

## Cycling Safety

The ride makes extensive use of the Red Squirrel Trail – a network of traffic-free cycle paths that are popular with cyclists and walkers. Please ride in a way that is considerate to other trail users.

- Travel at a speed appropriate to the conditions and ensure you can stop in time.
- Be courteous and patient with other path users who are moving slower than you.
- Ring a bell well in advance if approaching people from behind
- Slow down as needed when space is limited or if you cannot see clearly ahead.
- Take particular care at junctions, bends and road crossings where people could appear in front of you without warning.

## Checkpoints

### RSPCA Animal Centre

Open 09:15-17:00  
Toilets, water refill, tea, coffee & cakes. Collect medal here.

### Quarr Abbey

Open 09:30-12:30  
Toilets, water refill, refreshments

### Fishbourne (Wightlink Terminal)

For riders arriving by ferry only  
Open 09:15-10:50  
Toilets

For any questions/emergencies

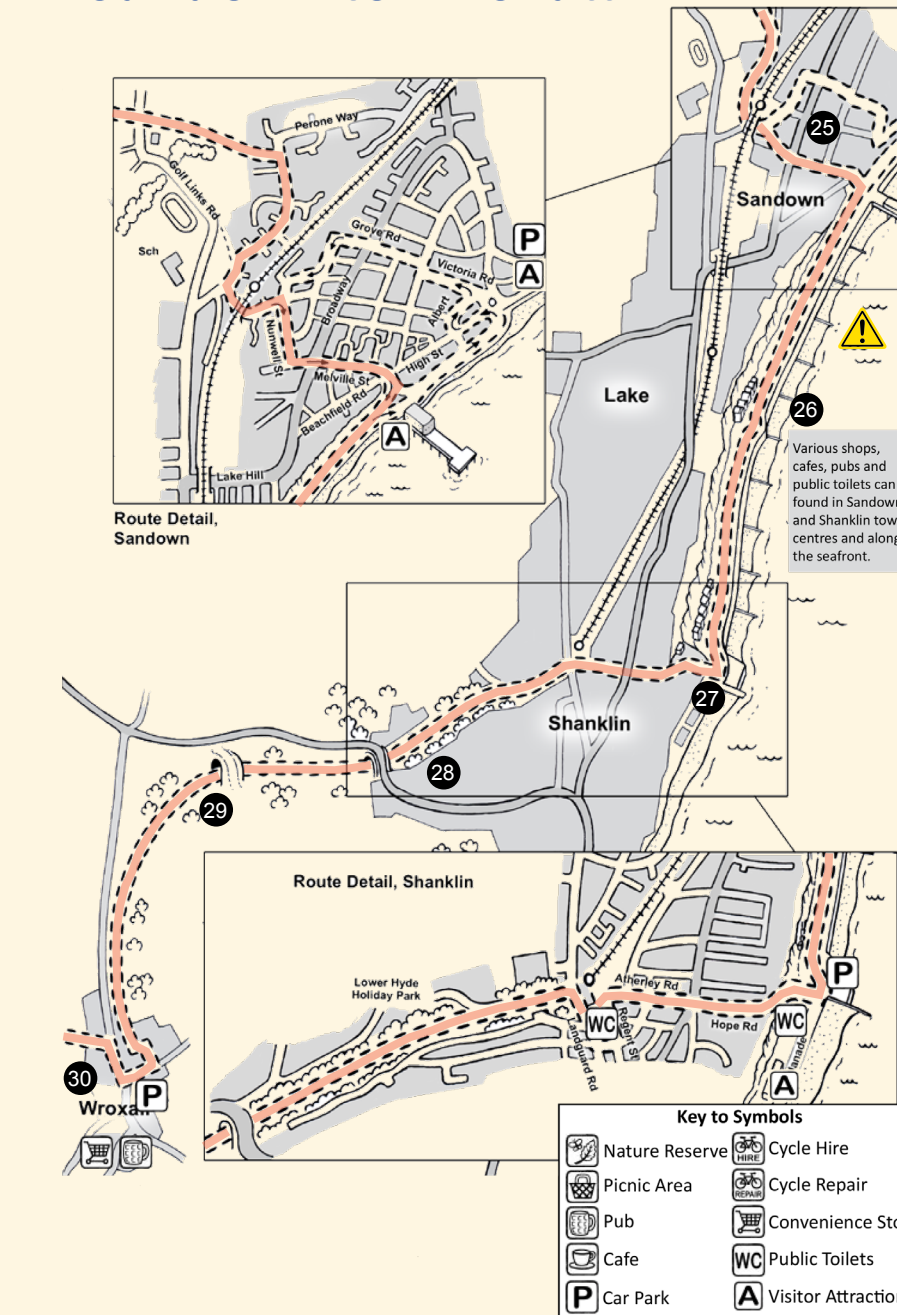
