

Bicycle Island - 12 circular Routes



On-road Code:

- Follow the Highway Code
- Be seen! Wear white or yellow top, consider reflective clothing and helmet.
- Don't stop to look at the map on bends or at junctions - find somewhere off the road.

Off-road Code:

- Follow the Country Code - especially remember to shut all gates.
- Please be considerate, slow down and give way to pedestrians and horse-riders -people's attitude to cyclists depends on you!
- Let other users know in good time when approaching from behind - fit a bell and use it!
- Take a map, waterproofs, pump, repair kit, drink etc.
- Cycling is permitted on bridleways and byways, not on footpaths - familiarise yourself with the signs on the back cover.

General information
 tel: 01983 813818

Call into one of our seven Tourist Information Centres for details of cycle hire, spares and repair services. To help you plan your day, you can collect information about attractions, events and places to eat along your route. The Tourist Information Centres can also find and book accommodation for you.

Cowes - The Arcade, Fountain Quay
 Newport - The Guildhall, High Street
 Ryde - Western Esplanade
 Yarmouth - The Quay.

Sandown - 8, High Street
 Shanklin - 67 High Street
 Ventnor - 34 High Street