

13 TO 28 SEPTEMBER 2014

ISLE OF WIGHT CYCLING FESTIVAL 2014

FESTIVAL HIGHLIGHTS



GET IN GEAR!

In an Area of Outstanding Natural Beauty

ISLEOFWIGHTCYCLINGFESTIVAL.CO.UK
[@IWCYCLINGFEST](https://twitter.com/IWCYCLINGFEST)

WELCOME

GET IN GEAR!



DRIVE LESS
SEE
MORE

The Isle of Wight Cycling Festival is organised and promoted by Isle of Wight Council Events Team. © Copyright 2014

TO THE ISLE OF WIGHT CYCLING FESTIVAL

“*The Isle of Wight is a cycling paradise that is home to some of the UK’s most varied terrain: lush velvet hills rolling into the sea, narrow lanes through tidy hedgerows, deep and mysterious green gullies, and the Island’s most striking feature, the ridge of white chalk cliffs stretching across its breadth.*”

Lonely Planet, 2012

With its dramatic and breathtaking coastline, picturesque countryside and over 200 miles of well-maintained and signposted cycle tracks, byways and bridleways, the Isle of Wight has plenty of trails for you to explore.

In addition over half of the Island is designated an Area of Outstanding Natural Beauty.

The Isle of Wight Cycling Festival provides the perfect opportunity for you to find out why Lonely Planet named the Isle of Wight as one of the best places to cycle in the world!

BEAUTIFUL LANDSCAPES



Putting you centre stage at the
Isle of Wight's top festivals

#WIGHT

LIVE

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the ultimate
festival prize*



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it using [#wightlive](https://www.instagram.com/wightlive)



/wightlink



@wightlinkferry



@wightlinkferry

*Terms & Conditions apply – See website for details

THE ACCESSIBLE ISLAND

Located just a few miles off the mainland and only two hours from the centre of London, the Isle of Wight is the perfect place to unwind and escape the pressures of everyday life.

Where else could you encounter fields, rivers, downland and dramatic coastline all in the course of a day's cycling?

Approximately 23 miles long and 13 miles wide, the Island is blessed with rolling countryside making it perfect for exploring by bike! Cycle along quiet country lanes and pathways and discover quintessentially English villages, country pubs, traffic-free paths, and unspoilt countryside.

What's more, the Isle of Wight couldn't be easier to get to. There are up to 350 sailings to and from the Island every day from ports that have direct connections with rail, road and coach links.

Event sponsor Wightlink is offering a discount for those taking part in the Cycling Festival. For more information visit www.isleofwightcyclingfestival.co.uk.



PICTURESQUE



UNSPOILT



FRIENDLY

SADDLE UP!

PROGRAMME KEY

16

Please note: for **all** rides, children under 16 years old must be accompanied by an adult.

RIDE GRADE

- A Easy** Mainly flat on cycle tracks or quiet roads.
- B Moderate** Varying surfaces with some hills and busy roads.
- C Strenuous** A challenging ride suitable for fit riders; expect uneven surfaces.

RIDE PACE

- A Gentle** Easy ride with regular rest stops, suitable for all riders.
- B Moderate** Medium-length ride with some rest stops, suitable for most riders.
- C Fast** Longer ride with minimal stops, suitable for more experienced riders.

OTHER SYMBOLS

12 Start location (see map on page 20/21).



Bring a packed lunch/refreshments.



Family-friendly ride.



Route suitable for off-road bicycles.



Route suitable for road bicycles.



Refreshments available en-route.



Toilets available along route.



Viewing and rest stops along route.

3 hours

Approximate duration of ride.

18 miles/29km

Approximate distance of ride.



THANK YOU!

Thank you to sponsors, local businesses, clubs, partners and ride leaders for their continued support in helping the Isle of Wight Council develop the event into the UK's largest cycling festival.

Also, thank you to those that take part in the events and support the festival. Enjoy your adventures in the saddle on the Island and come back again soon!



If you have a visual impairment or if you have difficulty understanding this programme please contact us on (01983) 821000 and we will do our best to help you.

SATURDAY 13 SEPTEMBER

01 RIDE & STRIDE

Cyclists set their own route, getting sponsorship to visit as many or as few of the Isle of Wight historic churches as they wish. Some churches will offer refreshments and toilet facilities. Visit website for list of participating churches.

Start Anytime between 10am to 6pm: various locations **Booking** Not essential

Contact Pippa Dice (01983) 882418 www.hihct.org.uk

Cost Donations/sponsorship to Hampshire and the Island's Historic Churches Trust: half the money you raise goes to the church of your choice.



02 HAIBIKE RIDE

A fun mountain bike ride using the excellent HaiBike all-terrain machines. Suitable for all fitness levels and abilities.

Start 12.30pm St James Square, Newport **Booking** Essential **Cost** Free

Contact Gareth Shilton 07733 363035



ISLE OF WIGHT AREA OF OUTSTANDING NATURAL BEAUTY

Visit dramatic cliffs and gently-rolling farmland, coastal downland, secret woodlands and estuaries, all home to the wonderful wildlife of the AONB.

See the beautiful Wight AONB on rides:

19

TUESDAY 16 SEPTEMBER

ST GEORGE'S DRAGON

41

TUESDAY 23 SEPTEMBER

BACK O' THE WIGHT



@WIGHT_AONB

FIND US ON FACEBOOK

WWW.WIGHTAONB.ORG.UK



Enjoy live music, watch amazing mountain bike stunt shows or have a go at the challenging obstacle course. Plus cycle security information, road safety displays and family entertainment. Celebrate the bike!

SATURDAY 13 SEPTEMBER

CARBON CYCLE CELEBRATION

04

DON'T FORGET TO VISIT THE CLASSIC CAR SHOW AT NEWPORT QUAY!

