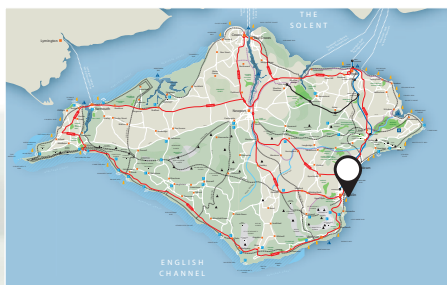


# CYCLING EXPERIENCES: PEDALLING IN THE SEA



## OVERVIEW:

Sandown and Shanklin are linked by a flat revetment which runs along the sandy beach. This route is a wide tarmac surface and being car free is safe for all the family.

In Sandown, Lake and Shanklin you can take your pedal power on to the water and hire a pedalo. Pedalo's are small human-powered watercraft propelled by the action of pedals turning a paddle wheel. The paddle wheel of a pedalo is a smaller version of that used by a paddle steamer.

Pedalo's are great fun for all and once out in the sea you can look back to the shore – don't forget your camera to capture the moment. You can also see where paddle steamers used to anchor up at the end of Sandown Pier. Paddle-steamers called regularly

at the pier head until the Great War of 1914 and even today the pier is still visited occasionally by paddle-steamers. If it all gets too much hard work you can jump into the sea to cool down!

Some say pedalling on the water is harder than on land! Once back on shore why not have a rest soak up some rays and enjoy a refreshment at one of the many cafes that line the route.

If you are feeling even more ambitious you can cycle through to Ryde and at the boating lake on the beach hire a Swan Pedalo!

The water is a great way to experience the Isle of Wight after all we are surrounded by the stuff. Always be careful and be safe.

To find more cycling ideas go to  
[visitisleofwight.co.uk/inspiration/bicycle-island](http://visitisleofwight.co.uk/inspiration/bicycle-island)

