







## Freshwater Bay to Cowes




Cycling mainly on back roads, head for Freshwater and on to historic Yarmouth (with shops, pubs, accommodation and a castle it's well worth a visit), either by road or along the former railway track.

Take the A3054 to Shallfleet, turning off on to country roads. Take a look at Newtown, once an important medieval town and port with some interesting buildings before continuing to Cowes and the Chain Ferry (free for cyclists) across the

### ROUTE INFORMATION

-  Start location: Freshwater Bay
-  Difficulty: Moderate
-  Ride distance: 16 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