03 BORTHWOOD TRAIL

A mostly traffic-free route between Sandown and Shanklin stations. Fairly flat ride with two hills which we will take at a slow pace, or you can walk up them! One way ride, spend some time in Shanklin and return by train or by bike. Stunning views!

Start 10am Sandown Station car park **Booking** Advised

Cost Suggested donation of £2 to Gift to Nature

Contact Martin Gibson 07517 208957 www.naturalenterprise.co.uk

B **A** **23**   **1½ hours** **5 miles/8km**

04 CARBON CYCLE CELEBRATION

To launch the Isle of Wight Cycling Festival there will be a fantastic day of free entertainment to celebrate the bicycle with cycle training, mountain bike shows, live music and activities for the whole family.

Start 11am St James Square, Newport **Booking** Not essential **Cost** Free

Contact IW Council Events Team (01983) 821000 www.isleofwightcyclingfestival.co.uk

15   **4 hours**

05 TODDLBIKE TRY OUT

Toddlebikes are for children who can confidently walk, freeing babies from their buggies and getting them on the road to independent riding. This is the perfect excuse to try out a Toddlebike!

Start 11am St James Square, Newport **Booking** Advised **Cost** Free

Contact www.toddlebike.co.uk

A A 15

06 NEWTOWN - COWES LOOP

An easy-paced on and off-road ride. Starting in Newtown, then through Newport to Cowes before returning to Newtown via Gurnard and Porchfield.

Start 11am Newtown visitor information centre **Booking** Essential **Cost** Free

Contact Di Newnham 07947 196204

A A 04  **3 hours** **16 miles/26km**

www
SPIN  **ZONE**
co.uk

The spinning programme is for anyone who wants to have fun and get fit via a workout. Use motivation and mental training techniques in a 45 minute class.

£5 per class - first session half price with cycling festival programme only on listed days/ times.

- * Mondays: 1pm
- * Tuesdays: 7.30pm
- * Wednesdays: 1pm/7.30pm
- * Thursdays: 6.30pm
- * Fridays: 1pm/5pm
- * Sundays: 10am

58 Dodnor Lane, Newport,
PO30 5XD 01983 537539



SATURDAY 13 SEPTEMBER

SATURDAY 13 SEPTEMBER

CYCLE CINEMA

Have fun at the pedal-powered cinema.

08



07 BIKE IT BACK TO BRANNONS

Loop around Wootton using roads and cycle tracks taking in Littleton, Fernhill, Woodside, Brocks Copse and Wootton Common, finishing at Brannons Tea Room for well-earned refreshments in support of a local charity. Route is only suitable for off-road bikes and 12 years plus.

Start 2pm Brannons Way car park, Wootton Bridge **Booking** Essential

Cost £5 including cream tea at Brannons Tea Room. All profits to the Kathryn Clarke Foundation. **Contact** Simon Richards (01983) 245904 or 07977 464427 simonrichards14@googlemail.com

B B 17    2 hours 14 miles/22½km

08 THE CYCLE CINEMA

The outdoor Cycle Cinema is run using pedal-power; there is no stored energy - just the pedalling of about a dozen people! Vote for your favourite from a list of suggested films by visiting the Cycling Festival website.

Start 7pm Seaclose Park, Newport **Booking** Not essential **Cost** Free

Contact IW Council Events Team (01983) 821000 www.isleofwightcyclingfestival.co.uk

A A 15   **WC** 2½ hours

SUNDAY 14 SEPTEMBER

Hills Killer

MOUNTAIN BIKE CHALLENGE

Choose from 13, 26 or 52 mile courses and take on the challenge of an orienteering event against the clock as you pit your bike against three, seven or fourteen hills.

REGISTER AT ISLEOFWIGHTCYCLINGFESTIVAL.CO.UK



09

10

11

09 THREE HILLS KILLER

The three hills is suitable for beginners who would like to try a mountain bike challenge but are not quite ready for the seven hills.

Start 10am to 11am Chale Green **Booking** Advised **Cost** £10/free to under 18s

Contact IWC Events Team (01983) 821000 www.isleofwightcyclingfestival.co.uk

C C 07     All day 13 miles/21km

10 SEVEN HILLS KILLER

The seven hills is suitable for good riders to test their riding skills on an orienteering challenge against the clock.

Start 9am to 11am Freshwater **Booking** Advised

Cost £20 in advance/£25 on the day, under 18s £10

Contact IWC Events Team (01983) 821000 www.isleofwightcyclingfestival.co.uk

C C 22    All day 26 miles/42km

11 FOURTEEN HILLS KILLER

The 14 hills is suitable for advanced riders only who want to take on a more difficult long distance challenge.

Start 9am to 11am Lake **Booking** Advised

Cost £20 in advance/£25 on the day, under 18s £10

Contact IWC Events Team (01983) 821000 www.isleofwightcyclingfestival.co.uk

C C 02    All day 52 miles/84km

12 WAYFARER'S SUNDAY RUN

Join the Wayfarer's Cycle Touring Club weekly outing, meandering through pretty and varied scenery. There will be a tea stop at 11am at a venue to be confirmed.

Start 9am See 'RUNS LIST' on website for location **Booking** Not essential

Cost Free **Contact** IW Wayfarers CTC info@cycleisland.co.uk www.cycleisland.co.uk

B B    3 hours 20 miles/32km

13 SUNDAY SOCIAL

A relaxed weekly group mountain bike ride meeting. For more information on the route visit the website.

Start 9.30am Bike Shed car park, Merstone **Booking** Not essential **Cost** Free

Contact GP Sport 07733 363035 www.gpsport.org

B B 13   3 hours 20 miles/32km

14 'TRY A HAIBIKE' DAY

Take a one hour guided off-road ride on an excellent HaiBike mountain bike. Suitable for all fitness levels and abilities.

