

Freshwater Bay to Cowes

Cycling mainly on back roads, head for Freshwater and on to historic Yarmouth (with shops, pubs, accommodation and a castle it's well worth a visit), either by road or along the former railway track.

Take the A3054 to Shallfleet, turning off on to country roads. Take a look at Newtown, once an important medieval town and port with some interesting buildings before continuing to Cowes and the Chain Ferry (free for cyclists) across the River Medina.

ROUTE INFORMATION

- Start location:
Freshwater Bay
- Difficulty: Moderate
- Ride distance: 16 miles
- Places to stop for food & drink
- Viewing & rest stops on route
- Family friendly ride

KEY

- Cycle Route on road
- Cycle Route off road
- Cycleway

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