



CYCLING EXPERIENCES: THE ROMAN RIDE

Isle of
Wight



OVERVIEW:

A cycle for the ambitious rider, this is a long-distance route along the straightest road on the Isle of Wight. Famous for its spectacular views and heritage, the Military Road is a must for those with stamina!

You have a choice to start at either end, but we would advise that those wanting a more relaxed experience may want to leave Chale first as the highest point (coming into Freshwater) will be in the middle of your route. Keep to the road – ensuring you follow the Highway Code and are visible to other road users – and take advantage of the many stopping points to take in the landscape.

Fancy a dip in the sea? Make your way down to Compton beach, which has been named as one of the best in the world, for a stretch of sand and sea popular with visitors.

Other spots to watch out for along the way include Isle of Wight Pearl, Grange Farm and Atherfield Bay. Once you've made the 10-mile journey, stop off at Dimbola Lodge for some light refreshments and intriguing history, before making your way back.

This isn't a ride for the fainthearted, be sure to take plenty of water and rest stops!

To find more cycling ideas go to visitisleofwight.co.uk/inspiration/bicycle-island

