

## FORT TO KYNGE'S TOWN

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<b>Location</b>	Seaview to Brading
<b>Distance</b>	3.5 miles 5.6 km
<b>Duration</b>	30 minutes (without breaks)
<b>Terrain</b>	Pretty hilly, some traffic-free
<b>Facilities</b>	Toilets at St Helens
<b>Refreshments</b>	Cafes, pubs and restaurants

This ride to Brading follows the coast before heading inland along the old railway. Take care; it's easy to be distracted by the wonderful scenery!

Turn your back on No Mans Fort and head uphill, before turning into Pier Road; it's a bit bumpy in places. Look across Seagrove Bay and you should see Hayling Island and the Witterings on the mainland.

Dismount at the footpath then use your bike's power-assist to get up Gully Road. Make your way through the Priory, the history of which goes back to Palaeolithic times. Exit the Priory at Nodes Point; you'll be able to see St Helen's Fort to your left, over the hedge.

Divert left into Duver Road and ride downhill until you arrive at the remains of the c13th St Helen's Church. Throw a pebble in the sea and maybe have some refreshments before heading back up the hill to St Helen's Green. Then it's downhill to the permissive cycle track over the marsh. Brading Marshes is home to all sorts of plants and wildlife such as red squirrels, insects - particularly dragonflies - and birds, including little egret, buzzard, green woodpecker and marsh harrier.

At the end of the track turn right into Quay Lane. You and your bike can take the train back to Ryde from Brading station, or cycle on to Shanklin (route 4 below).