call 01983 840287

## 6. Brading to Sandown

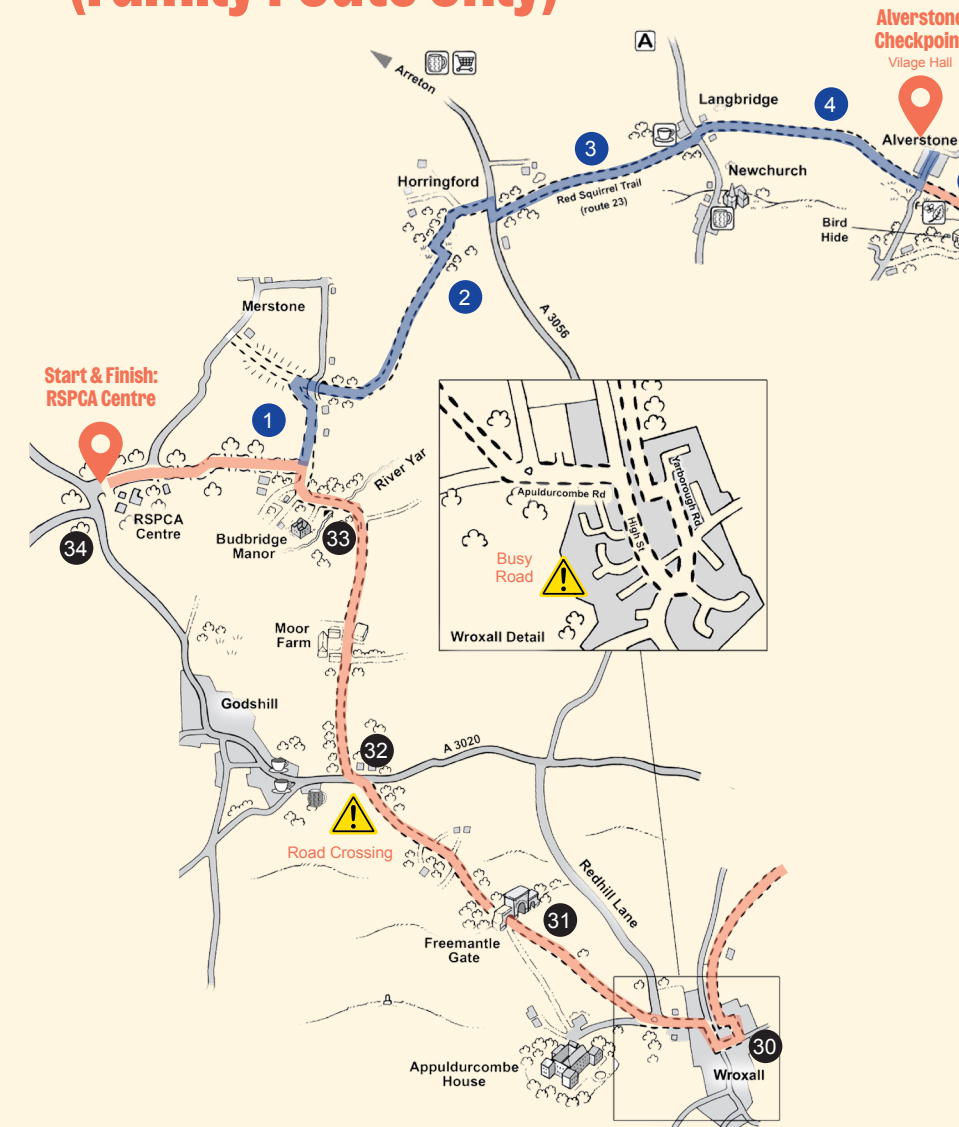


Sandown Beach

## 7. Sandown to Wroxall



## 9. Merstone to Alverstone (Family route only)



## 8. Wroxall to Merstone

# Red Squirrel Ride



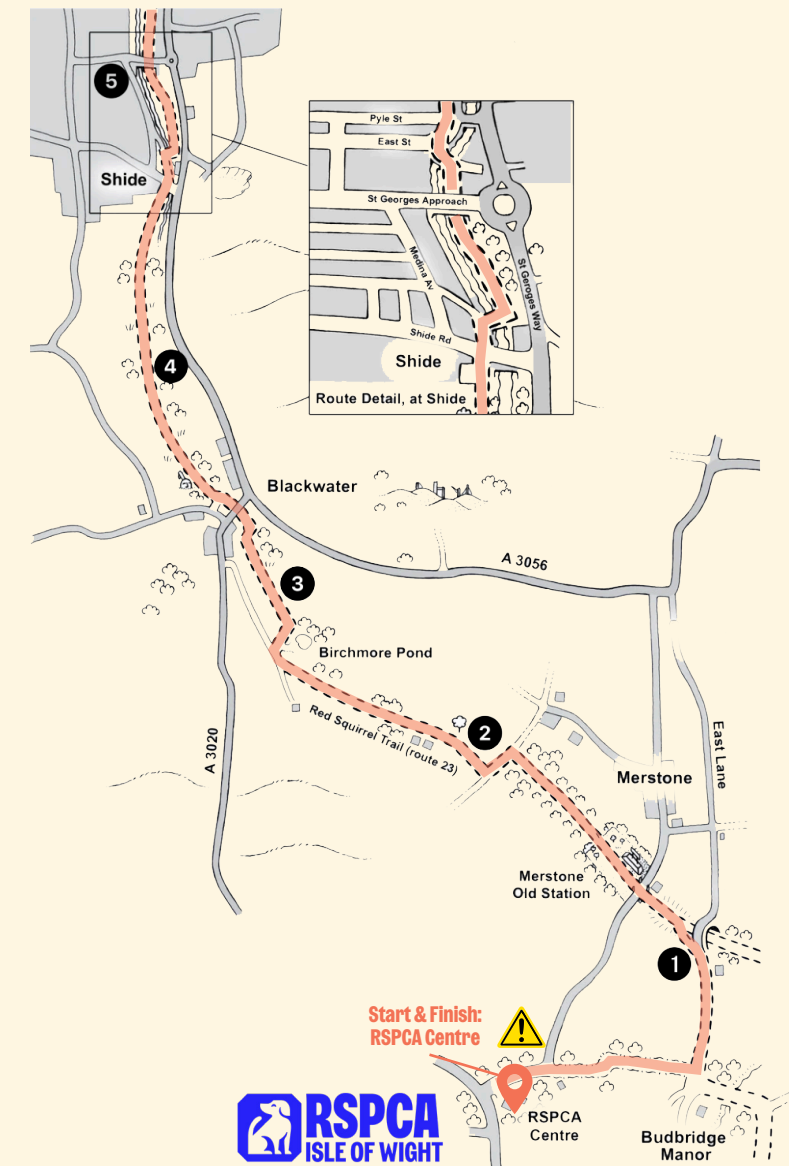
Join us this autumn on a traffic-free bike ride along the Island's old railway paths and cycle trails.



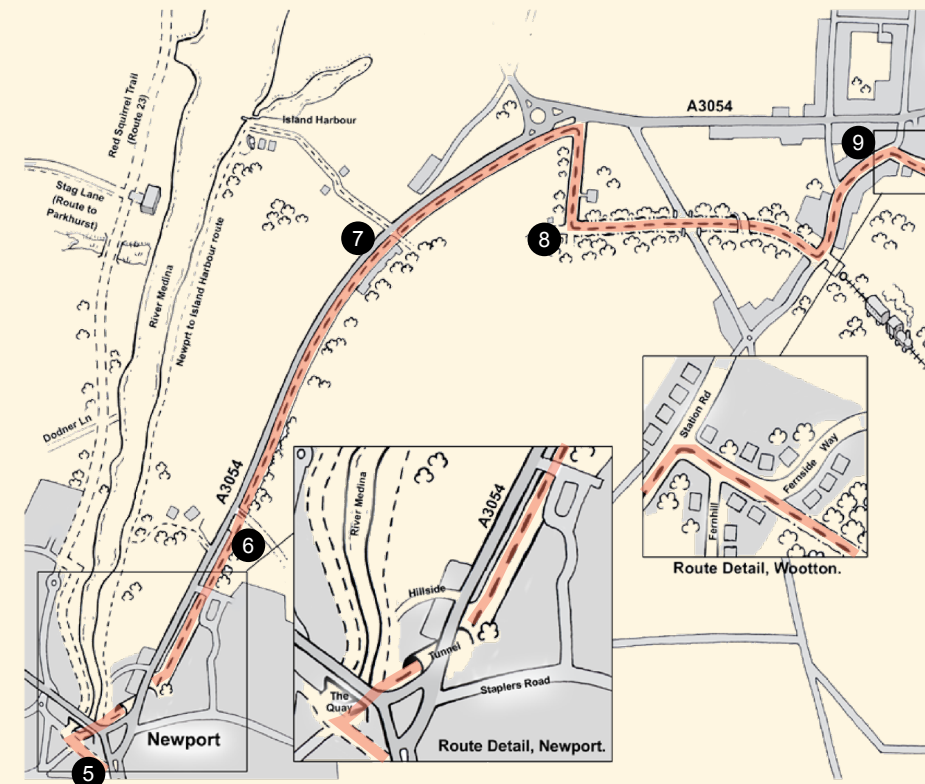
[rspca-isleofwight.org.uk](http://rspca-isleofwight.org.uk)



