

# SILVERLAKE'S GUIDE TO PADDLEBOARDING IN DORSET

Once you've rented your paddleboard from the Activity Hub at Silverlake, there's a wide variety of options for you to explore in the local area. Dorset is a fantastic paddleboarding location with beautiful cliffside scenery, winding rivers and sandy beaches to launch your SUPs.

However, please note that there are significant safety considerations that must be considered before heading out to sea on a SUP.

## OUR TOP 5 SUP SAFETY TIPS

**Always check the weather and sea conditions before heading out** - including wind direction and strength, tide times and heights.

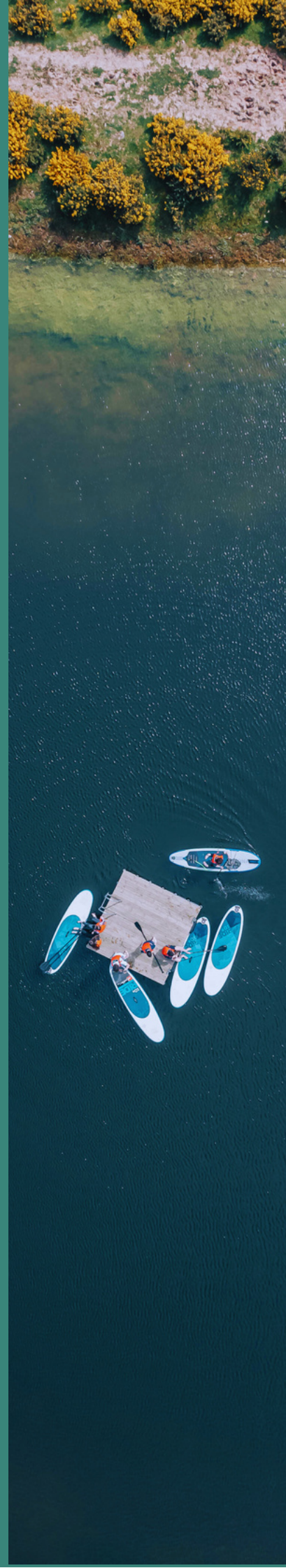
- Avoid paddling in offshore winds, as they can push you away from the beach and make it harder to return.
- Avoid paddling during strong tides, as they can create powerful currents and rip currents.

**Always wear a Personal Flotation Device and leash** - to keep you afloat in case of an accident. A leash will keep you connected to your board and prevent it from being carried away by the wind or currents. Always stay with your board if you get in trouble.

**Know your limits!** Always paddle within your ability level and do not take unnecessary risks. If you're new to paddleboarding or unfamiliar with the area, it's best to paddle in a group. Children must be supervised at all times when paddling at sea!

**Bring a waterproof communication device** - such as a mobile phone or radio, in case of an emergency. Let someone know where you are going and when you plan to return.

**Respect the Ocean!** The Sea can be a hazardous environment even on the calmest of days, strong tides, rolling waves and chilly waters are all frequent on the Dorset coastline, if in doubt, don't head out!





## TOP PADDLEBOARDING SPOTS NEAR SILVERLAKE, DORSET

### Lulworth Cove (6 miles)

Lulworth Cove is a beautiful natural cove situated around 15 minutes from Silverlake. The cove is surrounded by steep cliffs and offers crystal clear waters, perfect for a sunny day paddleboarding. It is an incredibly scenic location and a popular destination for tourists, so it can get busy in peak summer weeks.

However, there is plenty of parking in the village and a good selection of cafes, pubs and ice cream shops for refreshments. In addition to the cove, visitors can explore nearby Durdle Door by water, a natural limestone arch and one of the most iconic landmarks on the Jurassic Coast. Whether you want to relax on the beach, explore the stunning coastline, or simply take in the breathtaking scenery, Lulworth Cove is a must-see destination.

### Weymouth (7 miles)

Weymouth is a charming Victorian town that truly embodies the classic English seaside experience. Every summer, thousands of holidaymakers flock to the calm, shallow waters of Weymouth Bay, a Blue Flag beach patrolled by lifeguards. For those looking to try paddleboarding for the first time, the sandy beach is the perfect spot.

Families can enjoy hours of fun paddling up and down the beach while taking in the beautiful scenery. Although parking is restricted along the seafront, there are several pay and display car parks available, so be prepared to walk a little with your board. A visit to Weymouth wouldn't be complete without a traditional fish and chips lunch, with Bennett's Fish and Chips being widely regarded as the best in the town.





## TOP PADDLEBOARDING SPOTS NEAR SILVERLAKE, DORSET

### Ringsted Bay (3 miles)

Ringsted Bay is a true hidden gem and a favourite among the Silverlake team and locals alike. With stunning cliffs, off-shore reefs, and convenient National Trust parking, Ringsted's charm lies in how unspoilt it is. Even in the height of summer, when other beaches are packed with sun loungers and windbreaks, Ringsted remains wonderfully peaceful.

However, when paddleboarding, it's important to be aware of the off-shore rocks that can become exposed at low tide. Additionally, as this beach isn't lifeguarded, it's crucial to only head out when the conditions are favourable, particularly watching out for off-shore winds that can be dangerous. To complete your day, treat yourself to a delicious crab sandwich from the little hatch at the top of the beach path.

### Studland (20 miles)

For those willing to travel a little further afield, Studland Bay offers some fantastic sandy beaches and breathtaking views across Poole Harbour. The National Trust holds the monopoly for parking across the bay, and it can get tight later in the day, so it's worth heading out early if you want to make the most of this spot.

An adventure for the more experienced paddleboarder is a paddle along to the distinctive thousand-year-old chalk rock formation, Old Harry Rocks. The base of the cliff is only accessible via boat or board, making it feel like a truly wild spot to stop for a picnic or swim. However, it's important to watch out for tides and wind, as this challenge is only for the most competent paddleboarders. Overall, Studland Bay and Old Harry Rocks offer a truly unique and unforgettable day out.