

MORE FRONT THAN BLACKPOOL

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Location	Brading to Shanklin
Distance	5 miles 7.5 km
Duration	45 minutes (without breaks)
Terrain	Mostly on road, very hilly
Facilities	Toilets at Yaverland, Sandown, Shanklin and Ryde
Refreshments	Cafes, pubs and restaurants

Cycle through the pretty town of Brading then turn left at the traffic lights. Marshcombe Shute should be a cinch with your bike's power-assist. Take a right at the roundabout then it's downhill into Yaverland. Continue along the esplanade to Sandown. This shabby-chic town is poised for a renaissance, and has an undeniable charm. Stop at the pier and play Lost World golf or invest a quid in the slot machines.

From here you can ride along the car-free revetment to Shanklin. Watch out for holidaymakers though; this is a shared path. Shanklin sea front has dinosaur and pirate golf, cafes and ice creams. If you are feeling energetic there are plenty of water activities at the beach. Or visit Shanklin Chine, as others have done before you for two hundred years.

Make your way up Hope Road and head to the station, where you and your bike can catch the train to Ryde. For a shorter ride, follow the signs from Sandown Pier to Sandown station then hop on a train to Ryde.

Get off the train at Ryde Pier Head for a bonus flat ride over the sea before returning to Seaview along the coastal route through Appley and Springvale.

