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Experience sustainable transport

CYCLING EXPERIENCES: TASTE THE GOOD LIFE

Isle of Wight



OVERVIEW:

Bicycle Island's gastronomic food and drink themed ride gives cyclists the chance to discover the Isle of Wight's culinary delights whilst burning off those extra calories at the same time! The 66-mile, fully waymarked route is a definite challenge, but is designed to be taken at a leisurely pace. Complete the entire course in a few days or sample a section of the Island on a day trip.

Often described as 'England in miniature' the Isle of Wight boasts varied and stunning scenery and the Taste Round the Island Trail is one of the best ways to see it all. From rolling downs to spectacular coastal viewpoints the changing scenery really does give a sense of adventure!

Some of the culinary highlights include the Garlic Farm, nestled in the fertile Arreton Valley where food hero Colin Boswell's family

have grown garlic since the 1940s, Calbourne classics ice cream farm shop, The New Inn Shalfleet and The Crab and Lobster Inn, Bembridge amongst many others.

With many accommodation offering specialist "Cyclist Welcome" dotted along the route, there are plenty of places to rest in comfort along the way.

We recommend 3 to 4 days taking the trail at a leisurely pace, or why not sample a section in a day. Bring you bike over on ferries to Yarmouth, Cowes and Ryde or hire from one of the many providers on the island. To take the sting out of the tougher climbs and are great fun to ride consider hiring an electric bikes from Red Squirrel Electric Bikes

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

