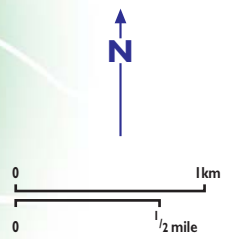
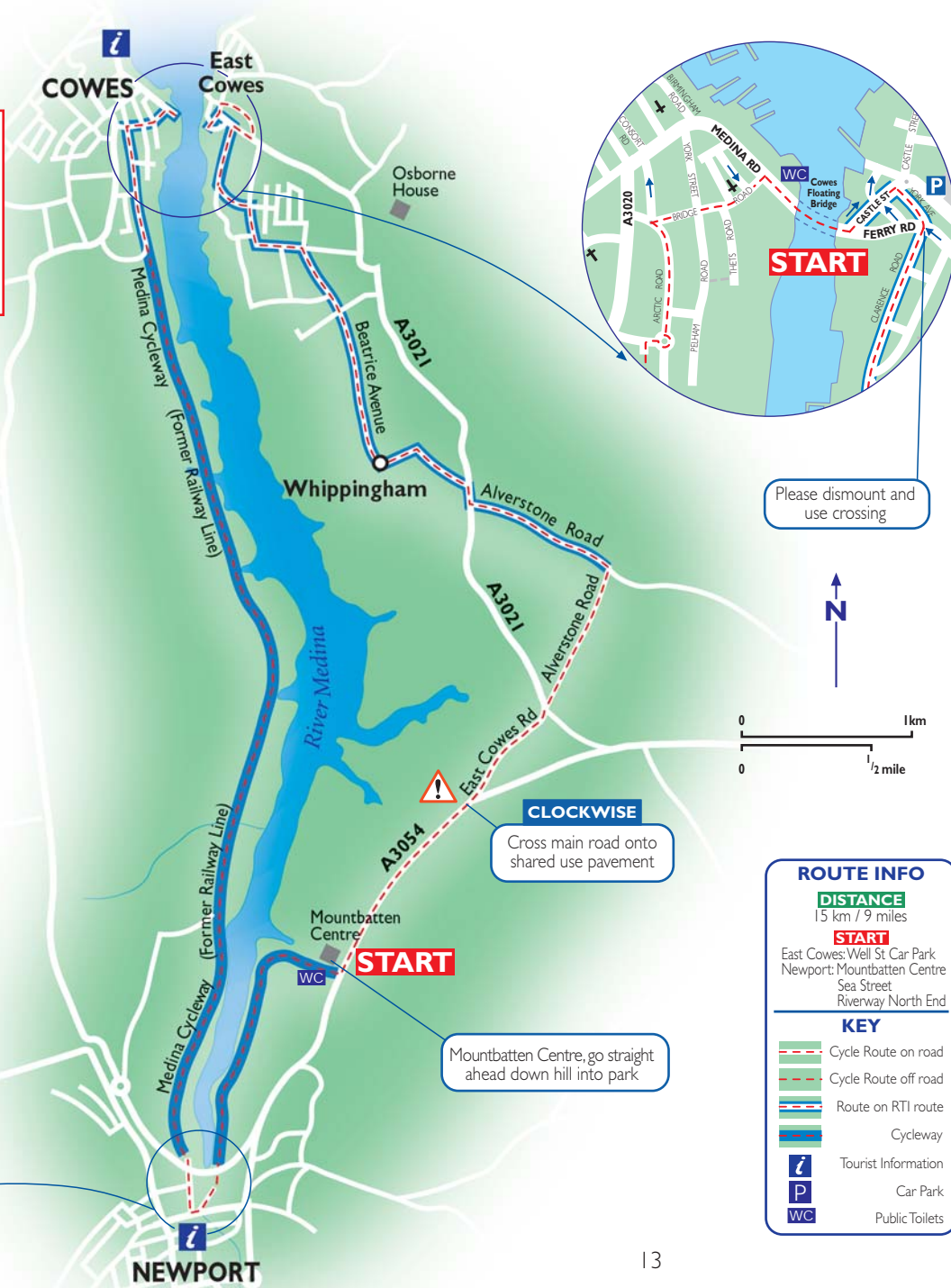
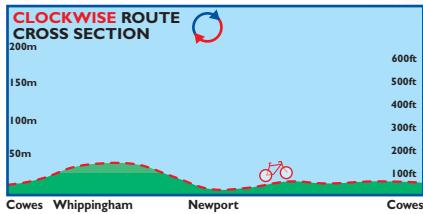


Route 3 - Cowes

Easy fairly level ride after the hill out of East Cowes. Osborne House and St Mildred's Church are near the route. Nice views of the Medina River and surrounding countryside as you leave East Cowes. The Medina cycleway on the western side of the river is well surfaced and has some good picnic spots, and red squirrels are often to be seen.



Osborne House

Little London contraflow 



ROUTE INFO

DISTANCE
15 km / 9 miles

START
East Cowes: Well St Car Park
Newport: Mountbatten Centre
Sea Street
Riverway North End

KEY

- Cycle Route on road
- Cycle Route off road
- Route on RTI route
- Cycleway
- Tourist Information
- Car Park
- Public Toilets