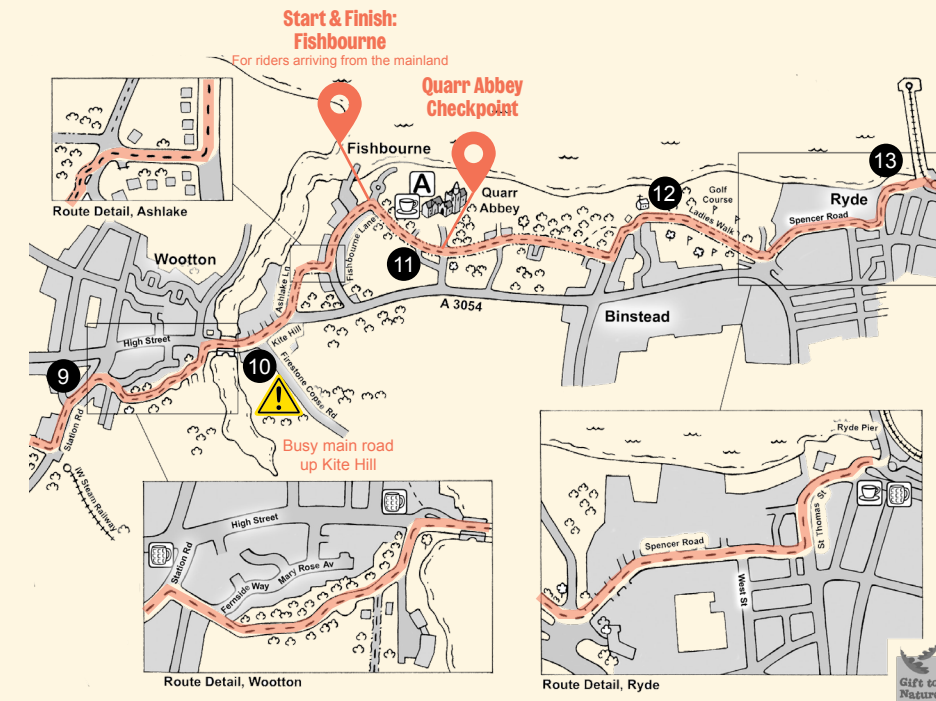
# 1. Merstone to Newport



# 2. Newport to Wootton



# 3. Wootton to Ryde

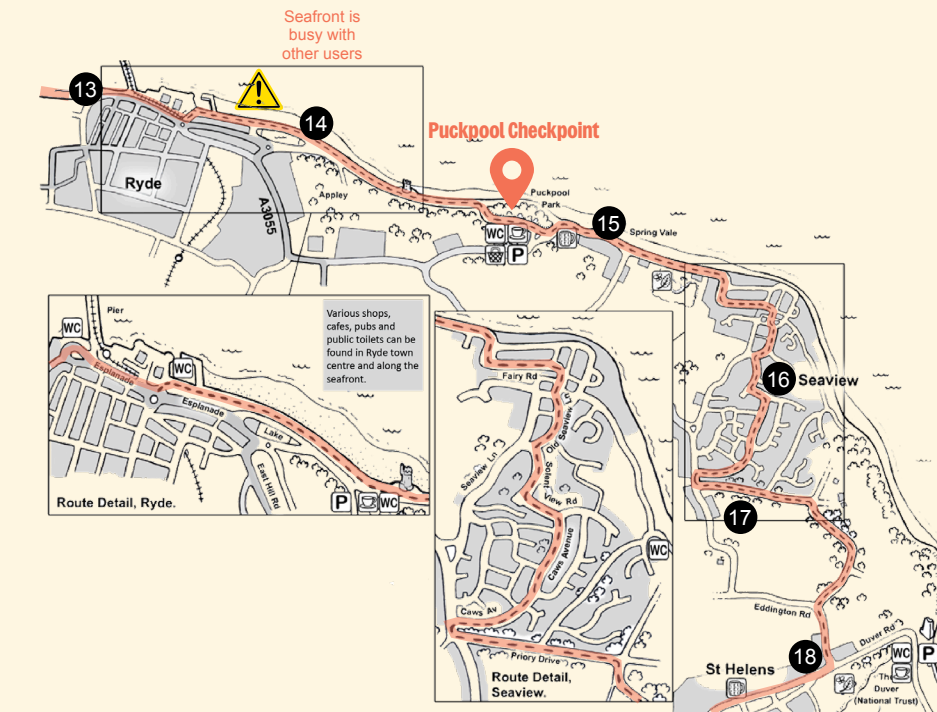


We recommend the Wightlink car ferry from Portsmouth to Fishbourne for mainland cyclists. The Quarr Abbey checkpoint is just a few minutes' ride from the ferry terminal.

