

ROUTE INFORMATION

Start location:

Cowes: Well Street Car park or Newport: Mountbatten Centre



Difficulty: Easy



Ride distance: 9 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

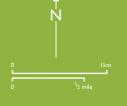
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Cowes

Leaving from East Cowes you'll catch great views of the Medina River and the countryside.

Why not take a detour to nearby
Osborne House? The return to West Cowes
is along the smooth surface Medina cycleway,
a former railway line.



Little London contraflow

The Stag

Medina Cycleway

Little London

A3020

Medina Way

Hillside

WC

Sea St.

CLOCKWISE

Alverstone Road

Alverstone Road

Cross main road onto shared use pavement

START

Madina

Road

Arctic Road

A3021

River

Medina

Whippingham

A3021

Beatrice

Avenue

Mountbatter

Newport

Castle Street

START

Claren<mark>ce</mark> Road

Cowes

START

Medina

Cycleway

Former

Railway Line

Cowes

Mountbatten Centre, go straight ahead down hill into park