

BEA



Experience sustainable transport

GREEN ROUTE


MEDINA GREENWAY BREEZE

BICYCLE ISLAND ITINERARY #1

Isle of Wight

EASY ROUTE FOR ALL THE FAMILY

 **START/FINISH: NEWPORT QUAY P030 2QR**

 **TIME: 1 HOUR** – All on cycle track and very flat. Medina to Island Harbour and back.


 **DISTANCE: 5.5km / ELEVATION GAIN: 44m**



Map: © Mapbox, © OpenStreetMap

DIRECTIONS:

A nice easy ride for all abilities. This is best for families or cyclists that just fancy a gentle pedal along the River Medina with a coffee stop at the picturesque Island Harbour.

A  **START:** Start at Newport Quay and head north keeping the River Medina to your left. Follow NCN 22. You will pass a Travel Lodge. Stick to the path along the bottom of the field until you see a sign directing you left onto Medina Greenway.

B Follow for 2km until you reach Island Harbour. Look out for the once magnificent 'Ryde Queen' paddle steamer just before you enter the harbour. The Breeze Café and Restaurant is set in the middle of the harbour just up from the cycle path exit. Check out the boats moored in the harbour – you might also see the impressive yacht lock in operation. Then it's back to Newport Quay.

 **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

