many are protected areas, particularly for birds which may be easily disturbed. Wading birds flock to estuaries at low tide to feed and as the tide comes in they are liable to take flight as a flock. It is important not to disturb birds when they are feeding at low tide, particularly during prolonged bad weather as adverse conditions will already have upset the birds' feeding.

It is very important that you observe restrictions as infringement could result in all equestrian access being prohibited.

Your horse's reactions

Horses that are not used to the beach may be excited by the different environment, even if they are normally calm. It is often breezy and the atmosphere is stimulating and very different. Humans are aware of it – why else have beach holidays always been so popular? Horses, too, will respond to the change and you should be prepared.

Be wary of faster paces, especially in company, as horses may be stimulated into racing by the atmosphere, even if they would not normally do so in other places. Being out of control could be particularly dangerous where there are people who may not realise that you cannot stop. There could be areas of softer sand, debris, holes or other hazards – you need to be able to avoid them.

People commonly exercise dogs on the beach, and the dogs can become excitable and more difficult to recall, so be particularly alert if you see dogs and keep to a walk near them. Please see our BHS advice leaflet on dogs www.bhs.org.uk/~/media/BHS/Files/PDF%20Documents/Safety%20leaflets

/Dogs%20and%20Horses%20leaflet.ashx

Be cautious of the sea, and on first entrance ride slowly. Some shores are shallow for some distance, some shelve steeply or suddenly. Approach the sea at an angle rather than head on because if your horse spooks at the breaking waves, it is then more likely to shy away from the water than rear, which is potentially more dangerous. Approaching alongside the shallows often encourages nervous horses to get their feet wet

Be aware that loose horses (and other animals) entering the water tend to head straight out to sea which of course has a high risk unless they can be reached in time.

Car parking

Check whether there is a car park near the beach before you go. If the only parking is on the beach this may be impractical, particularly when towing with a vehicle that is not four-wheel drive.

Height barriers are common on many beach parking areas and can restrict horse trailers and lorries.

Parking charges are common, though this may only be in the summer months. National Trust members may receive a reduced rate.

Always park sensibly and do not cause an obstruction for access by emergency vehicles; this includes access to a slipway or other boat launching area, sometimes with big vehicles and trailers which need large turning circles.

Be people aware

If there are other people on the beach, remain courteous and ride past them slowly and sensibly, leaving plenty of room. Sand kicked up by horses' passing will be carried several feet with even a gentle breeze and could be unpleasant for people hit by it.

Remember that any unpopular behaviour by riders can lead to all

horses being prohibited. Some beaches require you to remove dung and it is good practice to do so on all beaches.

Some beaches are often used for kite flying, sand yachting, motorbike racing, parasailing and many other sports. Check with locals if possible so that you can avoid popular times or areas.

Tides

Check tide times before you go. Awareness of tides is vital, especially if riding on a narrow beach with coves. Tides can come in very quickly and could cut off your route from the beach. Tide timetables are available online, from the council and often local shops. In difficulties, call 999 to contact HM Coastguard, giving your position as precisely as you can.

On estuaries, the flatness of the area means that tides can come in fast and sometimes imperceptibly or along hidden channels, cutting off escape routes. Ebb tides may leave slippery conditions behind or increase the incidence of sinking sands.

Sand

Sand will vary in texture and depth. It may be harder closer to the water and softer further away, but that is not always the case. Sandbanks can go from hard to soft in less than a stride, especially on estuaries.

On many beaches, sand can change, so even if you have ridden a beach before, do not rely on soft and hard areas remaining the same.

Quicksand, sinking sand or mud are common in some estuaries and may move around. They are unpredictable and extremely dangerous.

Deep, soft or very hard sand can cause injury to horses, especially at speed. If you want to ride fast, it is sensible to walk or trot the beach beforehand to check the surface.

Be aware of holes in the sand and streams running across to the sea. Streams may be deep or cause soft patches that you will need to jump over.

Do not ride in the water if you cannot see the bottom: there may be hidden debris or rocks.

On estuaries in particular be alert for varying surface texture and depth. Rocky surfaces can be low and difficult to spot, and are especially slippery when fine seaweed is left by the tide. There can also be very soft areas left behind.

High visibility

The BHS recommends that both horse and rider should wear 'hi-viz'

clothing. This is particularly important when riding on estuaries, where tides can come in or fog can descend quickly. Make sure your horse can be easily spotted from above if you become separated – hi-viz exercise sheets can be a benefit.

Litter and rubbish

The majority of sandy beaches around England, Wales and Ireland are well maintained, but you should always be alert for washed up glass bottles, cans, chain, ropes, nets, general rubbish and hidden structures or rusty spikes protruding from the sand. Be aware of this risk, including in the water.

Dung

Dog owners are required to remove their dogs' faeces from beaches and many would say that horse riders should remove their horses' droppings. Even though the health risks from dung are negligible, it is not pleasant to find droppings on a beach where people may sit, picnic and play.

On some beaches you are required to remove droppings and it is good practice to do so on any beach, because dung is frequently given as a reason for prohibiting access by horses. You are recommended to take a plastic bag with you on your ride and to collect and remove your horse's droppings if at all possible. The easiest way is to put your hands inside the bag, gather the droppings into the plastic and turn the bag inside out around them. A piece of twine easily secures the bag to your saddle.

Salt

If you ride in the sea or there is a breeze blowing off the sea carrying moisture, the salt may dry leather and rust metals in your tack, so clean your tack after each beach excursion.

Salt can also dry horses' hooves, so wash your horse's feet thoroughly after a beach ride. Salt water is good for healing and cleansing skin and can benefit injuries such as strains, but dried salt can cause irritation afterwards so you may need to wash it off with fresh water if your horse has sensitive skin.

Scotland

BHS Scotland is compiling a list of beaches and estuaries in Scotland which are suitable for horse riding and these details will be available on the BHS Scotland website – http://www.bhsscotland.org.uk/.

