The Sunshine Trail

The Sunshine Trail is a 12 mile (19.6 km) circular cycle route including a section of the Newport to Sandown route 23 cycleway and introducing new off road links. The trail circles an area which has the highest amount of sunshine in the country, and is based around Shanklin, Lake and Sandown Island Line stations. Though largely flat, the trail also has a challenging off road mountain bike section which is marked on the map.

You can join the route at any point and choose your direction. Just follow the Sunshine Trail logo and look out for the additional traffic signs which will help you along the way.

The route offers a variety of surfaces, existing bridlepaths, old railway tracks, magnificent views, an amazing Capability Brown designed gateway, industrial architecture, towns, villages, wildlife spotting points, picnic areas and specially designed benches to rest your limbs. Please be aware of the countryside around you, follow the countryside code and always look after yourself.

The Sunshine Trail information points at Sandown and Shanklin stations and the five sculptures along the route have been designed by Island artist Steve Baxter

- Helpful telephone numbers
  Tourist information Tel: 01983 813818
  Island Line Ltd Tel: 01983 562492
  Island 2000 Trust Tel: 01983 822118
  Southern Vectis Bus Tel: 01983 523831
  Wight Offroad (for mountain bike hire, delivery and pick up from any point on the Island) Tel: 01983 730120 / 07745 95 11 50

Sandown Community Partnership

maps by Alan Rowe, Potting Shed Cartoons 2004