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Round the Island Route Clockwise

- Proceed out of **East Cowes**, through the one way system, onto the A3021.
- At Whippingham turn left onto Alverstone Road and onto Brocks Copse Road.
- At **Wootton** turn left onto Palmers Road followed by a right onto Footways. Turn right onto Church Road and cross the High Street onto Station Road. Turn left into Fernside Way and onto Cycle Track. Follow track to junction with **Wootton Bridge** and turn right up Kite Hill
- Turn right onto Firestone Copse Road and carry on towards **Havenstreet**.
- At Havenstreet turn left onto the main road and then right onto Stroud Wood Road. Keep on this road over two roundabouts, heading towards **Ryde**..
- At the crossroads carry on across into Bullen Road.
- Follow Bullen Road left and then turn right into Gregory Avenue and out onto the B3330, through Nettlestone, towards **St Helens**.
- At St Helens follow the left Lower Green Road and then turn left into Latimer Road and out onto the B3395 towards **Bembridge**.
- Follow the one way system through Bembridge and past the windmill, towards **Sandown**.
- Proceed over the mini roundabout onto Hillway Road and then turn left at the junction onto Sandown Road.
- Carry on over the roundabout towards Yarbridge. Proceed across at the lights, and then left onto the Lower Road towards **Alverstone**.
- Follow the Alverstone Road down into Alverstone Shute, through Queens Bower and then right into Forest Road and onto Watery Lane.
- At the crossroads cross the A3056 onto Bathingbourne Lane and into Lessland Lane.
- Go across the A3020 into Redhill Lane then turn left into Appuldurcombe Road. Turn right onto the B3327 until West Street then turn onto Rew Lane towards **Ventnor**.
- At Upper Ventnor turn right onto Upper Gills Cliff Road, and then turn right onto Whitwell Road.
- At Whitwell turn left at the church into Kemming Road towards **Niton**.
- At Niton carry on through the one way system and onto the A3055 towards Chale.
- Proceed past Chale and turn right onto Southdown Lane towards **Atherfield**.
- Turn left onto Atherfield Road, through Atherfield. Turn left onto Samber Hill, proceeding into Mill Lane, past the mill and then left onto Punthouse Lane.
- Turn right at the junction onto Wicken Hill Lane and then right on Broad Lane towards **Brighstone**.
- Take a left into Brighstone and proceed through the village, heading towards **Mottistone** on the B3399.
- Carry on through Mottistone and then turn left through Brook and rejoin the A3055 towards **Freshwater**.

- Keep on the A3055 through Freshwater Bay and onto Gate Lane. Turn right onto Victoria Road and then straight on towards Freshwater village.
- At the roundabout go across onto Hooke Hill.
- Turn right into Church Place and down to the Causeway.
- Turn left onto the Freshwater-Yarmouth cycleway and continue on track to junction with Thorley Road then turn right and carry on to **Wellow**
- In Wellow turn right onto the Wellow Top Road and follow this road straight onto the B3401 into Newbridge.
- Turn left onto Quarry Lane and carry on to the crossroads.
- At the crossroads turn left onto Elm Lane towards **Shalfleet**.
- On meeting the A3054 turn left and then right towards Newtown.
- Take the left turn into **Newtown** and proceed through the town and on through Porchfield.
- Carry on this road and turn left at the roundabout onto Rew Street towards **Gurnard**.
- Proceed through Gurnard and turn left at the top of Solent View Road down to the seafront and along Egypt esplanade heading for Cowes town.
- At the junction turn left to walk through Cowes High Street or turn right onto Castle Hill. Carry on up the hill and then turn left onto Ward Avenue.
- At the end of this road turn right onto Park Road and then left onto Victoria Road.
- At the top of the Victoria Road turn left onto Mill Hill and proceed down the hill to meet the Cowes floating bridge to **East Cowes**.

Idea for a shorter ride:

West Wight Loop 24 Km, 15 miles (from Yarmouth, clockwise)

Follow the signed route as far as the bottom of the hill in Newbridge, then head to the village of Calbourne. Turn into Lynch Lane, then follow this road up onto the downs, turning right into the unsigned lane immediately after the Mottistone Down Car Park at the top of the hill. Turning right at the next junction brings you once again onto the signed route just before Mottistone.



CYCLEWAYS

23

The Cowes to Sandown Cycleway forms the Southern part of National Cycle Network Route 23. This route provides a level, mostly traffic free route across the island.

The National Cycle Network is being developed by local authorities in conjunction with the transport charity Sustrans and other partners.

For more information and for a list available maps, see the Sustrans website listed in the Web links section.

ROUND the ISLAND Cycle Route

Thanks to The Weyfarsers Cycle Touring Club who developed this route for the annual Randonnee cycling event, which takes place at the beginning of May each year.

On-road Code:

- Follow the Highway Code.
- Be seen! Wear white or yellow top, consider reflective clothing.
- Get a bell and a helmet.
- Don't stop to look at the map on bends or at junctions - find somewhere off the road.

Off-road Code:

- Follow the Country Code - especially remember to shut all gates.
- Please be considerate, slow down and give way to pedestrians and horse-riders. People's attitude to cyclists depends on you!
- Let other users know in good time when approaching from behind - fit a bell and use it!
- Take a map, waterproofer, pump, repair kit, drink etc.
- Cycling is permitted on bridleways and byways, not on footpaths familiarise yourself with the signs below.

Cycle Network

The cycle network is maintained and developed by the

Engineering Services Department of the Isle of Wight Council.

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