List of Beaches

The list on the following pages gives details of beaches that welcome riders,

along with any that have restricted times, other bylaws, or that prohibit horse riding. The information has been supplied by local authorities and may have changed since publication. The BHS does not accept any liability for the information provided and recommends that you contact the listed authority to check before travelling any distance, or if you have any queries.

For further information about beaches in your area, or beaches not listed here, please contact your local council.

If you would like to contribute information to this list, email access@bhs.org.uk.

Please Note: Bylaws are in place on many beaches and commonly prohibit: breaking-in horses or other animals; and intentionally or negligently riding or driving any horse or other animal in a race, or so as to cause danger or annoyance to any other person using the beach. All riders are strongly advised to observe these rules and always consider other people using the beach, as all horses may be prohibited if a few cause a nuisance.

For ease of reference, beaches are split into the following sections:

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ENGLAND

North

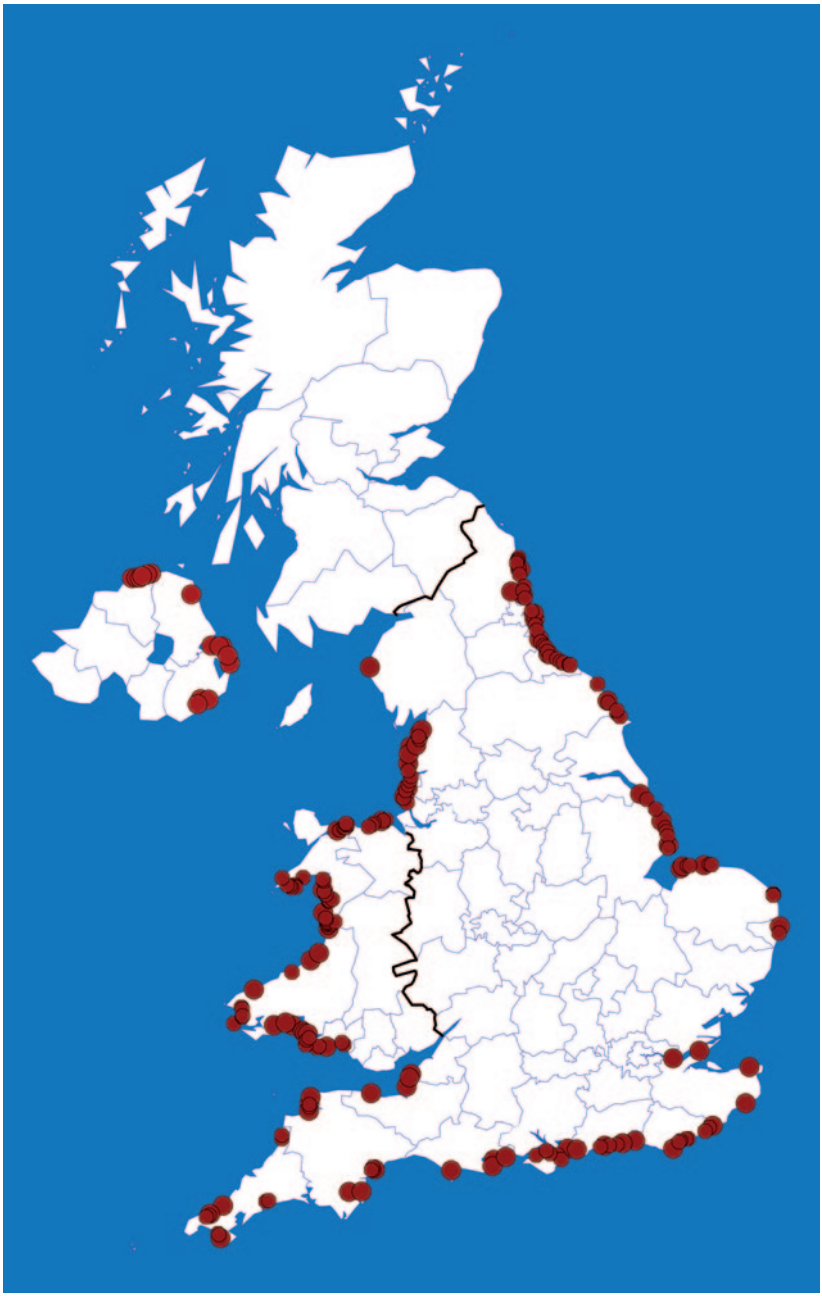
Blyth and Seaton Sluice – Northumberland

Horse riding is permitted on the beach between Blyth and Seaton Sluice, but access is only via two designated points of entry across the dunes at The Ranch toilet location off Links Road (A193) and next to Fountain Head Bank car park entrance, Seaton Sluice. Contact Northumberland County Council on 0845 600 6400.

Druridge Bay – Northumberland

The County Council owns the upper beach and leases the foreshore for

Beach riding locations in England, Wales and NI



approximately 6.5km of Druridge Bay centred around Druridge Bay Country Park. Horse riding is permitted on this section of the beach. Parking and direct access to the beach from Druridge Bay Country Park (NE61 5BX), where there is a visitor centre with café/shop and toilet facilities. Parking charges are applicable. Contact Northumberland County Council on 0845 600 6400.

All within the district of Durham

There are no bylaws for any beach area with the district of Durham. It is worth bearing in mind that most of the beaches are rocky and shingle/sand backed by cliffs, with very little direct access from roads or bridleways. For further information visit www.durhamheritagecoast.org.

Hartlepool, including Seaton Carew – County Durham

Horses are allowed on the beach at Hartlepool. The main area of use is at Seaton Carew where there are car parking facilities. There are no time restrictions. Riders are asked not to stray into the lifeguard patrol area during the bathing season. Contact Hartlepool Borough Council, on 01429 266522 or email: customer.service@hartlepool.gov.uk. However, for 2014 there will be new equestrian access facilities for the beach at Seaton Carew. As part of the sea wall defence replacement scheme a new set of beach access ramps will be installed, with one at the Seaton Carew Coach Park being built with multi-user access in mind. Equestrian users will have a dedicated area to use at the top of the ramp, segregated from pedestrian users.

