



# CHRISTMAS TREE, YACHTS, FOREST AND HER MAJESTY'S GUESTS

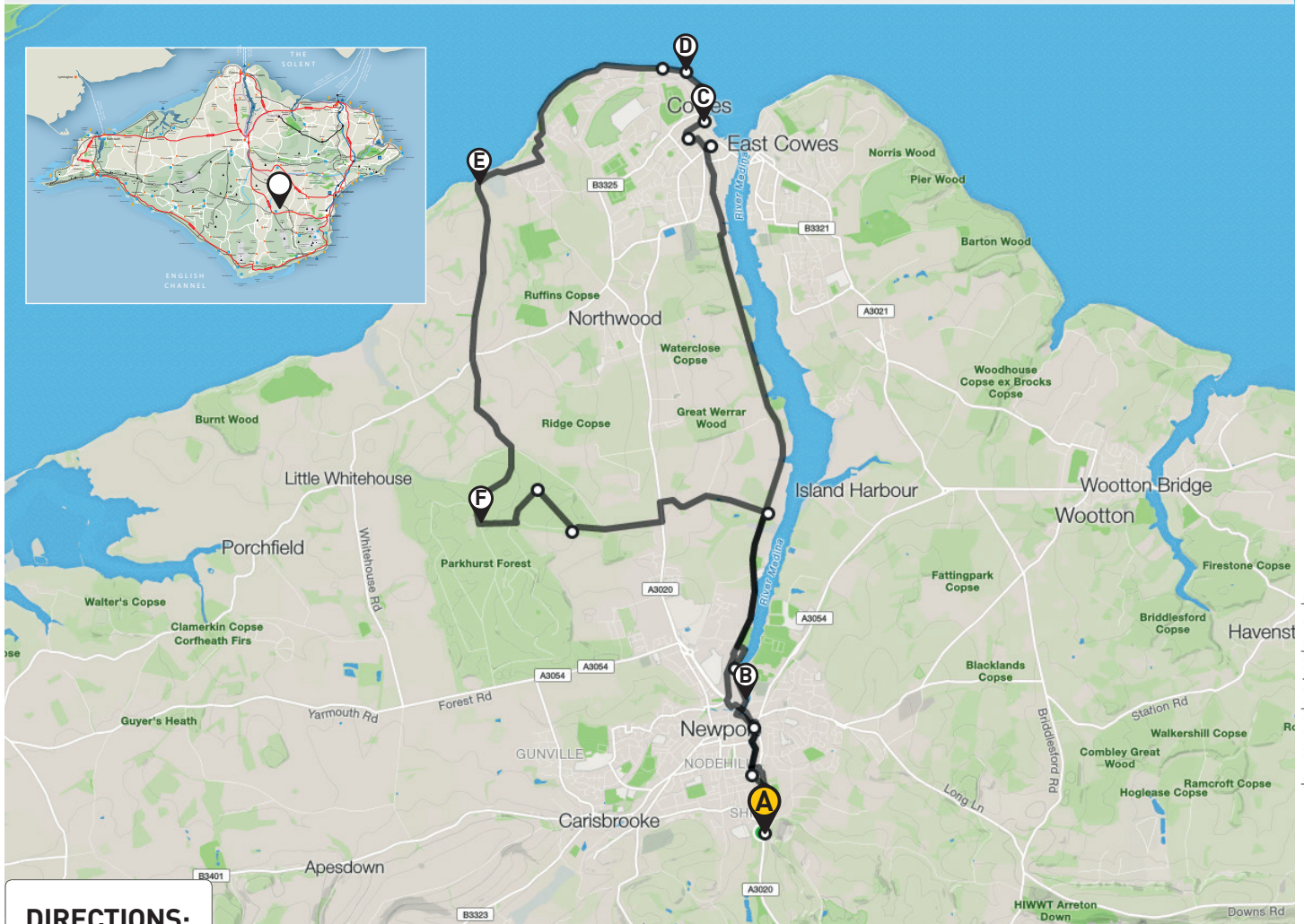
## BICYCLE ISLAND ITINERARY #5

### FOR THE MORE ADVENTUROUS WHO DON'T MIND A BIT OF A CHALLENGE

**START/FINISH: SHIDE CAR PARK, NEWPORT P030 1YQ**

**TIME: 3-4 HOUR** – Mostly cycle track, forest trail and quiet roads

**DISTANCE: 23km / ELEVATION GAIN: 254m**



### DIRECTIONS:

- A** **START:** Follow the cycle track along the river into Newport. Continue along the green cycle lane to Coppins Bridge roundabout.
- B** Head towards Quay Arts in Sea Street and turn immediately into Little London, which has a cycle contraflow, so be careful. Keeping the river on your right follow the Red Squirrel Trail (NCN 23) all the way into Cowes.
- C** Dismount from your bike and have a browse through Cowes High Street, with its nautical history on show. Go north along the High Street and head for The Parade, on the seafront.
- D** Continue past the historical Royal Yacht Squadron, at the very north tip of the island, and along the promenade all the way to Gurnard. You'll pass The Woodvale pub to your left. Then it's a short steep climb up Shore Road. Turn right into Solent View Road. Follow

the blue Round the Island Cycle Route sign passing the Little Gloster restaurant on the right and some interesting beach huts.

**E** The road bends left into Rew Street. Follow until you reach a mini-roundabout. Turn right and then after 50m turn left into Hills Gate Road.

**F** When you reach Marks Corner feel free to go into Parkhurst Forest and head southeast until you pop back out on Noke Common Road. Head east along the road, but remember to keep a look out to the right for an almost birds eye view of HMP Parkhurst. Once you get to the main Newport to Cowes road turn left until you reach the Stag Inn. Turn right here onto Stag Lane and continue down 600m until you rejoin the cycle track. Turn right and retrace your route back into Newport and Shide. **FINISH**

Where possible, public footpath and bridleway reference numbers have been included in the directions.

To download the GPX data to your GPS device and find more cycling itineraries go to [visitisleofwight.co.uk/inspiration/bicycle-island](http://visitisleofwight.co.uk/inspiration/bicycle-island)

