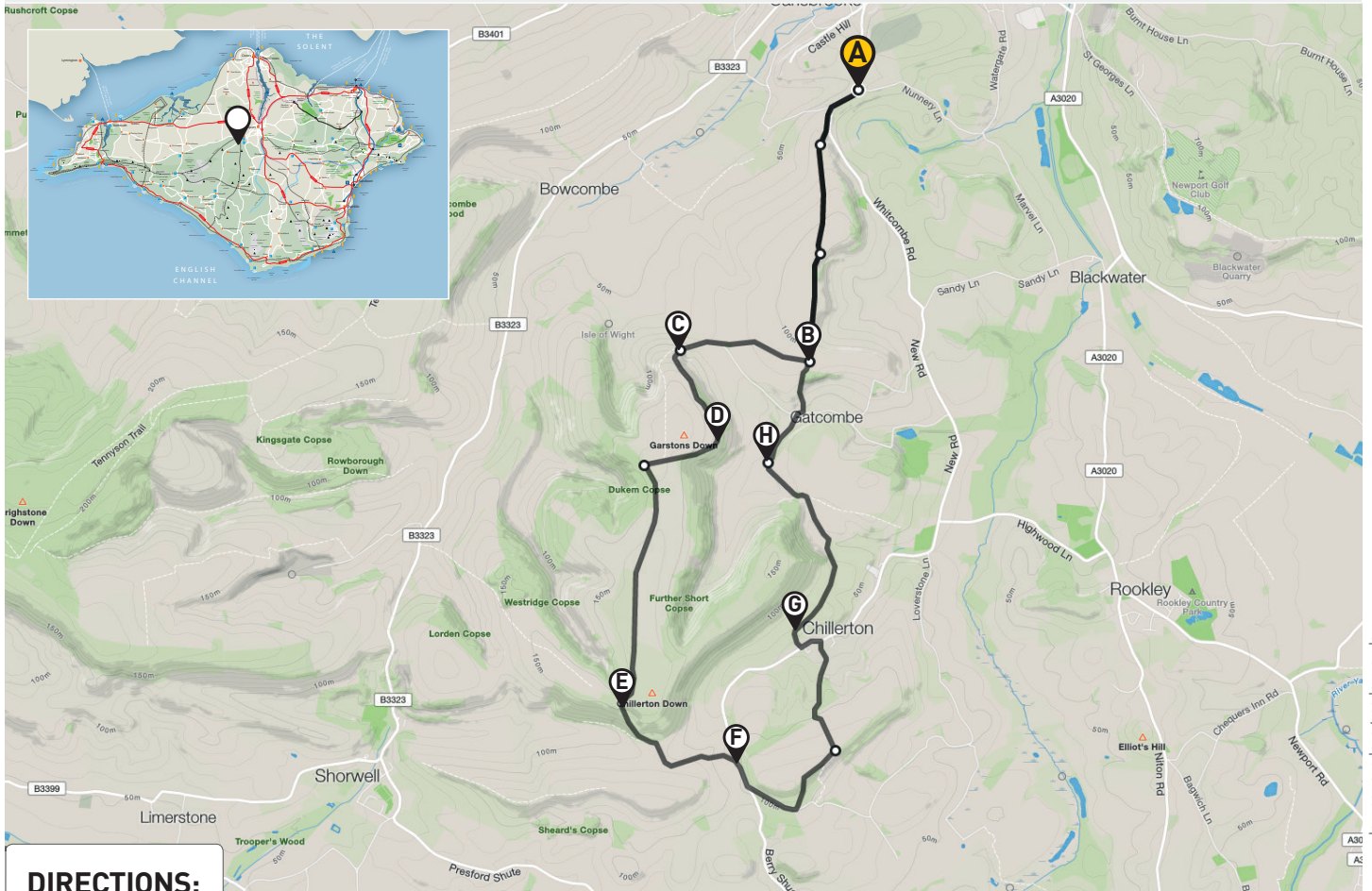


**VERY CONFIDENT ON AND OFF ROAD – NOT TOO TECHNICAL BUT FITNESS ESSENTIAL****START/FINISH: CARISBROOKE PRIORY, WHITCOMBE ROAD, CARISBROOKE PO30 1YS****TIME: 2 HOURS – A mix of bridle way and trail riding with stunning views****DISTANCE: 13.5km / ELEVATION GAIN: 292m****DIRECTIONS:**

A **START:** Head west out of car park towards Froglands Lane. On the corner of Whitecombe Road look for bridleway N108 Gatcombe and follow for 1km.

B Turn right onto bridleway 10. You will pass Garstons Farm. Head onto G7 (caution very steep climb).

C Turn left at the small post half way up and look for a metal gate. Head towards the gate, keep following G7. Be sure to check out the stunning views.

D Turn right out of the gate and onto G22. After a short climb you will head into a small copse. Turn left onto bridleway N146, heading towards the Chillerton Down transmitting station. The transmitter was erected in 1958 and is 228.9 metres (751 ft) tall. It is used to transmit FM DAB radio.

E At the end of the bridleway (next to transmitter gate entrance) go through the gate and down a grass field, past two wooden gates and onto Berry Shute.

F Turn right onto the road and then left onto Berry Lane. Follow for 200m then turn left onto 'G15 Shepards Trail'. Take a small climb and turn right at the top.

G Follow the field edge. After 250m turn left onto G15 Loverstone Hollow Lane. Turn left onto the road. After 100m turn right onto G6 Shepards Trail.

H Follow G6 Shepards Trail to Newbarn Farm. Head north onto the tarmac road and follow until you reach Snowdrop Lane. Turn right, after 40m turn left on bridleway 6, heading north. This will take you on to bridleway N108 and back to the car park where you started. **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

