

Cycling through Sandown



Cycling through Shanklin



Cycling through Wroxall

Cycling through Newport



Ride your bike. Feel good. Do good.

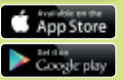
The Bicycle Island app is helping to turn the Red Squirrel Trail into the UK's first SMART cycling corridor.

The app sets regular distance challenges for visitors and residents to aim at. Every user's journey along the cycle route contributes to the overall target. If the target is reached a local Isle of Wight charity gets a donation.

There's a lot more as well, including a handy guide for things to see and do along the Trail.



Find out more at www.bicycleislandapp.co.uk or search the app store or Google play for 'Bicycle Island App'



23 MILES OF CAR-FREE FUN



The Red Squirrel Trail is 23 miles of mostly traffic-free cycling through the heart of the Isle of Wight's beautiful countryside. The trail takes in estuaries, woodland, farmland and a stretch of the Island's fantastic coastline.

This is an ideal two or three day cycling tour – take time to discover wildlife along the way and visit some of the many attractions, cafés and restaurants that are nearby. Alternatively you can easily cycle a shorter section of it for a great day or half-day out.

The Red Squirrel Trail is named in celebration of one of the Isle of Wight's most iconic species, the native Red Squirrel. Getting on your bike is one of the best ways to experience the Island's fantastic natural environment.

The trail runs from East Cowes, across the Cowes Floating Bridge, to Cowes, then follows the old railway line to the Island's county town, Newport. Following a mostly off-road route through Newport alongside the river Medina the trail then joins another old railway line, which it follows all the way to Sandown on the coast. The trail then follows minor roads to the esplanade, where you can enjoy a flat ride along the seafront for just under 2 miles, alongside some of the most beautiful sandy beaches in the country. A short on-road section through Shanklin brings you to another rail-trail section to Wroxall, the start of the Sunshine Loop, so named because this area receives among the highest number of sunshine hours of any location in the country. From Wroxall you cycle through countryside near Appuldurcombe House and along a series of bridleways until you re-join the railway line at Merstone.

Use the map overleaf to plan your route. These detailed maps show you how to navigate through the towns.

You can take your bike on Island Line trains

Cycling through Cowes



23 miles of family-friendly cycling through the heart of the Isle of Wight

SEE MORE DRIVE LESS

EXPLORE THE RED SQUIRREL TRAIL

Isle of Wight

BEA Experience sustainable transport

GO ELECTRIC

Red Squirrel Electric Bikes makes Isle of Wight cycling trips a little easier. Enjoy the beauty our Island has to offer with a huge smile on your face.

Our Red Squirrel Bikes are fitted with a small battery-powered electric motor, which gives you a subtle power boost when riding along. This allows you to cover much more ground than you might be able to on a conventional bicycle, giving you more time to explore this wonderful Island!

Collect your bike from the Visitor Information Centre in Newport or at one of our hubs listed on the map.

There are charging points around the Island – see the map inside for locations near the Red Squirrel Trail.

BOOK YOUR BIKE: Call 01983 521555 Ext 32 or email ta@visitwight.org
The Visitor Information Centre, The Guildhall, Newport, Isle of Wight PO30 1TY
nutsnotto.co.uk

Wight TRAVEL AMBASSADOR

Supported by ISLE of WIGHT

NEWPORT VISITOR INFORMATION CENTRE

Our team of friendly Travel Ambassadors will give you insider tips on great places to go during your trip to the Island. You can also buy local produce and essentials like postcards and maps.