Marsden Bay – South Tyneside

Managed by The National Trust. The beach is inaccessible for horses due to steep steps. However, horses are allowed on the grass area on the cliff tops, known as the Leas.

Northumberland Coast Area of Outstanding Natural Beauty

Much of the inter-tidal zone on the Northumberland coast has been declared a Site of Special Scientific Interest (SSSI) and Special Protection Area for its importance for migrating and wintering birds. Horse riders should avoid disturbing flocks of roosting or feeding birds on the shore. Some beaches are better suited to riding than others and we would recommend the following:

- Cheswick Black Rocks/Goswick (limited parking for large trailers)
- Bamburgh
- Beadnell Bay north (from Beadnell village car park)
- Beadnell Bay south (Newton Links House), in the summer months Beadnell Bay hosts an internationally important seabird colony, please obey local signage and wardens

- Alnmouth
- Horses are allowed on Lindisfarne National Nature Reserve by permit from the NNR office on 01289 381470

For horse-riding information in the AONB www.northumberland.gov.uk/default.aspx?page=8164

Contact Northumberland Coast AONB Partnership on 01670 620306.

Seaburn Beach and Roker Beach – Sunderland

Horses are permitted onto the beaches during quieter periods. Horse owners are requested not to use the beaches when busy. All horses should be kept near the tideline and walked when next to other beach users. Riders must wear safety equipment. Bareback riding is not permitted. A Coastal Code of Conduct is available from the council. Contact Sunderland Resorts Office on 0191 553 2828.

Whitley Bay, Cullercoats Bay and Tynemouth Longsands – Tyne and Wear

As the beaches are in a very urban location, horse riding is not actively encouraged due to the numbers of visitors and residents who use them. However, horse riding is not banned and it is recommended that you contact the council to gain permission beforehand. Those with permission are advised to take other beach users in to account and be aware that there are usually large numbers of dogs on the beaches, which may be a problem for some horses. Horse owners are also requested to use the beaches during quieter times, such as early mornings, and avoid times when the beaches are busy. It is requested that horses be kept near the tide line and galloping is not permitted when there are other beach users nearby.

It should be noted that the beaches in the area differ in accessibility and size:

- Whitley Bay beach is approximately 1.5 miles in length and is a mixture of sand and rocks
- Cullercoats Bay is small and is also used as a harbour so is not the best for horse riding
- Tynemouth Longsands is just short of a mile in length and mostly sandy, very popular for beach and water sports
- King Edwards Bay is not easily accessible for horses and is very small

For more information, contact North Tyneside Council on 0345 200 0103.

North West

Formby – Merseyside

Formby can be accessed at the National Trust at Formby via a permissive bridle path. Daily permits are available to buy at the entrance kiosk at a charge of £2.50 per horse, or an annual permit can be obtained by contacting National Trust. Car parking is free for National Trust members but for non-members there is a parking charge (£9 for a horsebox (including car and trailer), £5 for any additional cars). There are certain areas on the foreshore at Formby that should be avoided as there are Neolithic footprints, some human, in the exposed sediments, details of which are available from National Trust. Alternative access to Formby is via the Sefton Council car park at Lifeboat Road (charge during summer).

Please Note: There is a danger area to the south of Formby at Altcar Rifle Range. Contact National Trust, on 01704 878591, email: formby@nationaltrust.org.uk or Sefton Council Coast and Countryside Service, on 0151 934 2967, or email: coast.countryside@leisure.sefton.gov.uk.

Hilbre Islands Local Nature Reserve – Wirral

The nature reserve has additional protected status and horse riders are requested to stay on the sandy areas, avoiding the main island and rocky foreshore around the islands. Contact Wirral Metropolitan Borough Council's Parks and Countryside Coastal Rangers, on 0151 648 4371.

Morecambe and Heysham – Lancashire

The beaches at Morecame and Heysham are accessible and the only restriction is that riders are not permitted to break in horses. Riders must also not ride in a way to cause danger or annoyance to others. For up-to-date information contact Lancaster City Council on 01524 582000, or email: info@lancaster.gov.uk.

Sefton – Merseyside

A Horse Rider's Code of Conduct is available from Sefton Council at www.sefton.gov.uk (http://www.sefton.gov.uk/default.aspx?page=4802). There are a number of rules and recommendations so please check the Code before riding on the beach. All riders must have current and valid personal and third party liability insurance. Riders are asked to check tide times and avoid riding for one hour either side of high tide between August and April. This is to avoid disturbing flocks of wading birds which are of particular importance to the SSSI status of the Sefton Coast.

Warning: There are soft patches of sand that can cause severe problems for horses. You are strongly advised not to gallop unless you have first checked the surface. For further information, contact Sefton Council Coast and Countryside Service on 0151 934 2967 or

coast.countryside@leisure.sefton.gov.uk

Wirral Coastline – Merseyside

Wirral has approximately 10km of coastline accessible for horse riding, from Lower Heswall to Hoylake. There are areas in between that should be avoided because of deep mud and soft sand. Areas along the Mersey Estuary are not suitable for horse riding and horses are not allowed on the embankment from Meols to New Brighton. Within the Dee Estuary SSSI and North Wirral Foreshore SSSI, horse riders are requested to avoid riding along areas of foreshore at high water during the winter months when large numbers of wading birds are gathered there, and to avoid disturbing birds and other wildlife at any time of year.

Areas for riding (and suitable access) are as follows: a large car park at Banks Road, Lower Heswall, with slipway access to the sandy and stony foreshore and is 150 yards from the Wirral Way horse riding route; Target Road; Heswall Fields (The National Trust) leading to the Wirral Way; Thurstaston (Dee Sailing Club Slipway, where there is parking for horse boxes in the main Visitor Centre car park off Station Road); the slipway at Cubbins Green; Kings Gap slipway where there is plenty of parking for horse boxes along Kings Parade and three slipway access points along the length of Hoylake Beach.

