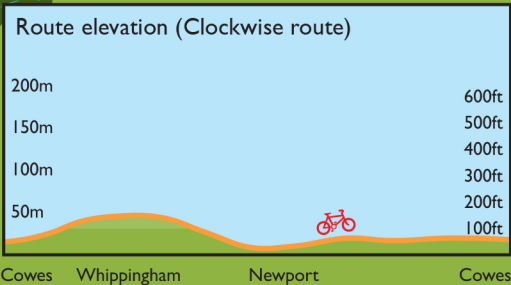


ROUTE INFORMATION

- 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

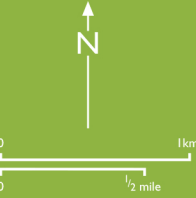


**DRIVE LESS
SEE
MORE**

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.



START

Little London contraflow

CLOCKWISE
Cross main road onto shared use pavement

Mountbatten Centre, go straight ahead down hill into park

Newport