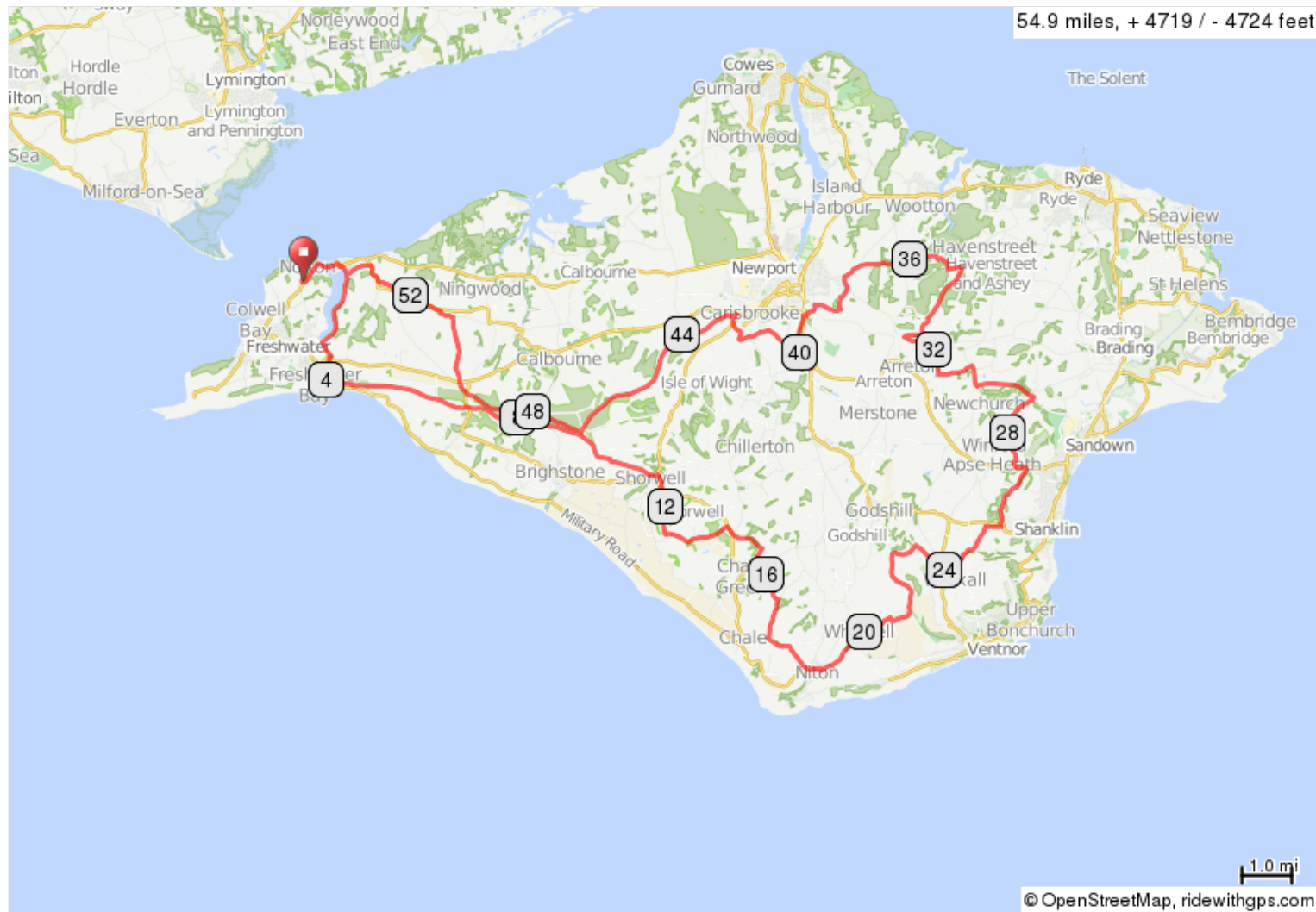


55 Mile, Chalk Ridge Extreme Mountain Bike Trail (Black Grading)



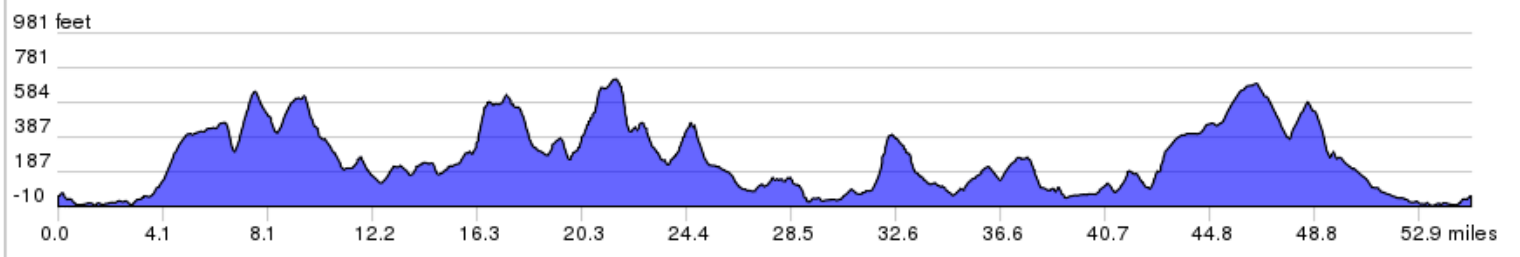
This 55 Mile, extremely challenging Mountain Bike Route comes from the Bike Island website.

Starting and ending at the West Bay Club, this 55mile circular mountain bike route has been called the “off road round the island cycle route”.

It follows some of the country’s most stunning chalk ridge single track and downhills and features some challenging climbs and fast descents.

Mostly on bridleways and byways open to all traffic, this route can be hit hard over a day or spread out for longer so you can stop and enjoy the stunning scenery from the tops of the three major downs that you climb.

If you are up for the challenge, then this route is a must!



55 Mile, Chalk Ridge Extreme Mountain Bike Trail (Black Grading)

1.	0.0	0.0	▀	Start of route
2.	0.1	0.1	▀	Starting at the West Bay Club, follow one way system to site exit
3.	0.2	0.1	←	L onto Halletts Shute/A3054, take care when exiting, be aware of traffic coming for the R
4.	1.0	0.9	↑	Exit the roundabout onto River Rd/A3054
5.	1.2	0.1	→	R onto Mill Rd
6.	3.3	2.2	←	sharp L onto Newport Road, B3399