Start 12 noon, 1.30pm, 3pm Blackman Powerbikes, Unit 6C Lake Industrial Way

Booking Essential **Cost** Free **Contact** Gareth Shilton 07733 363035

A B 22   1 hour 7 miles/11km

15 SHANKLIN, SHELLS AND CYCLES

Cycle along flat roads and the revetment to Shanklin Esplanade, passing two of the hotels that Charles Darwin stayed in while writing *On the Origin of Species* in 1859. Stop for a guided fossil walk on the beach. Bring a lock for your bike, a bag for fossils and waterproof boots or tough shoes.

Start 10am Dinosaur Isle, Sandown **Booking** Essential **Cost** Adult £5/child (aged 3 to 15) £3.80/family (2+2) £16.50/family (2+3) £19/concession (OAP/student) £4 **Contact** Trevor Price (01983) 404344 www.dinosaurisle.com

A A 23   WC    2 hours 2½ miles/4km

15

SUNDAY 14 SEPTEMBER

SHANKLIN, SHELLS AND CYCLES





17

26

42

45

CYCLE MAINTENANCE

16 THE SEVEN VILLAGES OF FRESHWATER

An intricate ride on roads and paths around Totland and Freshwater. A bit of history on the way, at frequent stops. Lunch at Highdown Inn (optional). A very gentle ride.

Start 10.30am Turf Walk, Totland **Booking** Not essential

Cost Donation to Woodland Trust **Contact** Mike Howell (01983) 551239 or 07899 941515 emmethill@btinternet.com

A A 01 **3 hours 8 miles/13km**

17 CYCLE MAINTENANCE: NEWPORT

Learn how to look after your bike and do basic maintenance tasks by yourself, including a bike check and roadside repair.

Start 6pm Christ the King, Newport **Booking** Essential **Cost** Free

Contact John Allen (01983) 761800 www.wightcyclehire.co.uk

15 **3 hours**

Wight CYCLE

*The West Wight's
only bike shop*

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- Service and repair
- Free collection and delivery
- Parts and accessories
- Cycle hire specialists

**01983
761800**

Authorised dealers for Dawes and Claud Butler

18 TENNYSON TRAIL

See the excellent views over the West Wight on a ride with varied off-road terrain using part of the Tennyson Trail to Brighstone Forest, before returning to Carisbrooke.

Start 10am Start of Nodgham Lane, Carisbrooke **Booking** Not essential

Cost Free **Contact** Vic Mann (01983) 719474 or 07719 782601

vicandor@hotmail.co.uk

B B 08   2 hours 18 miles/29km

19 ST GEORGE'S DRAGON

An enjoyable varied ride around Rookley. Starting in Newport and heading out of town to the Area of Outstanding Natural Beauty. Up the strenuous St. George's Down across to Down End and along through Combley Great Wood, then back to Newport.

Start 10am Coppins Bridge car park, Newport **Booking** Advised

Cost Free - Donations to AONB **Contact** Joel Bateman 01983 823855

07766 141627 joel.bateman@wightaonb.org.uk www.wightaonb.org.uk

B B 15   WC  3 hours 11 miles/18km

20 SUMMER MINCE PIE RIDE

An easy, relaxed ride along cycle tracks, quiet roads and bridle paths. A ride for all; easy-paced for people who don't ride often. There is some off-road riding but nothing too challenging!

Start 11am Shanklin Railway Station **Booking** Not essential **Cost** Donation to

CycleWight **Contact** Tim Thorne (01983) 520529 www.cyclewight.org.uk

A A 21   2 hours 10 miles/16km

21 BIKERS' BREAKFAST

On your way to work? Or on an early morning ride? Come with your cycling friends for a free breakfast with CycleWight!

Start 7am to 9.30am corner of Quay Street and Sea Street, Newport

Booking Not essential **Cost** Free **Contact** Tim Thorne (01983) 520529

www.cyclewight.org.uk

A A 15  2½ hours

22 AUTUMN TINTS RIDE

Meander through the pretty and varied scenery of the Island on a morning ride with a tea stop.

Start 9.30am see 'runs list' on website for location **Booking** Not essential

Cost Free **Contact** www.autumntints.org.uk

A A    WC  2 hours 10 miles/16km

23 TWENTY MILE CHAIN STRETCHER

A fairly hilly route for slow riders who nevertheless like a challenge. An average speed of around 8mph including some stretches at walking pace on steeper hills followed by freewheels of up to 30mph. A circular route around West Wight. A low bottom gear is essential.

Start 2pm Totland Broadway car park **Booking** Not essential

Cost Free **Contact** John H White (01983) 755186 john@albis.freeserve.co.uk

B A 01   3 hours 20 miles/32km

SATURDAY 27 SEPTEMBER

CHEVY CHASE

CHALLENGE & ADVENTURE
OFF-ROAD ENDURO

51



TOP TIPS FOR SAFE CYCLING

- * Make sure that your bike is the right size - a bike that is too big or too small can affect your balance.
- * Check whether there are any cycle training courses available at your school or, if not, in your local area (the road safety officer at your local council will know this) and get yourself booked onto one if possible.
- * Get a cycle helmet and wear it every time you ride your bike - you can't afford to be without one.
- * Look after your bike properly - make sure that the front and back lights work well, the back reflector is clean and brakes and tyres are working well. It is an offence to cycle at night without a white front light, a red rear back light and a red rear reflector.
- * To stay safe, other road users need to be able to see you; wear fluorescent materials in daylight and at dusk and reflective clothing at night.

From the Think campaign, courtesy of the Department for Transport

SUNDAY 28 SEPTEMBER

WEST WIGHT TRIATHLON

With 400m pool swim, 25km cycle along the spectacular Military Road and a 5km flat run. A very friendly welcome and stunning scenery.