Please note: Para-gliders and hang-gliders launch from the Dee Cliffs above Thurstaston Beach; West Kirby Beach is used during the winter months by power kiters and sand yachts are used on an area adjacent to Hoylake Beach. The Wirral Way horse riding route is a concessionary route only.

Contact Wirral Metropolitan Borough Council's Parks and Countryside Coastal Rangers, on 0151 648 4371.

Yorkshire

Numerous beaches within the East Riding of Yorkshire

The exercising of horses/riders is permitted on all East Riding beaches under strict control, with the exception of the award

winning beaches of Bridlington, Hornsea and Withernsea where horse riding is NOT permitted. Extended gallops or racing is not permitted in any area. Events and practice sessions of any nature require written permission and will only be permitted at certain times of the year, in designated areas, subject to controls and insurance. Horse owners are requested not to use the beaches when they are busy and to be aware of other activities in the area. Riders should dismount and horses should be walked when near other beach users and boat launching areas. A Coastal Code is available from The East Riding of Yorkshire Council. Contact The Foreshores Section, The East Riding of Yorkshire Council, on 01262 678255.

Filey – Scarborough

Use the car park at West Avenue and path to the beach at Martins Ravine. (Advisable to walk horses during busy periods.) Restrictions apply 1 May-30 September. No riding adjacent to the promenade from 9am to 6pm. Head south and enjoy five miles of sandy beach, but be aware of people, dogs and the tide. For more information call Customer First on 01723 232323.

East Midlands

Skegness, Mablethorpe and Sutton-on-Sea – Lincolnshire

Horse riding is permitted on Skegness, Mablethorpe and Sutton-on-Sea beaches throughout the year, with the exception of the periods listed below.

- During the period between 1 April and 30 September horses are not permitted on the beaches between the hours of 9am and 6pm
- While the Blue Flag is flying at Skegness, Mablethorpe and Sutton-on-Sea central beaches, horses are not permitted
- For the duration of any event being held on the beaches.

Any ride must, at all times, be conducted in an orderly and responsible manner and must not cause nuisance or danger to any other persons using the beach. Horse riders are entirely responsible for removing all their horse's droppings from the foreshore area. The Council reserves the right to charge any rider/horse owner for the removal of droppings from the foreshore area, should this not be carried out immediately by the rider/owner of the horse.

Permission is only granted in respect of the exercising of horses and ponies and does not allow the hire of animals on the beach for gain or any other commercial purpose of whatever nature.

No vehicles are permitted on the beaches or promenades.

Riders must indemnify the council against all claims, actions, damages, or proceedings of whatever nature arising directly out of the granting of this permission. The area south of Skegness central beach is a Site of Special Scientific Interest (SSSI). As a nature conservation site, horse riding is not permitted here due to ground nesting birds and other animals that may be endangered. The land and beach area north of Mablethorpe central beach is designated as a Coastal Conservation Area (CCA1).

Horse riding is by permit only and restricted to the southern end of the beach and off all vegetated areas. Permits can be obtained from the site manager, Natural England Eastern Area Team (email: enquiries@naturalengland.org.uk or call: 01205 723614).

South East

Arun – West Sussex

All of Arun's beaches have a similar amount of shingle at the top to form the sea defence and this could make it difficult to access on horseback. Sea Lane at Ferring is a favourite for horse riders because there is a local stables. You may wish to contact such local establishments to find out where they consider access to be the safest. Restricted Times: 10am-6pm between 1 May and 30 September. Contact Arun District Council, on 01903 737500, or email: info@arun.gov.uk.

Camber Sands – East Sussex

Riding is permitted at LOW tides only. You will need to check these times before setting out. Any riders arriving at higher tides will not be allowed onto the beach. Riders are advised that they must not ride upon the dunes or cause annoyance or risk to other beach users. Pay and display for spaces used in the car park applies. This is the case until 27 March 2013, when restrictions will then apply for the summer season. For more information contact Rother District Council on 01424 787878.

Goring, Worthing – West Sussex

You can ride on the beach, except during the restricted times on the next page. The best parking for horse boxes is on Marine Drive, west of Aldsworth Avenue, from where horses should be led across the green to the beach. Restricted Times: 10am-8pm between 1 May and 30 September (Worthing Borough Council). Leaflets on tide times available from the local Beach Office (for a small charge), on 01903 238977, email: beach.office@adur-worthing.gov.uk, or contact Worthing Borough Council, on 01903 239999, or email: enquiries@adur-worthing.gov.uk.

Beach between Pagham Harbour and Shore Rd – Chichester, West Sussex

Much of the beach is covered in shingle, but at low tide there is an expanse of sand around Bracklesham and East Wittering. Access for horses is best at Bracklesham where there is a car park right on the seafront. From April to September the shingle is cleared to create a slipway at Bracklesham for boats, but this also provides easy access for horses. In the winter months you can still use the beach but many horses will struggle to access the beach over the shingle that builds up.

Rather than specifying times for horse riding common sense prevails! A wet day in August will result in very few people on the beach and horses would be acceptable all day, but on a busy hot sunny day in May it may only be appropriate before 9am or after 6pm. People who are traveling a significant distance should check the weather forecast or call the Foreshore Office on 01243 672133 before setting out. There are also have many other activities on the beach such as Kitesurfing and people walking dogs. Consequently, horses that are easily spooked are not advisable.

It is worth noting that many people will want to ride their horses around West Wittering and East Head. This is privately owned land but there are restricted times to do this during the summer period; visit www.west witteringbeach.co.uk/information.html.

Shoebury East Beach – Southend, Essex

Restricted Times: 9am-after 9pm in the summer. Contact the Pier and Foreshore Officer on 01702 215620.

Thanet (All) – West Sussex

Riding is allowed over Thanet's 26 miles of coastline outside of the restricted times below. Riders are expected to comply with the same regulations as other beach users, including clearing up after their ride. Riders are asked not to ride on the beaches at high tide to avoid disturbing the large number of wintering birds in the area, especially the shingle beaches between Minnis Bay and Reculver and at the Sandwich and Pegwell Bay National Nature Reserves. Restricted Times: 9am-7pm between 1 May and 30 September. Contact Thanet District Council, on 01843 577000, or email: leisureservices@thanet.gov.uk.

