

# Cowes to Newtown

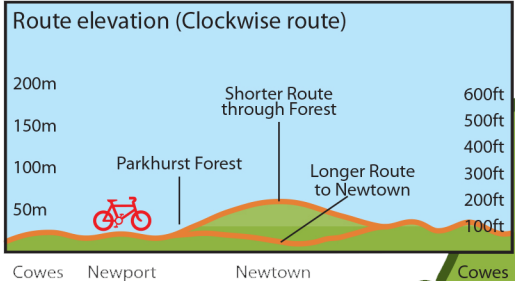
Follow the cycleway along the River Medina towards Newport, returning the same way for an easy quick ride.

Or there's a choice of return routes, either through the Parkhurst Forest or along to Newtown and back to Cowes on quite quiet roads.



**ROUTE INFORMATION**

- Start location:  
Cowes: Well Street Car park or  
Newport: Mountbatten Centre
- Difficulty: **Moderate**
- Ride distance: **16 miles**
- Places to stop for food & drink
- Viewing & rest stops on route



**KEY**

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

**DRIVE LESS  
SEE  
MORE**

