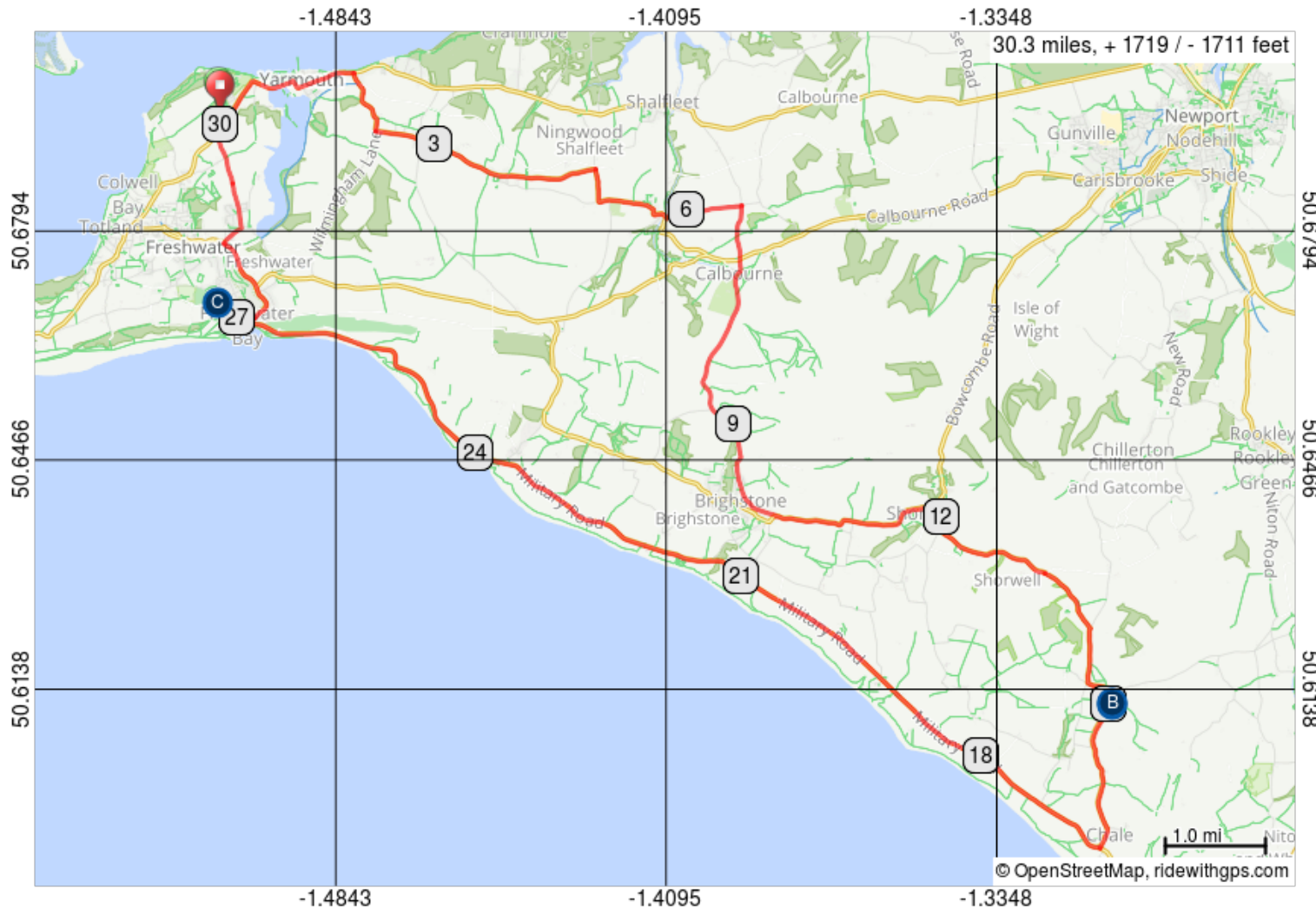


# 30 Miles with a Cafe stop at Freshwater Bay

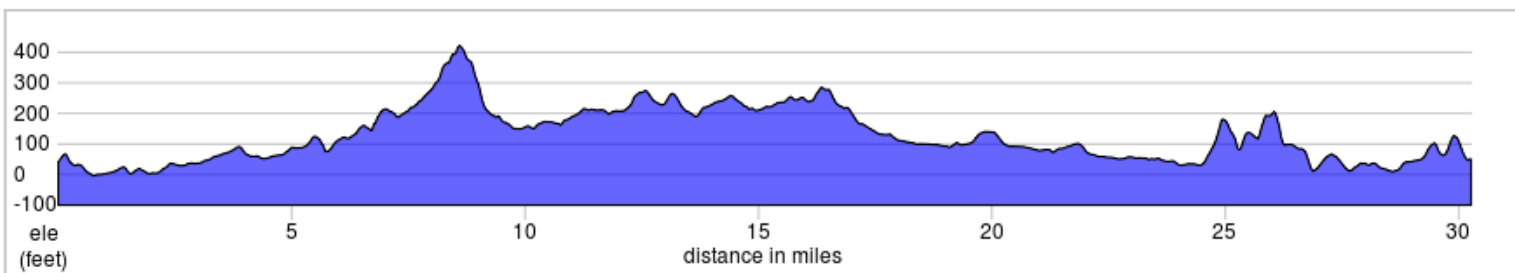


This is a great 30 miles across the South Coast of the Island. This ride heads across to Chale Green where you will find a cycle friendly cafe if required. The ride then takes in the famous Military Road perfect for a FTP test or short 20 minute time trail.

At Freshwater Bay there is a cafe stop if wanted at the popular Piano Cafe.

In this 30 mile ride you will take in some of the most amazing views in the West Wight.

- A. Chale Green Cafe
- B. Tool Station
- C. Piano Cafe



### 30 Miles with a Cafe stop at Freshwater Bay

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	▶	Start of route	0.1
2.	0.1	0.1	←	Leave the West Bay Club Via the one way and take care leave the site, this is a busy main road	1.6
3.	1.7	1.6	→	R onto Thorley Road	0.7
4.	2.4	0.7	←	L onto Thorley Street and follow the road	2.6
5.	5.0	2.6	→	At the end of this road take a R and follow the road	0.8
6.	5.7	0.8	←	L onto Quarry Lane and climb the hill follow the lane and R at the cross roads	1.3
7.	7.1	1.3	↑	Busy main road, take care crossing, then follow the road though Brightstone forest	2.5
8.	9.5	2.5	↑	Continue onto Upper Lane and follow the road	2.3

9.5 miles. +623/-491 feet

Num	Dist	Prev	Type	Note	Next
17.	29.9	0.2	→	R onto Halletts Shute and head back towards the West Bay Club	0.4
18.	30.3	0.4	▣	End of route	0.0

0.6 miles. +2/-79 feet

Num	Dist	Prev	Type	Note	Next
9.	11.8	2.3	→	At the Shorwell Crown Inn Pub mini roundabout and head around to the R	3.1
10.	14.9	3.1	←	L onto Chale Green and head towards Blackgang	1.6
11.	16.5	1.6	→	R onto Military Road and follow all the way to Freshwater Bay taking in the amazing views	10.3
12.	26.9	10.3	↑	Cafe Stop at the Piano Cafe	0.8
13.	27.7	0.8	←	L onto Afton Rd/A3055	1.0
14.	28.7	1.0	↑	At the roundabout, 2nd exit onto Hooke Hill	0.2
15.	28.9	0.2	←	L onto Copse Ln	0.7
16.	29.7	0.7	↑	Continue onto Pixley Hill	0.2

20.1 miles. +769/-910 feet