



## Park information

Lymore Lane, Milford on Sea,  
Hampshire SO41 0TX

Park Reception: **01590 643339**

Opening Times Vary, please see notice board

Shorefield Country Park Reception: **01590 648306**

Open from 07:00, closing times vary

Health & Fitness Club at Shorefield Country Park

Open 7 days a week: 06:30-21:00

Tides Bar & Restaurant at Shorefield Country

Open daily from: 09:00, closing times vary

Park Warden: **07818 017887**

(out of Reception hours, Emergency Only)

## Useful Numbers

NHS Direct (24 hours): **111**

Milford on Sea Medical Centre: **01590 643022**

Forest Lodge Veterinary Practice: **01425 614482**

Oasis Dental Care Milford-on-Sea: **01590 645343**