55





Cheverton Farm, Shorwell, PO30 3JE (01983) 741034
www.isleofwightmountainbikecentre.co.uk

24 DUCKS, COFFEE & A LEISURELY CYCLE

From Bembridge Church along the embankment to St Helens to Nettlestone. An off road track to Harding Shute and ducks - then quiet road to Brading. Over the marshes back to St Helens and Bembridge.

Start 10.30am Holy Trinity Church, Bembridge **Booking** Not essential

Cost Free **Contact** Meg Speller (01983) 872892

A A 25    **WC**  **2½ hours** **10 miles/16km**

25 THE SMUGGLERS' RUN

Inland from the south west coast of the Island, mainly on quiet country roads. Return by different route. Lunch at Isle of Wight Pearl: in-house or picnic.

Start 11am Wight Mouse Inn, Military Road car park **Booking** Not essential

Cost Donation to the Woodland Trust **Contact** Mike Howell (01983) 551239 or 07899 941515 emmethill@btinternet.com

A B 07     **WC**  **4 hours** **15 miles/24km**

26 CYCLE MAINTENANCE: RYDE

Learn how to look after your bike and do basic maintenance tasks by yourself, including a bike check and roadside repair.






Start 6pm Dover Park Primary School, Ryde **Booking** Essential

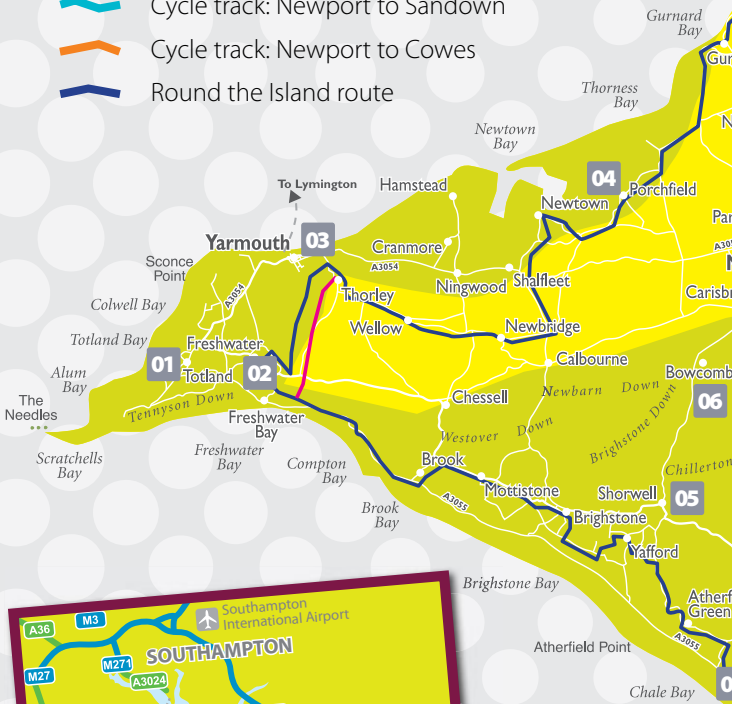
Cost Free **Contact** John Allen (01983) 761800 www.wightcyclehire.co.uk

24  **WC** **3 hours**

ISLE OF WIGHT

KEY TO MAP

-  Area of Outstanding Natural Beauty (AONB)
-  Cycle track: Yarmouth to Freshwater
-  Cycle track: Newport to Sandown
-  Cycle track: Newport to Cowes
-  Round the Island route



IGHT MAP



Please note, numbers relate to the approximate starting point of the ride. Please see the listing or contact ride leaders for exact start positions.

Map based on Ordnance Survey mapping © Crown copyright 2014. All rights reserved. Isle of Wight Council LA076694 2014.



wight mountain

MOUNTAIN BIKES,
BMX, FIXIES –
AND LOTS OF
OTHER COOL
STUFF!

31 Orchard Street, Newport, IW, PO30 1JZ

Tel: (01983) 520530

Email: wightmountain@aol.com

Web: wightmountain.com

27 WIGHTLINK WIGHT CHALLENGE WARM UP

An off-road warm-up ride ready for tomorrow's Wightlink Wight Challenge. Starting at Carisbrooke and taking in St George's Down, Arreton, Godshill and Chillerton. Stopping at Godshill for lunch (at own cost).

Start 11am Ventnor Botanic Garden car park **Booking** Advised

Cost Free **Contact** Helen Jones 07712 530548

C C 20 WC 4 hours 19 miles/30km

28 FRESHWATER/NEWTOWN CIRCULAR

This route is mainly a level ride on minor rural roads through picturesque countryside and villages. There are a couple of short off road bridleway options and a few facilities on route. Bring a picnic to enjoy.

Start 11.30am Freshwater Way, Afton Road (adjacent to The End of the Line café)

Booking Not essential **Cost** Donation to the Earl Mountbatten Hospice

Contact Terry Byrne (01252) 722937 or 07771 642790

C B 02 2 hours 16 miles/25km

29 SPINZONE CHALLENGE

Exciting off-road night ride around Havenstreet and Wootton starting and finishing in Newport. Bring basic tool kit, inner tube and drinking water. Helmet and lights required. Includes free 6pm Spinzone workout (see page 10).

