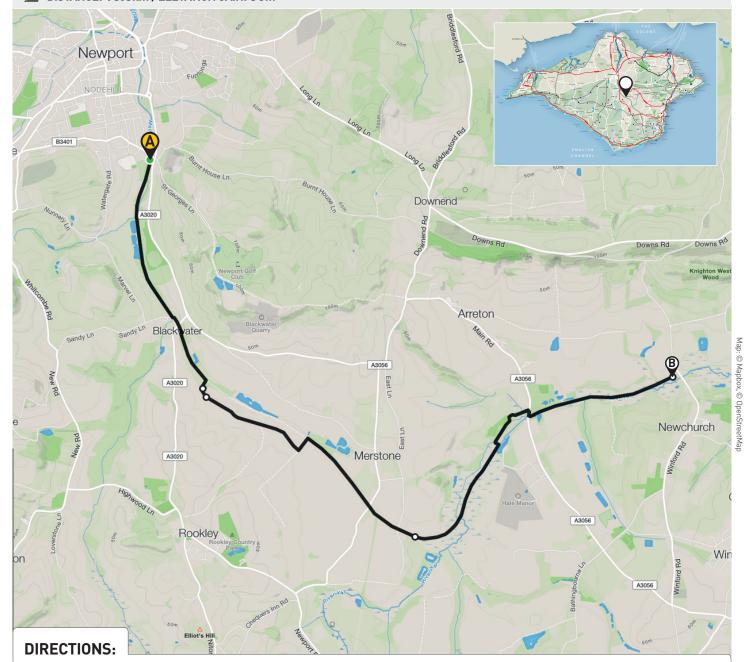


56 EASY ROUTE FOR ALL THE FAMILY

- START/FINISH: SHIDE CAR PARK, NEWPORT PO30 1YQ
- TIME: 1 HOUR A great flat cycle path cruise to Pedallers café and back.
- **⊿** DISTANCE: 18.5km / ELEVATION GAIN: 50m



START: Head along NCN 23 track for 5 miles, following signs for Sandown. Keep an eye out for wildlife. You should also see an old train platform, from the days when there was an extensive network of track runnig across the Island. You will have to cross over 2 main roads – the first one at Merstone Lane and the other the A3056.

Pedallars café is a mile after crossing this road. The café is on the left at Langbridge. It's a straight return after relaxing by the log burning stove with a lovely hot chocolate and homemade cake. A 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