South

New Forest National Park Coastline – Hampshire

The majority of the coastline within the National Park is saltmarsh and mudflats. We are not aware of any specific permissions, restrictions or prohibitions relating to horse riding on any of the beaches within the National Park, although there may be some local guidelines. Contact Countryside Access Officer, New Forest National Park Authority, on 01590 646669.

South West

Berrow – Sedgmoor, Somerset

Horses and riders are welcome to use the beach outside of the restricted times below. Restricted times:10am- 6pm between July and August. Contact Sedgemoor District Council, on 0845 408 2540, or email: customer.services @sedgemoor.gov.uk.

Christchurch – Dorset

No person shall, between the Saturday preceding Easter Monday and 30 September (both dates inclusive) between 10am and 9pm, ride, drive or take any horse on the seashore. Highcliffe Cliff Top car park (BH23 5JE) is the most suitable for parking of horse boxes as there is no height barrier, parking charges apply April to September inclusive. For more information contact Christchurch Borough Council on 01202 495000 or beaches@ christchurchandeastdorset.gov.uk

Exmouth – Devon

The riding of horses on East Devon District Council controlled beaches is allowed, but the council asks that the following points are complied with:

- Horse riding should not take place between 0900 and 1800 when the beach is likely to be busy – school/bank holidays, for instance.
- The beach area shall be left in a clean and tidy condition. Please remove droppings and any other items deposited as a direct or indirect use of the area.
- Please give way to all other beach users, and remember that not all members of the public are familiar with horsemanship and the area is open to the general public at all times. Be aware of people, small children and dogs in the area.
- Act sensibly and with consideration for other beach users.

If you wish to discuss arranging a horse riding event on a council controlled beach, or for any further information, please contact Street Scene Services on 01395 517528 or email: streetscene@eastdevon.gov.uk

Sand Bay – North Somerset

Riders are permitted on Sand Bay. However, horses must ride along the tide line, avoiding pedestrians and the sand dunes at all times. There is good parking for horseboxes at the southern end of the bay, adjacent to the main car park.

Torbay – Devon

Access, summer or winter, should only be during a period of low tide. The beaches are not large enough to accommodate riders at other states of the

tide. Restricted times: 10am-6pm during the season. Beach Managers are also advised that outside these hours they should use their discretion and if an activity is judged to be dangerous the rider should be asked to leave.

Weston-Super-Mare – North Somerset

Horses and riders are welcome to use the beach outside of the restricted times below. Please note that the beach is heavily used by the public, walking dogs. Restricted Times: 10am-6.30pm during July and August, please keep to the tide line. Waste must be removed. Contact Weston-Super-Mare Seafront Office 01934 626982 seafront.office@n-somerset.gov.uk

CHANNEL ISLANDS

Guernsey

Horses are allowed on the island's beaches outside of the restricted times below. However, horse riders are reminded of their responsibility towards all other beach users. Restricted times: 10am-7pm between 1 May and 30 September. Contact VisitGuernsey, on 01481 723552 or email: enquiries@visit guernsey.com

Jersey

Restricted times: 10.30am-6pm between 1 May and 30 September. Contact Jersey Tourism, on 01534 448800, or email: info@jersey.com.

WALES

Amroth, Manorbier, Freshwater East, Whitesands and Newport Sands – Pembrokeshire

The foreshore (the area between mean low and mean high tide) can be ridden on, subject to there being lawful access to the foreshore. Some beach car parks may operate vehicular height restrictions. The following beaches are popular with horse riders, having adequate parking and access. However, during the summer season they are very busy and it is advisable to ride in the early mornings or evenings: Amroth; Manorbier; Freshwater East; Whitesands; and Newport Sands. Contact Pembrokeshire Coast National Park, on 0845 345 7275, or email: info@pembrokeshirecoast.org.uk.

All in Gwynedd

Horses are permitted on all beaches in Gwynedd, provided that they adhere to the bylaws (available from Gwynedd Council) and that they do not frequent the beaches during the summer, especially during warm weather, as the beach areas are very popular with the public, and the riding of horses on a busy beach could be a hazard. Please note: on Morfa Dyffryn/Benar,

Dyffryn Ardudwy, horses are not permitted in the sand dunes or on the wooden board walks that are the only access to the beach. Contact Gwynedd Council, on 01758 704066 or morwrol@gwynedd.gov.uk

Pembrey Peninsula and Cefn Sidan – Carmarthenshire

Beach access to the forestry tracks and specific areas of the award winning beach can be attained via Pembrey Park Riding Centre, Pembrey Country Park, call 01554 835191. Website: www.pembreyparkridingcentre.co.uk or email: riding@pembreyparkridingcentre.co.uk.

Saundersfoot and Tenby (and all beaches between Amroth &Giltar Point) – Pembrokeshire

Restricted times: 10am-7pm between 1 May and 30 September. Contact Pembrokeshire County Council, on 01437 764551, or email: enquiries@pembrokeshire.gov.uk. Riding is not allowed during these times and dates.

Swansea Bay, Bracelet Bay, Limeslade Bay, Rotherslade Bay, Langland Bay, Caswell Bay – Swansea

Horse riding is permitted on the following beaches, outside of the restricted times below (with the exception of children riding ponies or donkeys led or attended by someone on foot): Swansea Bay (all); Bracelet Bay; Limeslade Bay; Rotherslade Bay; Langland Bay; Caswell Bay. Restricted times: 9am-7pm between 1 May and 30 September. Contact City and County of Swansea on 01792 636000.

Talacre – Flintshire

There is a public bridleway, along the beach in Talacre, from its junction with Public Bridleway No. 32, to the county boundary with Denbighshire with a total distance of just over 3.2 km.