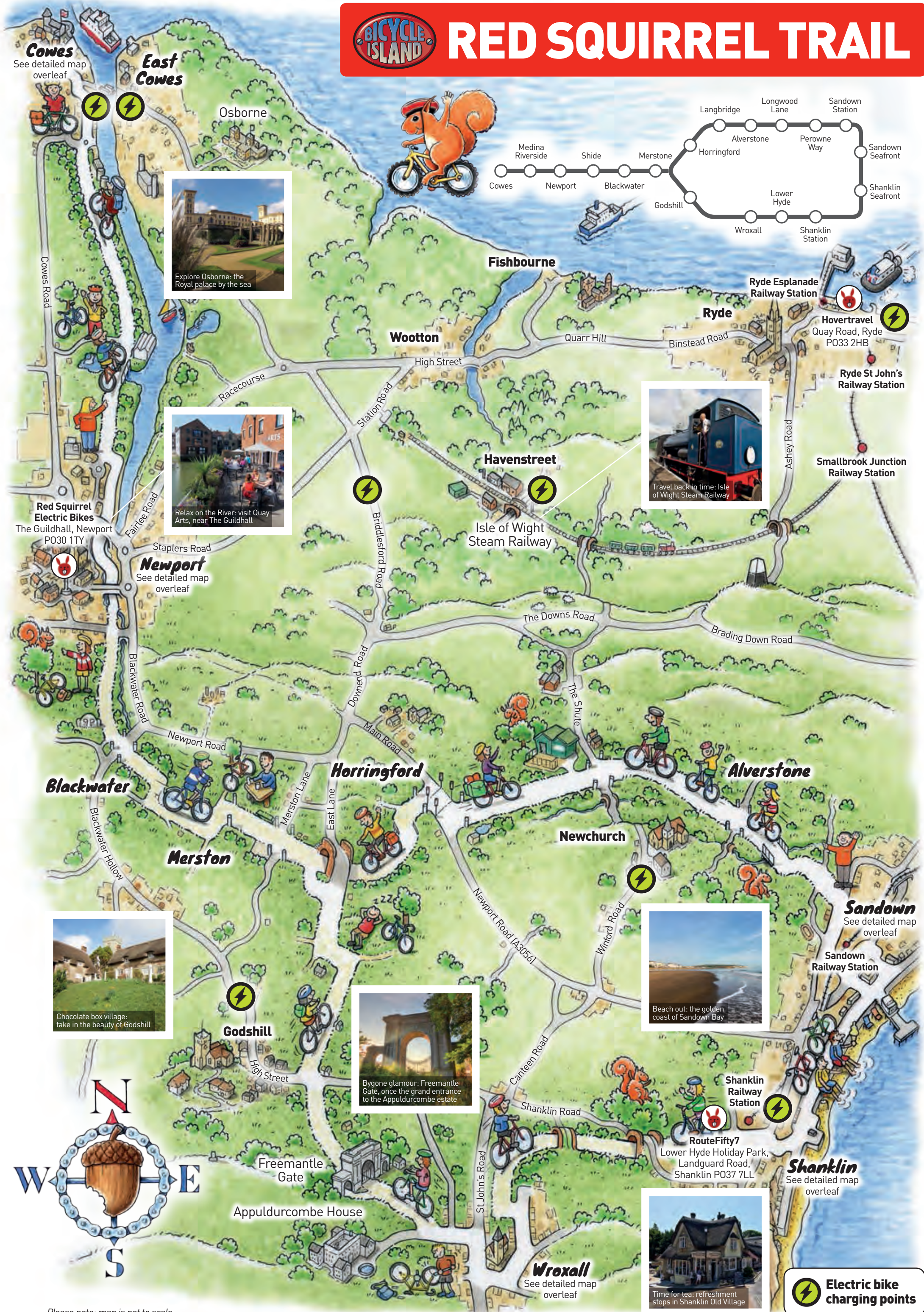
Visit us: The Guildhall, High Street, Newport, PO30 1TY
Tel: 01983 521555

Follow us: @IOWTravelAmb /IOWTravelAmbassadors

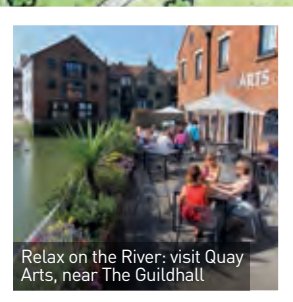
To plan your adventure or find more great cycling trails go to visitisleofwight.co.uk



RED SQUIRREL TRAIL



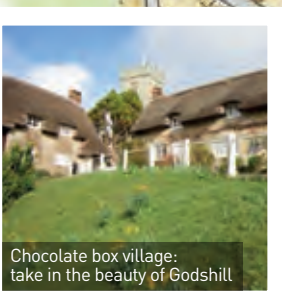
Explore Osborne: the Royal palace by the sea



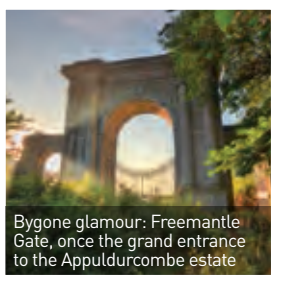
Relax on the River: visit Quay Arts, near The Guildhall



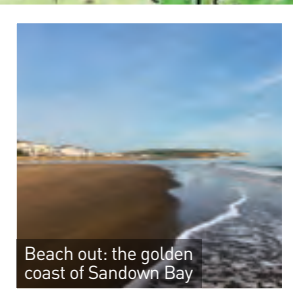
Travel back in time: Isle of Wight Steam Railway



Chocolate box village: take in the beauty of Godshill



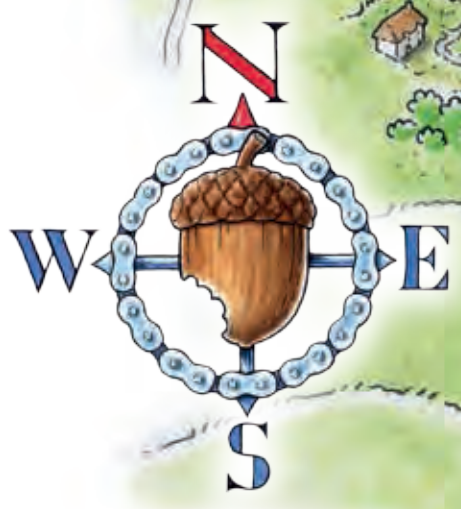
Bygone glamour: Freemantle Gate, once the grand entrance to the Appuldurcombe estate



Beach out: the golden coast of Sandown Bay



Time for tea: refreshment stops in Shanklin Old Village



Please note: map is not to scale



Electric bike charging points