

PEDAL TO THE PIGGIES

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Location	Seaview to Quarr
Distance	4.7 miles/7.7 km
Duration	45 minutes (without breaks)
Terrain	Mainly on road or cycle track. No hills.
Facilities	Toilets in Appley Park.
Refreshments	Many cafes, pubs and restaurants on route.

Leave the Seaview Hotel and head westward along the coast to Appley Park. Although most of this route is on-road, these are quiet roads; one is even 20mph speed limit. Part of the ride takes you along a shared path, through the historic landscape of Puckpool. Look out for the battery (completed in 1865), one of the Solent's many historic Palmerston Forts.

Carry on along the sea front to Appley Tower, the park's iconic folly. Park your bike and take a stroll into the ancient woodland. See if you can find the Ryde Frame, a picture frame that's the perfect place to take a selfie with the tower in the background. Remember to upload your photographs to social media and tag them #RydeFrame.

Continue pedalling along the esplanade to Ryde. Refreshments beckon; lock your bike by the phone box and pop into Chocolate Apothecary for a cuppa and one of their sumptuous homemade cakes.

There's an incline up Spencer Road to Ladies' Walk, but that will be a breeze on your powered bike. The cycle track undulates its way to Quarr Abbey; as you ride along take care on the steep descents. Quarr Abbey is the perfect place for a pit stop - more tea and cake or a light lunch in the tranquil garden. Save some crumbs for the free-range birds!

