

# Cowes to Bembridge

Prepare for some lengthy ascents and speedy descents on this route as you head out of East Cowes, soon passing close to Queen Victoria's beloved summer retreat, Osborne House.

Continue along the switchback route to Ryde, which with a busy centre and great range of facilities, is a good place to break your journey. The run continues with more gradients along the way to Bembridge, its beaches and harbour set against the spectacular backdrop of Culver Down.