Start 6pm 58 Dodnor Lane, Newport, PO30 5XD **Booking** Not essential

Cost Free **Contact** Steve Mills 07753 378266 stevebrimills@yahoo.co.uk

B B 15 3 hours 14 miles/23km

SATURDAY 20 SEPTEMBER

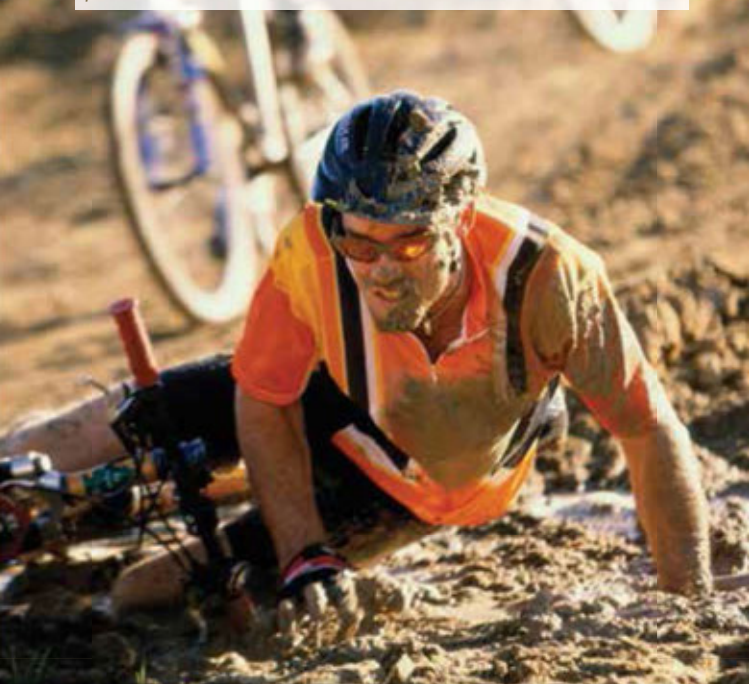
CYCLO-CROSS CHALLENGE

30

Cyclo-cross is a fantastic, family-friendly form of bicycle racing that makes for an exciting spectator event. Races for all ages. See ride 30 for more details.

CATEGORY	AGE	TIME	COST
Under 12	Under 12	11.15am	Free
Youth	12 to 16	11.45am	Online £2, on the day £4
Novice	16 plus	11.47am	Online £3, on the day £5
Junior	16 to 18	12.45pm	Online £5, on the day £8
Veteran	40 plus	12.45pm	Online £9, on the day £12
Women	18 to 40	12.45pm	Online £9, on the day £12
Senior men	18 to 40	2pm	Online £9, on the day £12

If competing a race licence is required at a cost of £3 if you do not already have one, plus race fee. All riders must wear a helmet and have a bike suitable for off-road use.



30 CYCLO-CROSS CHALLENGE

Cyclo-cross is a great way to hone your riding skills and is a family-form of bicycle racing that is as exciting to watch as it is to take part. All riders must wear a helmet and have a bike suitable for off-road use. See main feature on page 23.

Start 11.15am Medina High School playing field **Booking** Advised

Cost Various, plus a race licence is required at a cost of £3 if you do not already have one. **Contact** Alec Broome (01983) 821000 ext 8739

www.britishcycling.org.uk/events/details/112519/Isle-of-Wight-Cycle-Festival-Cross

A **A** 15      **Varies**

31 WIGHTLINK WIGHT CHALLENGE

Charity triathlon for teams of three, each complete a 19 mile cycle followed by, two mile open canoe and eight mile run. Free cross Solent ferry travel for competitors from title sponsor Wightlink.

Start 9am Jersey Camp, Porchfield **Booking** Essential **Cost** £45 and raise £100 for Wessex Heartbeat, Sail 4 Cancer and The Rainbow Centre

Contact Claire Critchison 07855 022429 info@wightchallenge.co.uk
www.wightchallenge.co.uk

C **B** 04   4 to 5 hours 19 miles/30.5km

32 MEDINA MEANDER

A relaxed ride around the River Medina, from East Cowes via Newport to Cowes, and then to Gurnard finishing at the Woodvale for lunch (at own cost). The route follows cycle tracks where possible and mainly quiet roads where not.

Start 11am East Cowes Floating Bridge **Booking** Advised **Cost** Free

Contact Matthew Whittaker 07733 201504

B **A** 14   1½ hours 12 miles/19km

33 FROCKS ON BIKES

Meet in Newport for a gentle road ride through Carisbrooke and Blackwater. Style over speed: a chance for women to dress to impress. Stylishly-attired men can join in too - but this ride will be a lycra-free zone!

Start 2pm Church Litten, Newport **Booking** Not essential **Cost** Free

Contact Luisa Hillard 07817 018069

B **A** 15      1 hours 6 miles/10km

34 CYCLE THE WIGHT: 70 MILE RIDE

Seventy mile endurance challenge road ride follows the Round the Island cycle route, taking in minor road and lanes wherever possible. The route will be ridden clockwise with diversion to checkpoints along the way.

Start 9am to 11am Yarmouth, Blackgang, East Cowes, Ryde

Booking Advised **Cost** £10 registration plus sponsorship (£15 on day)

Contact British Heart Foundation 0300 330 3322 www.bhf.org.uk

C B 03 10 14 24
🍷 ☕ 🚰 🌳 WC All day 70 miles/112km

35 CYCLE THE WIGHT: 50 MILE RIDE

Fifty mile endurance challenge road ride follows the Round the Island cycle route, taking in minor road and lanes wherever possible. Clockwise with diversion from Chale back to Cowes then rejoin the Round the Island route.

Start 9am to 11am Blackgang, East Cowes, Ryde

Booking Advised **Cost** £10 registration plus sponsorship (£15 on day)

Contact British Heart Foundation 0300 330 3322 www.bhf.org.uk

C B 10 14 24
🍷 ☕ 🚰 🌳 WC All day 50 miles/80km

SUNDAY 21 SEPTEMBER

CYCLE THE WIGHT

Seventy or fifty mile endurance road challenge around the Isle of Wight.

REGISTER AT WWW.BHF.ORG.UK



36 WAYFARER'S SUNDAY RUN

Join the Wayfarer's Cycle Touring Club weekly outing, meandering through pretty and varied scenery. There will be a tea stop at 11am at a venue to be confirmed.