NORTHERN IRELAND

Ballyholme Beach

Restricted to early in the morning or late in the evening.

Ballywalter Beach

Benone Beach

From 1 May-30 September horses are not allowed on this beach between 11am-7pm.

Castlerock

From 1 May-30 September horses are not allowed on this beach between 11am-7pm.

Downhill Beach

From 1 May-30 September horses are not allowed on this beach between

11am-7pm.

Groomsport Beach
Usage restricted

Helens Bay
By permit only. Permit available from meredith.thompson@doeni.gov.uk or by calling 02891 853621.

Millisle Beach

Murlough Beach
No horses in the restricted areas between 1 April and 30 September when award flag is flying.

Newcastle Beach
No horses in the restricted areas between 1 April and 30 September when award flag is flying.

Portrush East Strand Beach
From 1 May-30 September horses are not allowed on this beach between 11am-7pm.

Portrush West Strand Beach
From 1 May-30 September horses are not allowed on this beach at any time.

Portstewart Strand Beach
Horses are only allowed on the beach until 9:30am

Tyrella Beach
No horses allowed in the restricted areas between 1 April and 30 September when award flag is flying.

Waterfoot Beach
Riders must not ride a horse causing danger or annoyance to any other person using the beach.

For further information on places to ride and carriage drive in Northern Ireland visit www.bhsireland.com or contact Susan Irwin, BHS Development Officer for Ireland, The Hyde, 120 Main Street, Greyabbey, Co. Down BT22 2NG. Call: 02842 788681 or email: s.irwin@bhs.org.uk.

THE REPUBLIC OF IRELAND

For information on Ireland's beaches contact the relevant County Council, visit www.bhsireland.com or contact Susan Irwin, BHS Development Officer for Ireland, The Hyde, 120 Main Street, Greyabbey, Co. Down BT22 2NG. Call: 02842 788681 or email: s.irwin@bhs.org.uk.

SCOTLAND

BHS Scotland is in the process of creating a Scottish resource on beach and estuary riding – in the meantime please contact bhsscotland@bhs.org.uk.

BHS Approved Establishments that offer riding on beaches

ENGLAND

North

North Cumbrian Heavy Horses
Chappels Farm, Whicham, Millom, Cumbria LA18 5LY Tel: 01229 777764
Email: annie@cumbrianheavyhorses.com
Website: www.cumbrianheavyhorses.com

Kimmerston Riding Centre
Kimmerston, Wooler, Northumberland NE71 6JH Tel: 01668 216283
Email: jane@kimmerston.com
Website: www.kimmerston.com

Murthwaite Green Trekking Centre
Silecroft, Millom, Cumbria LA18 5LP Tel: 01229 770876
Email: cath.wrigley@virgin.net
Website: www.murthwaitegreen.co.uk

Murton Equestrian Centre
Mr & Mrs Belbin, The Bridge, Murton Village, Newcastle upon Tyne NE27 0QD Tel: 0191 2571369
Email: leigh.belbin@btconnect.com
Website: www.murtonequestriancentre.co.uk

Yorkshire

North Humberside Riding Centre
Easington, Hull HU12 0UA Tel: 01964 650250
Email: nhrc@hotmail.co.uk
Website: www.nhrc.info

East Midlands

Black Cat Equestrian Centre
Huttoft Road, Sutton-on-Sea, Lincolnshire LN12 2QY Tel: 01507 442631
Email: maria@blackcatequestriancentre.co.uk
Website: www.blackcatequestriancentre.co.uk

Field Farm
Ember Lane, Langham Road, Mumby, Alford, Lincolnshire LN13 9SL
Tel: 01754 872354
Email: info@field-farm.net
Website: www.field-farm.net

East of England

Pakefield Riding School

Carlton Road, Lowestoft, Suffolk NR33 0ND Tel: 01502 572257
Email: info@pakefieldridingschool.co.uk
Website: www.pakefieldridingschool.co.uk

South East

Cornilo Riding

Sutton Court Farm, Sutton by Dover, Kent CT15 5DF Tel: 01304 380369
Email: alicelinington@btinternet.com

Petley Wood Equestrian Centre

Petley Farm, Marley Lane, Battle, East Sussex TN33 0RE Tel: 01424 871677
Email: info@petleywoodequestrian.co.uk
Website: www.petleywoodequestrian.co.uk

Squirrells Riding School

116 Common Road, Bluebell Hill, Chatham, Kent ME5 9RG Tel: 07713 323968
Email: i.squirrell@sky.com
Website: www.squirrellsridingschool.co.uk

South West

Budleigh Salterton Riding School

Dalditch Lane, Budleigh Salterton, Devon EX9 7AS Tel: 01395 442035
Email: chrissy@devonriding.co.uk
Website: www.devonriding.co.uk

Churchtown Morgans

The Old Vicarage Farm, Churchtown, St Hilary, Penzance, Cornwall, TR20 9DQ Tel: 01736 711508
Email: theoldvicarage-churchtown@hotmail.co.uk
Website: www.churchtownmorgans.co.uk

Cornish Riding Holidays, Wheal Buller Riding School

Buller Hill, Redruth, Cornwall TR16 6SS Tel: 01209 211852
Email: info@cornish-riding-holidays.co.uk
Website: www.cornish-riding-holidays.co.uk

Coxleigh Barton Equestrian Centre

Coxleigh Barton, Shirwell, Barnstaple, Devon EX31 4JL Tel: 07775 880398
Email: jjgay@hotmail.co.uk
Website: www.coxleighbarton.co.uk

Lulworth Equestrian Centre
Kennel Farm, Coombe Keynes, Wareham, Dorset BH20 5QR
Tel: 01929 400396
Email: lulworth.ec@btinternet.com
Website: www.lulworthequestriancentre.co.uk

Newton Ferrers Equus
Newton Downs Farm, Newton Ferrers, Plymouth, Devon PL8 1JA
Tel: 01752 872807
Email: newtonferrersequestriancentre@gmail.com
Website: Website: www.nfe.org.uk