Travel on the 08:40, 09:20 or 10:00 ferries from Portsmouth.

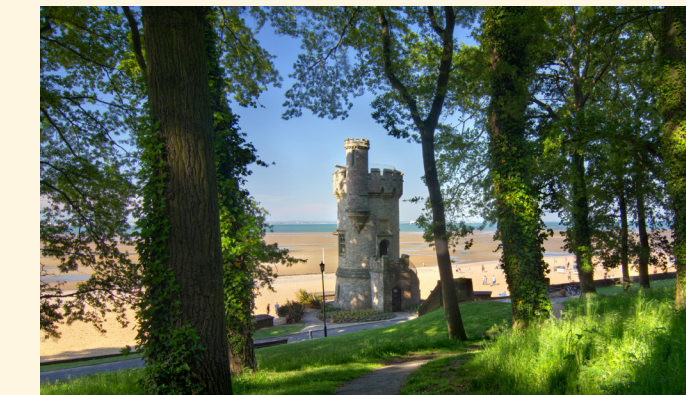
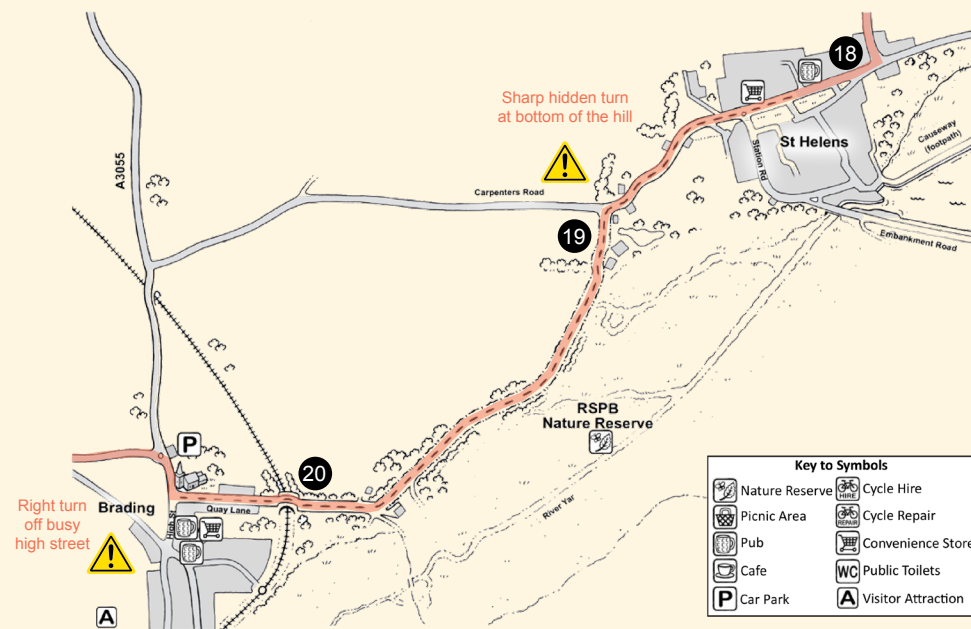


# 4. Ryde to St Helens



Quarr Abbey

# 5. St Helens to Brading



Appley Tower, and seafront cycle path, Ryde

Key to Symbols	