Start 9am See website for location **Booking** Not essential **Cost** Free

Contact IW Wayfarers CTC info@cycleisland.co.uk www.cycleisland.co.uk

B **B** ☕ 🏠 🌲 3 hours 20 miles/32km

37 SUNDAY SOCIAL

A relaxed weekly group mountain bike ride meeting. For more information on the route visit the website.

Start 9.30am Bike Shed car park, Merstone **Booking** Not essential

Cost Free **Contact** GP Sport 07733 363035 www.gpsport.org

B **B** 13 🏠 🌲 3 hours 20 miles/32km

38 RIDE FROM RYDE, THEN RIDE TO RYDE

Ride from historic Appley to St Helens and back via Seaview. Mostly on-road with one gravel track.

Start 10.30am Ryde Canoe Lake, outside Bengal Palace

Booking Not essential **Cost** Free **Contact** Cat James 07792 330801

B **A** 24 ☕ 🏠 🌲 2 hours 8½ miles/14km





39 HALF WAY ROUND

A ride encompassing Whitwell, Havenstreet, Seaview, St Helens, Bembridge and Wroxall. Stopping at the Garlic Farm for lunch (at own cost).

Start 10am Ventnor Botanic Garden car park **Booking** Advised

Cost Free **Contact** Helen Jones 07712 530548

B B 20 ☕ 🏠 🏔️ 🌲 4 hours 37 miles/60km

40 GARLIC FARM MTB/CX OFF-ROAD LOOP

A scenic off-road loop from the farm taking in some classic local tracks. Free tea and cake at the finish. Why not fuel-up with delicious garlic dishes at the restaurant prior to the ride?

Start 2pm Garlic Farm Café, Newchurch **Booking** Advised **Cost** Free

Contact Barnes Edwards 07947 375682 www.thegarlicfarm.co.uk

B B 19 🏠 2 hours 12 miles/60km

41 BACK O' THE WIGHT: CHALE TO CHINES

Starting in Chale, cycling along the quiet lanes of the Back of the Wight. There will be a rest stop at the Isle of Wight Pearl overlooking Chilton Chine, before heading back via Brighstone to see carvings of ships.

Start 10.30am Wight Mouse Inn car park, Chale **Booking** Advised

Cost Free, with donations to AONB **Contact** Joel Bateman (01983) 823855 or 07766 141627 joel.bateman@wightaonb.org.uk

B **B** 07   **WC**  3½ hours 15 miles/24km

42 CYCLE MAINTENANCE: LAKE

Learn how to look after your bike and do basic maintenance tasks including a bike check and roadside repair.

Start 6pm Broadlea Primary School, Lake **Booking** Essential

Cost Free **Contact** John Allen (01983) 761800 www.wightcyclehire.co.uk

22  **WC** 3 hours

SATURDAY
20 SEPTEMBER

WIGHTLINK WIGHT CHALLENGE

Nineteen mile cycle mostly off-road, with two mile open canoe and eight mile run.
Teams of three.



31



43 AUTUMN TINTS RIDE

Meander through the pretty and varied scenery of the Island on a morning ride with a tea stop.

Start 9.30am see 'runs list' on website for location **Booking** Not essential

Cost Free **Contact** www.autumntints.org.uk

A A    **WC**  **2 hours** **10 miles/16km**

44 MERSTONE CIRCLE RIDE

A circular route with half off-road and half on paved tracks and road, taking in the Gatcombe, Chillerton and Cridmore areas.

Start 10am Merstone cycle track car park **Booking** Not essential **Cost** Free

Contact Sandie Norris 07974 784168 www.wight-walks.co.uk

C B **13**   **2½ hours** **11 miles/18km**

45 CYCLE MAINTENANCE: FRESHWATER

Learn how to look after your bike and do basic maintenance tasks by yourself, including a bike check and roadside repair.

Start 6pm All Saints Primary School, Freshwater **Booking** Essential **Cost** Free

Contact John Allen (01983) 761800 www.wightcyclehire.co.uk

02  **WC** **3 hours**

GOOD CYCLING CODE

ON SHARED PATHS

- * Fit a bell and use it; don't surprise people.
- * Please give way to pedestrians, wheelchair users and horse riders, leaving them plenty of room.
- * Be prepared to slow down or stop if necessary and don't expect to cycle at high speeds.

IN THE COUNTRYSIDE

- * Respect land management activities such as farming or forestry.
- * Take your litter home.
- * Match your speed to the surface and your skills and keep erosion to a minimum if off-road.
- * Be self-sufficient: carry food, bike repair kit, map and waterproofs in remote areas.

ON THE ROADS

- * Always follow the Highway Code.
- * Fit cycle lights and use them in poor visibility.
- * Use your bell - not all pedestrians can see you.

LOOK AFTER YOURSELF & YOUR BIKE

- * In poor light and at night you should use front and rear lights (this is a legal requirement) and wear visible/reflective clothing.
- * Cycle helmets are recommended; make sure yours fits you properly.
- * You should have your bike serviced regularly at a professional bike shop to ensure it is roadworthy.
- * If you are training for a cycling event, always stop if you feel sick, over-tired or in pain and make sure you leave at least half an hour between eating and exercising.

46 PART WEST WIGHT

Explore west and central Wight taking in Thorley, Shorwell, Chale and Rookley.

Start 9.30am Argos car park, Gunville **Booking** Not essential **Cost** Free

Contact Vic Mann (01983) 719474 or 07719 782601 vicandor@hotmail.co.uk

B B 15     **3 hours 30 miles/48km**

47 LILY-MAY'S BIKE RIDE

Ride with Lily-May on her toddler cycle. Starting at Hope Beach, Lily-May and friends will cycle to Sandown Pier and stop for a drink and play, before returning to Hope Beach.