Rosewall Equestrian
East Farm Dairy, Osmington Mills, Weymouth, Dorset ST3 6HA
Tel: 01305 833578
Email: holidays@weymouthcamping.com

Roylands Riding Stables
Moor Lane, Croyde Bay, Braunton, Devon EX33 1NU Tel: 01271 890898
Email: mail@roylands-stables.co.uk
Website: www.roylands-stables.co.uk

South Coast Equestrian
537 Chickerell Road, Weymouth, Dorset DT3 4DL Tel: 01305 770177
Email: contact@scehorseriding.com
Website: www.scehorseriding.com

St Mary's Riding Centre Ltd
Maypole, St Mary's, Isles of Scilly, TR21 0NU Tel: 01720 423855
Email: claire@horsesonscilly.co.uk
Website: www.horsesonscilly.co.uk

Trenance Riding Stables
Trenance Leisure Area, Trenance Lane, Newquay, Cornwall TR7 2HU
Tel: 01637 872699
Website: www.newquayridingstables.co.uk

Woolacombe Riding Stables
Eastacott Farm, Woolacombe, Devon EX34 7AE Tel: 01271 870260
Email: woolacomberidingstables@btconnect.com
Website: www.woolacombe-ridingstables.co.uk

Channel Islands

Melrose Farm Riding School

Rue du Dos D'ane, Castel, Guernsey, Channel Islands GY5 7LB
Tel: 01481 252151
Email: katiedorey@cwgsy.net

Isle of Man

Pennybridge Riding School

Glebe Farm, Main Road, Kirk Michael IM6 2ND Tel: 01624 878859
Email: pennybridge444@hotmail.com
Website: www.pennybridgestables.co.uk

Wales

Anglesey Riding Centre

Tal y Foel, Dwyran, Anglesey LL61 6LQ Tel: 01248 430377
Email: riding@tal-y-foel.co.uk
Website: www.tal-y-foel.co.uk

Bridlewood Riding Centre Ltd

Maes-Y-Coed Farm, Gwespyr, Holywell, Flintshire CH8 9JN
Tel: 01745 888922
Email: mail@bridlewood.co.uk
Website: www.bridlewood.co.uk

Cae Hic Livery & Riding Centre

Cae Hic Ffordd Y Blaenay, Treuddyn, Mold, Flintshire CH7 4NS
Tel: 01352 771626
Email: caehiclivery@hotmail.co.uk
Website: www.caehiclivery.co.uk

Marros Riding Centre

Marros Pendine, Carmarthenshire SA33 4PN Tel: 01994 453777
Email: info@marros-farm.co.uk
Website: www.marros-farm.co.uk

Parc-Le-Breos Riding Holiday Centre

Parkmill, Gower, Swansea, West Glamorgan SA3 2HA Tel: 01792 371636
Email: info@parclebreos.co.uk
Website: www.parc-le-breos.co.uk

Pilton Moor Stables
Pilton Cross, Rhossilli, Swansea SA3 1PH Tel: 01792 390554
Email: piltonmoor@gmail.com
Website: www.piltonmoorstables.co.uk

Trans Wales Trails
Cwmfforest, Pengenffordd, Talgarth, Brecon, Powys LD3 0EU
Tel: 01874 711398
Email: riding@transwales.demon.co.uk
Website: www.transwales.demon.co.uk

Ireland

Donegal Equestrian Centre
Bundoran, Co. Donegal Tel: 00353 872 471436
Email: info@donegalequestriancentre.com
Website: www.donegalequestrianholidays.com

Index of beaches

Below is a list of place names, being the locations of beaches featured in this leaflet, unless otherwise stated.

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Amroth, Pembrokeshire	Wales
Arun, West Sussex	South East

B

Ballyholme Beach	Northern Ireland
Ballywalter Beach	Northern Ireland
Benone Beach	Northern Ireland
Berrow, Sedgemoor, Somerset	South West
Blyth, Northumberland	North
Bracelet Bay, Swansea	Wales

C

Camber Sands, East Sussex	South East
Castlerock, County Londonderry (BHS Establishment)	Northern Ireland
Caswell Bay, Swansea	Wales
Cefn Sidan, Carmarthenshire	Wales
Christchurch, Dorset	South
Cullercoats Bay, Tyne and Wear	North

D

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E

East Riding	Yorkshire
Eastbourne, (all East Sussex)	South East
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F

Filey (Scarborough)	Yorkshire
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Freshwater East, Pembrokeshire	Wales

G

Goring Beach (Worthing, West Sussex)	South East
Groomsport Beach	Northern Ireland
Guernsey (all)	Channel Islands
Gwynedd (all)	Wales

H

Hartlepool (all, County Durham)	North
Helen's Bay	Northern Ireland
Heysham, Lancashire	North West
Hilbre Islands Local Nature Reserve, Wirral	North West

J

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L

Langland Bay, Swansea	Wales
Limeslade Bay, Swansea	Wales

M

Mablethorpe, Lincolnshire	East Midlands
Manorbier, Pembrokeshire	Wales
Marsden Bay, South Tyneside	North
Millisle Beach	Northern Ireland
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Murlough Beach	Northern Ireland

N

New Forest National Park Coastline	Hampshire
Newcastle Beach	Northern Ireland
Newport Sands, Pembrokeshire	Wales
Northumberland Coast AONB	Northumberland

P

Pagham Harbour and Shore Road – between here, Chichester, W Sussex	South East
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Portrush East Strand Beach	Northern Ireland
Portrush West Strand Beach	Northern Ireland
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R

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Rotherslade Bay, Swansea	Wales

S

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T

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Tyrella Beach, County Down	Northern Ireland

W

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Weston-super-Mare, North Somerset	South West
Whitesands, Pembrokeshire	Wales
Whitley Bay, Tyne and Wear	North
Wirral	North West

Estuaries around England, Wales and Ireland

The following list details major estuaries around the coastline of England, Wales and Ireland, together with advice given by local authorities in that area, with contact details for the local authorities.

