

## Directions

Cross the road outside Wootton station and follow the cycle path opposite. Cross Park Road and continue to Whippingham station (now a private house)

Turn right and follow the road past the crematorium to the main road. Turn left and follow the cycle path beside the road. Cross the main road with care, and follow the minor road downhill to Island Harbour marina.

Turn left and follow the Medina Greenway cycle path beside the river to the quayside in Newport.

Turn right then almost immediately right again after the Quay Arts Centre following the cycle path signs to Cowes. This passes through an industrial area before rejoining the old railway track.

Pass the iron viaduct, lime kilns and the large Vestas factory, continuing towards Cowes.

At the end of the cycle path, turn right following Arctic Road. At a mini-roundabout turn right for the chain ferry, or continue ahead to Cowes town centre.

Cross the River Medina on the chain ferry. Follow the one-way street through East Cowes, then turn right into Adelaide Grove. At the end of the park, turn right into Beatrice Avenue. At the end of the road turn right then immediately left, continuing along Beatrice Avenue to Whippingham Church.

Continue to the main road. Cross with care, turning right, then quickly left into Alverstone Road. Follow this undulating country road until you eventually reach the T-junction at Palmers Road in Wootton.

Follow the road left, then right and right again, following the blue cycle route signs through Wootton to the traffic lights. Continue ahead along station road back to Wootton station.

Total distance: 13 miles