Route 4 - Cowes

The off road, level, surfaced Medina cycleway between Cowes and Newport is ideal for a short there-and-back ride. The A3054 from St. Mary's Hospital is busy, but you are soon on quieter roads. Cycling is permitted on the gravel tracks in Parkhurst Forest, making an attractive variation of the route. Turn right with care into Main Entrance off the A3054, and take the gravel track on the left after the car park. Please note that there are no signs in the forest!

Alternatively follow the A3020 towards Cowes, then turn left into Noke Common.

Red squirrel