7.	3.3	0.0	→	R onto Manor Road
8.	3.6	0.2	←	slight L onto Southdown Road
9.	3.9	0.4	→	sharp R onto Southdown Road
10.	3.9	0.0	←	slight L
11.	4.5	0.6	↑	Continue onto Tennyson Trail, F33, please keep to the path

4.5 miles. +347/-124 feet

25.	12.2	0.1	→	slight R onto SW17a, SW17a
26.	12.6	0.4	←	L onto Dungewood lane
27.	12.8	0.2	↑	Continue onto SW56, SW56
28.	13.9	1.1	→	R onto Kingston Road, B3399
29.	14.1	0.2	←	slight L onto Ashbridge Lane, SW41
30.	14.8	0.7	←	L onto C32a
31.	14.8	0.0	↑	Continue onto C32
32.	15.2	0.4	←	L onto Appleford Road
33.	15.6	0.4	→	R onto Appleford Ln
34.	18.4	2.9	←	L onto Church Street, A3055
35.	18.5	0.1	→	R onto High Street, A3055
36.	18.5	0.0	←	L onto Rectory Road
37.	18.7	0.2	→	R onto Town End

6.6 miles. +670/-526 feet

12.	6.0	1.5	↑	Continue onto Tennyson Trail
13.	6.5	0.6	△	Steep down hill on rutted terrain
14.	6.9	0.3	↑	Cross road onto to path opposite
15.	8.5	1.6	↑	Continue onto Lynch Lane
16.	8.5	0.0	→	R
17.	9.6	1.1	→	slight R
18.	11.0	1.4	←	L onto Walkers Lane, B3399
19.	11.2	0.2	→	R onto Farriers Way, B3399
20.	11.2	0.1	↑	Continue onto Farrier's Way, B3399
21.	11.4	0.2	←	slight L onto Sandy Way, B3399
22.	11.6	0.2	→	sharp R
23.	11.8	0.1	→	R onto SW19, SW19
24.	12.0	0.3	→	sharp R onto SW19

