

BE A



Experience sustainable transport

6 SEAVIEW, ST HELENS & BEMBRIDGE ITINERARIES

Isle of Wight

It's easy to explore the Isle of Wight using sustainable transport. Here are a few ideas for fun local days out – no car required!

RIDE BACK IN TIME



1 Your lucky number's 8 – as the Southern Vectis route 8 bus runs every hour between Bembridge, St Helens and Seaview. It then continues onto Ryde, the town on the beach, where you can shop, sunbathe or change buses to explore another part of the Island. While you're in Ryde, we recommend a trip to the **Isle of Wight Bus & Coach Museum** (pictured) – it's fun, free and kids will love clambering around the vintage vehicles.

💡 Jump on an **Island Coaster bus** at Ryde and head for glorious Yarmouth, Freshwater and the world-famous Needles. The ticket's valid for 24 hours and costs £10. You can hop on and off as much as you like.

iwbusmuseum.org.uk

SEASIDE STROLL



2 **From Seaview:** stroll to Ryde along the coastal path, and enjoy fantastic views across to Portsmouth and Southsea. You can see what the weather's like on the mainland – it's often raining while it's sunny on the Island!

From St Helens: go on a little jaunt along the causeway, over the Old Mill Pond, and through the Duver ('Duver' is a local word for 'sand dunes'). At the end of the beach, you'll see the picturesque remains of St Helen's Church, built around 1200.

From Bembridge: walk along the Bembridge Trail all the way to Newport, our 'capital' town. This 16km route skirts around Bembridge Airport and takes you through idyllic countryside.

💡 At Bembridge Airport, stop off **The Propeller Inn**, which is a handy refuelling point for hungry walkers. You might bump into Sir Alan Sugar, who's a regular when he's on the Island.

FISHING AROUND



3 Many people come to the Island for sailing – but if your budget doesn't stretch to a super yacht, then head for Ryde and hire a swan pedalo for some family fun on the **boating lake**. Alternatively take to the water at Bembridge Harbour, where you can take lessons in sailing, stand up paddleboarding and all the latest water sports with **Tackt-Isle Adventures**. You can also try your hand at fishing with local charters, or if you would rather let someone else do all the hard work, then go to **The Best Dressed Crab** (pictured), where they sell locally caught fish straight from the boat.

💡 Brading Marshes is one of the best places for wildlife in the UK, according to the RSBP. Take a bird book and look out for rare species including the Little Egrets, dainty white herons that stir up fish fry from the mud with their feet.

tackt-isle.co.uk | thebestdressedcrabintown.co.uk

SUSTAINABLE EAST WIGHT



A Nearest train station: Island Line
Ryde Esplanade or Brading
Telephone 0871 200 4950
southwesttrains.co.uk/island-line

C Nearest bus stations: Southern Vectis
Seaview – Caws Avenue
St Helens – Vine Inn
Bembridge – Crossway
Telephone 01983 827 000
islandbuses.info


B Cycle hire: Tackt-Isle Adventures
Woodnutts Yard, The Duver,
St Helens PO33 1YB
Telephone 01983 875542
tackt-isle.co.uk



ALL ABOARD...



4 Head for Brading Station where you can hop on the Island Line and travel through unspoilt countryside in vintage London tube trains. You can either go to Shanklin (with its Old Village and historic thatched pubs) or Ryde Pier Head (the train takes you right along the pier where you can stop for a Costa Coffee before heading back). At Smallbrook Junction you can connect to the **Isle of Wight Steam Railway** where you'll be taken on a nostalgic trip back in time in vintage Victorian and Edwardian carriages staffed by liveried guards. At Havenstreet, interactive exhibitions will tell you all about the history of the Island's steam trains.

 There used to be several railway tracks crossing the Island which are now easy to navigate paths for walkers and cyclists. Check out the **Red Squirrel Trail** (there are signs from Shanklin Station).


iwsteamrailway.co.uk

WALKIES



5 The Island is a dog-friendly paradise. Dogs are allowed on the beaches at Bembridge and St Helens all year round. Seaview has some restrictions during the summer months, but only on parts of the beach, giving your dog VIP access to the quieter and safer end of the surf.

For a lovely walkies, go on a short stroll from Bembridge High Street up to **Bembridge Windmill**, where you can explore the 300-year-old National Trust landmark. From here, you can join the Culver Trail, which takes you on an exhilarating cliff top walk over Bembridge and Culver Downs, with spectacular views over Sandown.


 At the very top of Culver Down, you'll find **The Culver Haven Inn**, a welcoming pub which is very popular with walkers, cyclists and dogs!

BICYCLE ISLAND



6 The Isle of Wight is known as Bicycle Island due to the many amazing trails for cyclists of all ability. There are over 200 miles of cycle tracks, from flat, family-friendly routes to extreme trails over chalk ridges. From Seaview, St Helens or Bembridge you can join the **Taste Round the Island Cycle Route**, which incorporates gourmet stop-offs along the way.

If you haven't brought your wheels with you, then try **Tackt-Isle** or **Wight Cycle Hire** and rent bikes and all the accessories.

 Hire leg-saving electric bikes from **Red Squirrel Electric Bikes** – you'll get your cycles delivered to your accommodation, and then you can tour the Island without breaking into a sweat when you see the hills...

nutsnotto.co.uk | visitisleofwight.co.uk/inspiration/bicycle-island