

# Route 4

Studland & Wareham



## Discover the secrets of Poole Harbour and the Purbeck heaths

From Seafood to Salt Pig – this gentle ride around Rempstone is a feast for your eyes as well as your stomach!

Poole Harbour is the perfect place to eat the view – with fresh caught seafood available for all budgets. Pedal onto Studland and we're sure you won't be able to resist a stop off, with a choice of 3 beaches, a gentle walk to Old Harry Rocks and award winning eateries.

Follow the tracks through woods and heathland keeping your eyes peeled for the infamous salt pig, then on to Wareham town to stock up on local produce at the Salt Pig urban farm shop.

Full list of Dorset Food & Drink members can be found at [dorsetfoodanddrink.org](http://dorsetfoodanddrink.org)

### MORE TO STUDLAND THAN MEETS THE EYE

Studland's Knoll Beach not only has miles of golden sandy beaches but boasts a massive National Nature Reserve as well. Its mix of heathland, woods and sand dunes make it a very special place for wildlife – and for walkers too!

### IS IT A SHEEP, IS IT A PIG?

Look out for the woolly Mangalitsa pigs grazing on the heathlands – a bit of a strange sight but these local oddities have been helping get the rare heathlands back into shape. The pigs at Arne are owned by James Warren, who raves about the quality of their meat – which you can buy from the Salt Pig in Wareham.

### SLIPPERY CREATURES

Catch the sea of purple of the heathland in summer and you'll know it's what makes Purbeck special. With all 6 of the UK's reptile species found here as well as the Dartford warbler and nightjar, it's no wonder that conservation organisations are working together to cut down the trees and establish grazing here. Great for bees too – so look out for local honey!

### ARNE AND POOLE HARBOUR

A short detour to Arne will take you to the RSPB reserve on the edge of Poole harbour. With heathland, woods and mudflats, you'll see lots of special birds. [rspb.org.uk](http://rspb.org.uk)

### TIMBERRRRR ...

As you cycle through Rempstone, you'll see large areas of trees have been felled. These were originally planted on high quality heathland – the newly felled areas have quickly reverted back to heather and have great views across to Poole Harbour.

### OH DEER

There are lots of sika deer in this area and numbers are managed to keep the herds healthy and minimise damage to the fantastic heath habitats. Try the venison at the Salt Pig farm shop - with lean meat, wild venison is rich in flavour due to its varied, natural diet and a great substitute in recipes for beef.



DISTANCE: 13.5 miles



Eat & drink



Great view



Farm shop



Steep



Your route



NCN route

## EAT THE VIEW

- 1 THE SALT PIG**  
Cafe farm shop, with quality and provenance at its heart, showing people what is available on their doorstep [thesaltpig.co.uk](http://thesaltpig.co.uk)
- 2 THE PIG ON THE BEACH**  
Hotel & restaurant where everything is sourced from a 25m radius if not grown in their kitchen garden [thepighotel.com](http://thepighotel.com)
- 3 RICK STEIN AT SANDBANKS**  
Enjoy a casual lunch of classic dishes such as crab salads & moules marinière [rickstein.com](http://rickstein.com)
- 4 SHELL BAY RESTAURANT**  
Light bite in the bistro area or a la carte menu with fresh, local seafood. [shellbay.net](http://shellbay.net)
- 5 NATIONAL TRUST CAFÉ**  
Beach café serving coffee & teas, light lunches, cake & ice cream [nationaltrust.org.uk](http://nationaltrust.org.uk)
- 6 THE BANKES ARMS**  
Home of Isle of Purbeck Brewery. Bar meals prepared with local produce including local seafood and fish. [bankesarms.com](http://bankesarms.com)
- 7 CEDAR ORGANIC**  
Proud to offer the highest quality and largest selection of organic food in Purbeck [cedarorganic.com](http://cedarorganic.com)

Suppliers only

Purbeck Products – be amazed at the food & drink produced in this small area, up for grabs at regular markets in Wareham and Swanage.

SHOP

Salt Pig's James Warren has been voted the Food & Farming Hero by Dorset Food, Drink & Farming Awards.

Go foraging for free food  
Seek out the food that is growing around Purbeck, with organised activities at Studland & Arne.  
[foodfireandknives.co.uk](http://foodfireandknives.co.uk)  
[foreadventure.co.uk](http://foreadventure.co.uk)

You can start this ride at Sandbanks, Poole and get the chain ferry over to Shell Bay.



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Before you set off, check detailed maps & updates at [dorsetfoodanddrink.org](http://dorsetfoodanddrink.org)