7.6 miles. +660/-903 feet

38.	18.9	0.2	↑	Continue onto NT18
39.	19.2	0.3	↑	Continue straight onto Ashknowle Lane
40.	19.8	0.5	←	L onto Ventnor Road
41.	19.8	0.0	→	R
42.	19.9	0.2	→	R onto NT15
43.	20.3	0.4	→	slight R
44.	21.2	1.0	←	slight L onto GL48
45.	23.6	2.3	←	L onto Appuldurcombe Road
46.	23.8	0.2	→	R onto Saint Johns Road, B3327
47.	24.0	0.2	←	L onto Station Road
48.	25.6	1.6	→	R onto NC39
49.	26.6	1.0	←	L
50.	28.4	1.8	→	R onto Skinners Lane

9.7 miles. +978/-1111 feet

51.	29.2	0.8	←	L onto Sandown to Newport Cyclepath
52.	30.4	1.2	→	sharp R onto The Shute
53.	30.5	0.1	↑	Continue onto Langbridge
54.	32.4	1.9	→	sharp R onto A11
55.	32.4	0.0	←	sharp L onto Downs Road
56.	32.8	0.4	→	sharp R onto N90
57.	34.8	2.0	←	sharp L onto Main Road
58.	36.2	1.5	←	L onto Blacklands Lane
59.	37.1	0.9	←	slight L onto Staplers Road
60.	37.5	0.4	←	L onto Landscape Lane
61.	37.6	0.1	←	slight L onto Long Lane
62.	37.7	0.1	→	sharp R onto Buckbury Lane, N204
63.	39.1	1.4	→	R onto St Georges Lane

10.7 miles. +783/-742 feet

77.	51.4	0.3	←	L onto B3401
78.	51.9	0.4	↑	Continue onto Thorley Street, B3401
79.	52.5	0.6	→	R onto Tattels Lane
80.	52.5	0.1	←	L onto Y5
81.	52.8	0.3	→	R onto Thorley Road, B3401
82.	53.1	0.3	↑	Continue onto Thorley Bridge, B3401
83.	53.2	0.0	↑	Continue onto Thorley Road, B3401
84.	53.3	0.1	←	slight L onto Freshwater to Yarmouth cyclepath
85.	53.7	0.5	↑	Continue onto Freshwater to Yarmouth cyclepath
86.	53.7	0.0	→	slight R
87.	53.9	0.1	↑	Continue onto Mill Road
88.	54.0	0.1	←	L onto River Road, A3054
89.	54.1	0.1	←	slight L onto A3054

3.0 miles. +29/-99 feet

64.	39.1	0.0	←	L onto St Georges Way, A3020
65.	39.1	0.0	←	slight L onto Shide Road
66.	39.2	0.0	←	L onto Sandown to Newport Cyclepath
67.	40.5	1.3	→	R onto Marvel Lane
68.	41.1	0.7	←	L onto Nunnery Lane
69.	41.8	0.6	←	slight L onto Whitcombe Road
70.	41.9	0.1	→	slight R onto Froglands Lane
71.	42.4	0.5	←	slight L onto Clatterford Shute
72.	43.8	1.4	→	slight R onto Tennyson Trail
73.	46.1	2.3	↑	Continue onto Tennyson Trail, BS4
74.	47.0	0.9	→	R
75.	50.4	3.4	←	slight L onto S21
76.	51.1	0.7	←	L onto Wellow Top Road

12.0 miles. +1076/-1019 feet

90.	54.1	0.0	↑	Exit the roundabout onto A3054
91.	54.9	0.8	→	R into the West Bay Club to finish the Route
92.	54.9	0.0	▀	End of route

0.9 miles. +53/-8 feet