










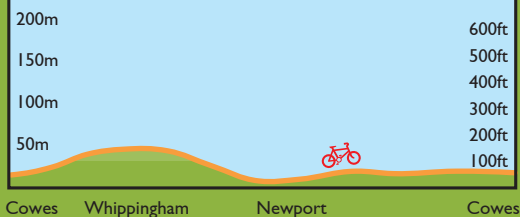
### ROUTE INFORMATION

-  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

### Route elevation (Clockwise route)

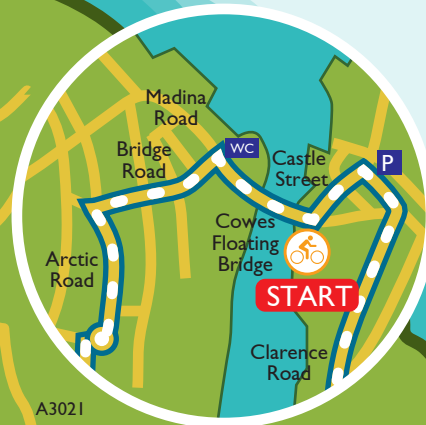


Leaving from East Cowes you'll catch great views of the Medina River and the countryside.

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 



**CLOCKWISE**  
Cross main road onto shared use pavement

Mountbatten Centre, go straight ahead down hill into park