

ISLE of WIGHT END to END 100km AUK PERMANENT EVENT

Unless you live on the Isle of Wight this event starts by using the ferry from Lymington to Yarmouth to cross the Solent. Bicycles go free. The event route (and the clock) starts from the Yarmouth ferry terminal with a short warm up to the Needles. Don't rush the few easy climbs on the way to Alum Bay where the only proper climb on the route takes you to the Needles. This is a private road on which you should give way to coastguard vehicles and most certainly to a double deck 'Breezer' bus should you meet one on its way down. From the Control you descend again and continue along the southern side of the island to complete the IoW End to End at Bembridge lifeboat station. From here it is easy cycling on the north of the island to return to Yarmouth.

YARMOUTH FERRY TERMINAL is the written route sheet start / finish location but you may use any Control as your start point. Car parking at the ferry terminal is charged. Free street parking can be found in Lymington south of the High street but you will have to search it out.

YARMOUTH CONTROL is at the Ferry Terminal just beyond the disembarkation point. There are Public toilets in the Ferry Terminal building.

NEEDLES BATTERY CONTROL is at the 2nd former gun emplacement

CHALE GREEN CONTROL is at the T junction - Town Lane into Appleford Rd (33.4km on route sheet)

COWES CHAIN FERRY CONTROL is at the chain ferry on the east side before you board the ferry

BEMBRIDGE LIFEBOAT STATION CONTROL is at lifeboat station shop.

Car parking at the Lymington ferry terminal is charged. There is free street parking in Lymington less than 2km from the ferry terminal

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Stage 1 – warm UP to the Needles		
km	Event START CONTROL is Yarmouth Ferry terminal	km
	Leave ferry and 2nd exit at O (sp TOTLAND) A3054	
4.0	SO (2 nd exit) mini O (sp Alum Bay) A3054	4.0
0.5	2nd exit O (sp Alum Bay) into Church Hill	4.6
2.5	At Alum Bay car park keep L (sign Public footpath only / National Trust)	7.1
1.3	Keep L (don't fork R to Old Needles Battery)	8.4
0.4	Keep R (small sp Needles Viewpoint) onto concrete road to CONTROL in 2 nd former gun emplacement	8.8

Stage 2 – Isle of Wight end-to-end - undulating		
	Retrace from checkpoint thro' Alum Bay and	8.8
2.6	1st R (no sp) into Alum Bay Old Rd	11.4
	Continue thro' Freshwater on Military Rd	
12.7	L (sp Brighstone) into Grange Road	24.1
1.2	R at T (sp Shorwell)	25.3
3.1	R at mini O (sp Chale) B3399	28.4
3.6	R at X (sp Chale)	32.0
1.5	L at T (sp Godshill) & CONTROL at this junction	33.4
2.5	SO at X (sp Godshill) into Beacon Alley	36.0
1.7	R at T (sp Whitwell) and immediate L (no sp) into Merryl Lane	37.6
0.6	Keep R at fork (no sp)	38.2
0.5	R at T (no sp) beside Griffin PH	38.8
1.3	1st L (WoB sp) into Lessland Lane	40.0

2.7	SO at X (WoB sp) into Watery Lane	42.7
0.4	1st R (sp Winford) and (WoB sp)	43.0
0.5	SO (R/L) over stg X (WoB sp) into Forest Rd	43.5
0.9	L at T (sp Alverstone) and (WoB sp)	44.4
2.5	Over cobbles & L (sp Brading) into Adgestone Quiet Rd	46.9
2.5	R at T (sp Brading)	49.5
0.1	R at T (sp Through traffic A3055) opposite church	49.6
0.3	SO at X (TLs) over A3055 (sp Bembridge) B3395	49.9
1.0	SO at mini O (sp Bembridge)	50.9
4.0	SO at mini O (sp Bembridge)	54.9
0.6	R on LH bend (sp Lifeboat View) into Lane End Rd	55.5
0.9	Keep SO to L of lifeboat station to reach waterfront and L into CONTROL - Lifeboat station shop	56.3



L = left : R = right : SO = straight on : X = cross roads : T = tee junction : O = roundabout : TLs = traffic lights
 CG = cattlegrid : sp = signpost : WoB sp = white on blue cycle route signpost

Route sheet distances are in kilometres Left column is instruction to instruction distance Right column is cumulative distance travelled

Stage 3 – Cowes ferry and back to Yarmouth - easy finish

0.8	Retrace and R at T (sp Bembridge Village Centre)	57.2
0.7	L at T and immediate R (sp Ryde)	57.8
2.8	L at mini O (sp Brading)	60.6
2.4	R at T (TLs) (sp Ryde) onto A3055	63.1
1.1	1st L (sp Ashey) into Harding Shute	64.1
1.6	R at T (sp Ashey)	65.8
1.1	R at T (no sp) and	66.9
0.1	1st L (no sp) into Deacons Lane	67.0
2.1	L at mini O (sp Havenstreet)	69.1
1.5	L at T (sp Havenstreet)	70.5
0.4	1st R (sp Wootton) & (WoB sp) into Firestone Copse Rd	71.0
2.2	L at T (sp East Cowes)	73.2
1.0	R at X (TLs) (WoB sp) into Church Rd	74.2
0.5	L into Footways, immediate after Rectory Drive on R (WoB sp)	74.7
0.3	L at T & immediate R (WoB sp) into Brocks Copse Rd	75.0
2.4	R at T (Wob sp) and	77.4
0.1	1st L (WoB sp) into Beatrice Ave	77.5
1.0	R at T (Newport) and immediate L (no sp)	78.5
1.0	L at X (WoB sp) into Victoria Grove	79.5
0.5	L before Methodist church into Yarborough Rd (WoB sp)	80.0
0.2	R at T (WoB sp)	80.3
0.4	L at T to chain ferry and	80.7
0.2	CONTROL before boarding chain ferry	80.8
	Cross to West Cowes on chain ferry	

0.1	1st L (no sp) into Bridge Rd	81.0
0.3	SO at mini O (sp Cowes Town Centre) and	81.3
0.1	L at T (no sp)	81.3
1.2	R (3rd exit) at O (no sp)	82.5
0.6	L at T (sp Newport) B3355	83.1
0.3	1st R on LH bend (no sp) into Pallance Rd {6' 6" sign}	83.5
1.8	L at mini O (sp Thorness)	85.2
8.0	R at T (sp Yarmouth)	93.2
6.8	L at O (sp Totland) and 1st R (sp car ferry)	100.0
	FINISH CONTROL is Yarmouth Ferry terminal	
0.3	Board ferry for Lymington (or if an loW resident you may stay on the Island)	100.3

You may start this event from any control, but the route sheet is written for a start from Yarmouth based on a Lymington to Yarmouth ferry crossing for non-residents to reach the Island.

There is no additional charge for bicycles on the loW ferry, but you should pre-book your travel tickets.

There is a charge for foot passengers or bicycles on the Cowes chain ferry. if you want to have a break before the halfway point at Bembridge there is a good café at Chale Green (33.4km on route sheet) or just after Bembridge on the coast as you leave the village.

There are pubs and cafes in Yarmouth, and snacks and drinks are sold on the ferry.