Start 10.30am, Hope Beach, Shanklin **Booking** Essential

Cost Free **Contact** Elaine Cesar 07970 009909

A A 21  **WC**  **2 hours 2 miles/3km**



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Potters Bar, EN6 3JN Tel 01707 852244
e sales@buffera.co.uk - www.buffwear.co.uk

48 TINY TOTS CYCLE ADVENTURE

A short gentle pootle around the farm which includes seeing some animals. The event is aimed at toddlers and young children; they can bring any type of scooter, cycle or ride on toy. Cake and juice will be served after.

Start 11am Bevois Farm, Niton **Booking** Advised

Cost Donation to Pop N Grow **Contact** Claire Critchison 07855 022429

A A 16   **WC**  1 - 1½ hours ½ mile/1km

49 MEDINA CYCLE WAY

A gentle ride following the National Cycle Route 23 from Cowes to Newport, returning back to Cowes.

Start 11am Cowes Floating Bridge **Booking** Not essential

Cost Free **Contact** Kailey Firmin 07456 275460


A A 12    1½ hours 11 miles/18km

50 GARLIC FARM ROAD LOOP

An undulating road loop from the farm, including St Boniface Down, the highest point on the Island. Free tea and cake at the finish. Why not fuel-up with delicious garlic dishes at the restaurant prior to the ride?

Start 2pm Garlic Farm Café, Newchurch **Booking** Advised **Cost** Free

Contact Barnes Edwards 07947 375682 www.thegarlicfarm.co.uk

B B 19  2 hours 18 miles/29km



SATURDAY 27 SEPTEMBER

53 STORY RIDE

51 CHEVY CHASE OFF-ROAD ENDURO

Test your riding skills and endurance in the saddle in this off-road enduro event, and raise money for disadvantaged and challenging young people on the Isle of Wight with Challenge & Adventure.

Start 12noon Cheverton Farm, near Shorwell **Booking** Essential

Cost £25 donation to Challenge & Adventure, to include timing chip

Contact Challenge & Adventure (01983) 527026 www.challengeadventure.org.uk

C C 05    **WC**  **4 hours**

52 PUMP TRACK

Try the fantastic new pump track at the Mountain Bike Centre. Bikes are available to hire from Challenge & Adventure.

Start 12noon Cheverton Farm, near Shorwell **Booking** Not essential

Cost Donation to Challenge & Adventure

Contact Challenge & Adventure (01983) 527026 www.challengeadventure.org.uk

C C 05    **WC** 

53 PEDAL IN PARKHURST: A STORY RIDE

This is a story ride, in that we ride a bit, stop for a story, ride a bit more, stop again, have another story - and so it goes on. There will be all sorts of tales from all sorts of places. We will start at the car park, and go through the forest on gravel paths, uphill and downhill, stopping at suitable places for stories and finishing back in the car park with heads full of tales and tails full of aches!

Start 10.30am Parkhurst Forest car park **Booking** Advised

Cost Donation to Re-cycle for Africa **Contact** Sue Bailey (01983) 291179

www.thatsanotherstory.co.uk

A A 09    **1½ hours** **3 miles/5km**

54 ROMAN WIGHT

Ride the cycle track from Newport Roman Villa to Brading Roman Villa. Riders can visit the villas independently before and after ride, with an option to visit Brading Roman Villa Forum Café (all at own cost).

Start 11am Newport Roman Villa **Booking** Not essential

Cost Free **Contact** Val Lawson (01983) 298284

B B 15    **2 hours** **10 miles/16km**

SUNDAY 28 SEPTEMBER

55 WEST WIGHT TRIATHLON

With 400m pool swim, 25km cycle along the spectacular Military Road and a 5km flat run. A very friendly welcome and stunning scenery.

Start 9am West Wight Sports Centre **Booking** Essential **Cost** £38 non-BTA members/£35 BTA members/£60 a team **Contact** Clare Griffin (01983) 752168 clare@westwight.co.uk www.westwight.co.uk

B **B** 02 ☕ 🚻 WC All day

56 WAYFARER'S SUNDAY RUN

Join the Wayfarer's Cycle Touring Club weekly outing, meandering through pretty and varied scenery. There will be a tea stop at 11am at a venue to be confirmed.

Start 9am See website for location **Booking** Not essential **Cost** Free **Contact** IW Wayfarers CTC info@cycleisland.co.uk www.cycleisland.co.uk

B **B** ☕ 🚻 🚰 3 hours 20 miles/32km

57 SUNDAY SOCIAL

A relaxed weekly group mountain bike ride meeting. For more information on the route visit the website.

Start 9.30am Bike Shed car park, Merstone **Booking** Not essential **Cost** Free **Contact** GP Sport 07733 363035 www.gpsport.org

B **B** 13 🚰 🚻 3 hours 20 miles/32km

AUTUMN WALKING WEEKEND
24 TO 27 OCTOBER 2014



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58 EARL'S TEA PARTY

Circular route starting from Shanklin, with a mid-way stop at Bevois Farm in Niton for tea and cake - with views of the beautiful countryside. Relaxed group paced ride. Everyone is welcome (under 16s must be accompanied). Mixed terrain. Suitable for hybrid/mountain bikes. Please wear bright colours/helmets.

Start 9.45am registration for 10am start Lidl car park, Shanklin

Booking Not essential **Cost** £5 Donation to Earl Mountbatten Hospice (includes refreshments) **Contact** Fraser McDermott (01983) 866724 or 07790 325527
fraserpaulmcdermott@googlemail.com www.iwhospice.org

B B 21 ☕ 👤 WC 🏠 🌧️ 3 hours 16 miles/26km

59 KIDS' MUDDY PUDDLE RIDE

Loop around Woodside on some of the wettest and muddiest roads on the Island. Come and have fun riding through as many muddy puddles as you can find! Suitable for accompanied children aged up to 10. At the end of the ride all participants will receive a goody bag from Brannons Tea Room.