ENGLAND – NORTH

Solway Firth, Cumbria

The Solway is a large, complex estuary on the west coast of Britain. It is one of the least-industrialised and most natural large estuaries in Europe. Tidal streams in the estuary are moderately strong and levels of wave energy can be high. There is considerable seasonal fluctuation in water temperature, owing to the shallow nature of the estuary.

Morecambe Bay, Cumbria

Morecambe Bay in north-west England is the confluence of four principal estuaries, the Leven, Kent, Lune and Wyre (the latter lies just outside the site boundary), together with other smaller examples such as the Keer. Collectively these form the largest single area of continuous intertidal mudflats and sand flats in England, Wales and Ireland and the best example of muddy sand flats on the west coast. The unusual nature of the Morecambe Bay tides is for longer, slower ebb and a quicker and faster flood. Always check the prevailing and forecast weather. There are not only strong winds and seas, but also squally, foggy or misty conditions. Local knowledge is imperative when riding here. The area has sand and mud banks, channels and gulleys, some being quicksand/mud which is in a constant state of flux.

Once on the sands, you must know how to get off. Appropriate clothing must always be worn, including footwear, bearing in mind the terrain.

Let a relative, friend or even the Coastguard know where you are going and what time you will be back. It is better for the emergency services to know sooner rather than later. A form of communication, such as a mobile phone, is always useful but do not completely rely on one. A whistle or some flares can be a life-saver. Tides and weather conditions can be obtained 24 hours a day on 0151 931 3341. Morecambe Bay lies across the county boundary of Cumbria and Lancashire. Contact Cumbria County Council on 01228 606336 or enquiries@cumbria.gov.uk or Lancashire County Council 01772 221600 or enquiries@lancashire.gov.uk.

North Drigg Coast, Cumbria

Drigg is an example of a small, bar-built estuary on the north west coast of England. It is fed by three rivers (the Irt, Mite and Esk) which discharge through a mouth that has been narrowed by large sand and shingle spits.

The sediments within the estuary are largely muddy within the Rivers Irt and Mite, while those of the Esk are more sandy, particularly towards the mouth.

NORTH WEST

Wirral

Within the Dee Estuary Site of Special Scientific Interest (SSSI) and North Wirral Foreshore SSSI, horse riders are requested to avoid riding along areas of foreshore at high water during the winter months when large numbers of wading birds are gathered there and to avoid disturbing birds and other wildlife at any time of year.

Contact Wirral Metropolitan Borough Council's Parks and Countryside Coastal Rangers, on 0151 648 4371.

Morecambe Bay, Lancashire

(See above)

SOUTH EAST

Thames Estuary (various)

The estuary is one of the largest inlets on the coast of Great Britain and parts of it constitute a major shipping route. The term applies to the coast and the low-lying lands between the mouth of the River Stour on the Essex/Suffolk border and The Swale Estuary in north Kent. Saltmarshes and mudflats dominate the area, although much of the length has man-made embankments where the land behind is now cultivated or used for grazing.

Contact Medway Council, on 01634 306000, or email: info@medway.gov.uk; Dartford Borough Council, on 01322 343434; Gravesham Borough Council, on 01474 337000, or email: info@gravesham.gov.uk; Swale Borough Council, on 01795 417850, or email: info@ swale.gov.uk; Kent County Council, on 08458 247247, or email: county.hall@kent.gov.uk.

Please note: The following is advice from the RSPB in regards to the coastline and estuaries around Suffolk.

Summary

Ground-nesting birds may be present on coasts and estuaries from March-July inclusive, and may be vulnerable to disturbance during this time. Please keep to tracks and follow any signage in place.

Legal protection

Under the Wildlife and Countryside Act 1981 (as amended), it is an offence to intentionally damage or destroy an active nest of any species of bird. In addition, it is an offence to disturb adults or young of specially protected (Schedule 1) species, for example, little tern, which nest on some Suffolk beaches.

Effects of disturbance

Nests are particularly vulnerable whilst the adults are incubating the eggs. This is because eggs may cool quickly if parent birds are scared away from the nest. Eggs and chicks may also be more vulnerable to predators, who may quickly locate nests due to the alarm calls of parents. Nests in open access areas, such as beaches, may also be prone to trampling.

What you can do

- Many ground-nesting birds will choose locations away from regularly used footpaths and bridleways – please keep to paths/tracks where possible
- Access restrictions may be in place in some areas – please look out for signage and follow any guidelines
- Look out for indications that a nest may be nearby, e.g. birds alarm calling, circling or dive-bombing. Please give these areas a wide berth.

WALES

Pen Llyn a`r Sarnau/Lleyn Peninsula and the Sarnau

Contact Gwynedd Council, on 01758 704066 or email: morwrol@gwynedd.gov.uk

Swansea Bay, Swansea

Swansea Bay and Estuaries is a large estuarine site on the south coast of Wales. For information about riding and restrictions on Swansea Bay contact City and County of Swansea, on 01792 636000.

Carmarthen Bay and Estuaries

For information about riding and restrictions on Carmarthen Bay and Estuaries, contact Carmarthenshire County Council, on 01267 234567, or email: leisure@carmarthenshire.gov.uk.

2014/7

For more information on The British Horse Society's rights of way work contact:

Access and Rights of Way Department,
The British Horse Society, Abbey Park, Stareton, Kenilworth,
Warwickshire CV8 2XZ
Telephone: 02476 840581 Email: access@bhs.org.uk

This advice note applies to England and Wales.

For information on Scotland, contact Helene Mauchlen, BHS Development Officer for Scotland, Woodburn, Crieff, Perthshire PH7 3RG
Telephone: 02476 840727 Email: h.mauchlen@bhs.org.uk

For information on Northern Ireland please contact:
Susan Irwin, BHS Director for Ireland,
Grove Farm, 5 Quarry Road, Greyabbey, Newtownards, Co. Down BT22 2QF
Telephone: 02476 840736 or 07808 141079 Email: s.irwin@bhs.org.uk

The British Horse Society

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