Start 11am Wootton Recreation Ground car park, off Footways

Booking Essential **Cost** Free **Contact** Simon Richards (01983) 245904 or 07977 464427 *simonrichards14@googlemail.com*

A A 17 👤 🏠 🌧️ 1 hour 3 miles/5km

60 TWEED RIDE

Dress in 1800s or vintage style, and cycle on road from Newport through Carisbrooke and Blackwater before returning to Newport on this family-friendly event. Bring a glass for a champagne toast at the end of the ride.

Start 2pm Church Litten, Newport **Booking** Not essential

Cost Free **Contact** Tom Ransom 07817 018069

A A 15 🍷 🏠 WC 👤 🌧️ 1 hour 6 miles/10km

FESTIVAL TIPS & GREEN ADVICE

Protecting places for people and wildlife
across the Isle of Wight
visit gifttonature.org.uk
to explore our reserves



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- * Ensure your bike is in good working order, if in doubt take it to a local cycle shop to get it checked.
- * Hire a bike; it saves time and you don't need a shed to keep it in.
- * Be aware of traffic on all roads and remember the highway code.
- * Take a mobile phone or some money in case of emergency.
- * Please remember to take your litter home and recycle.
- * Do not disturb any livestock and fasten all gates behind you.
- * Support local businesses and buy locally produced products.
- * Keep with the ride leader and don't leave the group without telling the leader.
- * Ensure you take enough food and drink with you; water is essential whatever the length of the ride.
- * If possible, leave your car at home and cycle to your destination.

GET INTO GEAR & ENJOY YOURSELF!

COMPETITIONS!

WIN A GARMIN EDGE 1000

This advanced GPS bike computer lets you connect, compare and compete through dynamic in-ride challenges and connected features. Pair its competitive side with bike-specific navigation and analysis, and you've got one very sharp Edge.



WIN A THREE NIGHT STAY ON THE ISLE OF WIGHT

The Bike Shed is one of three beautifully converted barn cottages, with wood burning stove, situated in an idyllic location surrounded by open countryside and an area of outstanding natural beauty, ideal for cyclists and walkers.

WIN A DARE2B CYCLING KIT

Mountain sports brand Dare 2b is offering to kit someone out with their fantastic cycling gear, including jersey, jacket, shorts and more! Climb it, slide it, race it, sit on it and run in it. Whatever you do have fun with it!

WIN A SUBSCRIPTION TO WOMEN'S CYCLING MAGAZINE

Whether you commute to work or ride out on roads, trails and hills at the weekend every issue of Women's Cycling magazine includes fitness, nutrition, kit, ride routes and maintenance, plus real life inspirational stories.

WIN ONE OF TEN BUFFS

Buff is the original multifunctional headwear to keep you warm, cool, and comfortable whether you are running, hiking, biking, skiing or waiting for the bus! See page 31.

FOR FURTHER INFORMATION VISIT:

ISLEOFWIGHTCYCLINGFESTIVAL.CO.UK

All competitions close on 31st October 2014. Terms and conditions apply.

Stay over for the really big event!

Come for a cycling festival event and stay a few days, cycle touring on...



Choose from one of three fabulous multi-day cycle routes:

TASTE ROUND THE ISLAND



This 66-mile, gently rolling countryside cycle tour follows our quietest country lanes through stunning scenery and historical villages. Along the route you can stay in quality "Cyclist Welcome" accredited accommodation and stop at a series of "Taste Locations".

These taste experiences allow you to sample irresistible local food and drink at reduced rates if you arrive by bike.

Give yourself three to four days to do the whole route in comfortable meandering cycle mode.



CHALK RIDGE EXTREME



A 50-mile mountain bike challenge over chalk ridges and through wooded valleys. Stay a couple of nights to complete the circular "Round the Island" off-road route.

Climb to the top of the Island's hills for panoramic views across the Solent and out to the channel.





RED SQUIRREL TRAIL



A family friendly ride mostly on traffic-free cycleways and former railway lines.

Follow this wildlife themed trail coast to coast across the Island. After a day's easy riding, stay a night or two beside the sandy beaches of the coastal "bay area".

Great for families or those new to cycling. Look out for our illusive native Red Squirrel in the woods and hedgerows en route.



Move my bag?

Choose to go "fully loaded" with your luggage on board, or take it easy and have your bags transferred ahead of you each day.



An overnight cycle tour? Camp or stay in "Cyclist Welcome" accredited B&Bs or hotels on your chosen route.

To answer all your questions and plan your extended cycle event, go to

www.visitisleofwight.co.uk

GENERAL INFORMATION



Cycling Festival

(01983) 821000

www.isleofwightcyclingfestival.co.uk

Isle of Wight Council

(01983) 821000

www.iwight.com

Accommodation and enquiries

Isle of Wight tourism services

(01983) 813813

www.visitisleofwight.co.uk

Travel to the Island

Via Portsmouth & Lymington

Wightlink 0871 376 1000

www.wightlink.co.uk

Via Southampton

Red Funnel 0844 844 9988

www.redfunnel.co.uk

Via Southsea

Hovertravel 08434 878887

www.hovertravel.co.uk

Train operator

Island Line 0845 6000 650

www.islandlinetrains.co.uk

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www.buffwear.co.uk

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www.clifbar.com

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www.cyclewight.org.uk

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www.dare2b.com

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www.garmin.co.uk

MBR Magazine

www.mbr.co.uk

Wight Cycle Hire

www.wightcyclehire.co.uk

Wight Mountain

www.wightmountain.com

Women's Cycling Magazine

www.womenscyclinguk.co.uk

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