

Round Portsea Island Ride

16 miles / 26km
8 miles / 13km



Portsmouth

the waterfront city

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Food and Drink

Why not visit the Yellow Kite Café for some delicious local, fairtrade food and drink? The Yellow Kite Café can be found at the D-Day Museum until it moves to its new home at Southsea Castle in 2011.

When you reach point 6 on the long ride, you can take a detour into Cosham where there are a range of cafés and eateries.

Victoria Park (point 9) has a great café and a play area.

At point 10 you can visit Gunwharf Quays' many cafés and restaurants, or you could stop at the A-bar on your way through to Lombard Street.

Useful Information

Nearest Railway Station

Portsmouth Harbour: 3 miles from starting point
Portsmouth and Southsea: 2½ miles from starting point
Fratton: 2½ miles from starting point

Rail Enquiries: 08457 484950

What to take with you

Lock, a snack/energy bar and drink, money, spare inner tube, puncture repair kit and pump. Waterproofs and lights dependent on weather and time of day.

Contact the Visitor Information Service for details of local Bike Shops and Bike Hire.

Public Toilets are marked on the map

Parks

Why not have some fun en route at one of several BMX type courses dotted around the city?

Southsea Skate Park, Bransbury Park, Stamshaw Park and Kingston Rec all have such facilities.

There are also several play parks along the route such as:

Canoe Lake, Bransbury Park, Hilseea Lido, Stamshaw Park, and Southsea Common

bike 4 life

Why Cycle?

Whether you live in the area or not you may be surprised what the landscape reveals to you.

Cycling lets you explore at your own pace – you can stop and admire the view, watch the birds, have a picnic or take photos.

Regular cycling can help you increase your fitness levels

Increasing motor traffic is the cause of congestion and pollution. Cycling by contrast is quiet, non-polluting and fun. By visiting this area by bike you are helping to reduce the damage caused by cars, as well as having a great day out.

Safety First

- Don't forget to take care and be as safe as possible to enjoy your ride.
- Your bike should be roadworthy
- Pedestrians, horse riders and other cyclists will appreciate a warning when you are approaching from behind.
- You are advised to wear a cycle helmet
- Follow the Highway Code
- Follow the Country Code
- Lock your bike when you leave it
- Where the ride joins the road watch out for traffic.

Healthy Pompey is part of the Change4Life movement. In order to maintain a healthy weight we need to both eat well and move more. Many families are making changes that will help them to live healthier and longer lives. For more information log on to www.healthypompey.com or call 023 9284 1560

Portsmouth Visitor Information Service

We have two centres in Portsmouth. One is by the entrance to the Historic Dockyard and the other is on Clarence Parade on the seafront. We offer a range of services including: information on local attractions, events, entertainment and transport; discount tickets and vouchers for local attractions; accommodation bookings; sale of local gifts, maps and publications; local theatre bookings. The Hard centre is open 7 days a week 9.30am-5.15pm (Closed Christmas Day and Boxing Day), Southsea Centre - please contact to confirm opening hours.

Why not pop in and see us while you are in Portsmouth or contact us in advance:

Portsmouth Visitor Information Centre,
The Hard, Portsmouth PO1 3QJ

Tel: 023 9282 6722
Email: vis@portsmouthcc.gov.uk
www.visitportsmouth.co.uk

You can get this Portsmouth City Council information in large print, Braille, audio or another language by calling 023 9282 6722.



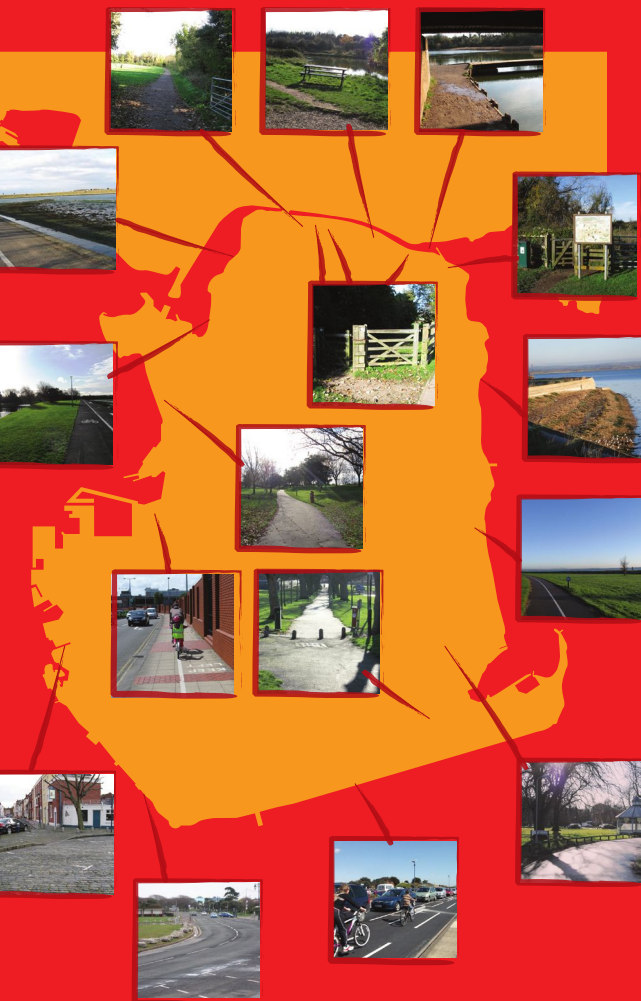
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If you enjoyed this cycle ride, why not try the circular ride around Langstone Harbour, the Famous Figures ride, or the Seafront cycle ride? Pick up a leaflet from the Portsmouth Visitor Information Centres or the Civic Offices.



bike 4 life



1 Start at the D-Day museum. Heading eastwards, follow the seafront until the road starts to turn northwards, away from the sea.

2 Take the left turn into Driftwood Gardens and immediately right into Halliday Crescent. At the end of the road, cross Henderson Road and ride through Bransbury Park. Emerging from the park ride up Ironbridge Lane opposite.

At the end of Ironbridge Lane cross Locksway Road and enter the grounds of St. James' Hospital opposite. Take a right turn at the roundabout in front of the main entrance and left just before the church into Chapel View. Turn left at the end and follow the exit signs into Warren Avenue. Turn left and then right into Mariner's Walk. At the end turn right and use the cycle cut-through on your left to access Eastern Avenue, join the cycle path at the end.

3 For the full ride, follow the Eastern Road cycle path to the end.

For the half ride, cross Eastern Road and proceed along Langstone Road to the end. At the roundabout, take the second exit into St. Mary's Road and use the shared footbridge over the railway.

4 Turn left into the park using the gate immediately after the bridge. Leave the park using the gate into Byerley Road and use the cycle cut-through into Walmer Road. At the end, turn left into Claremont Road then right into Selbourne Terrace.

5 Use the Toucan crossing to cross Fratton Bridge and dog-leg right left into Sydenham Terrace. Follow under the bridge and across the junction into Canal Walk. At the end turn left into Station Road.

6 Continue to the roundabout with the station on your left and proceed straight across into Stanhope Road, then left into Edinburgh Road. Rejoin the full ride at point 9.

4 When you reach the Toucan crossing at the top of the Eastern Road, cross the slip-road and cross to the centre of the roundabout. Bear left to the next Toucan crossing and use it to access the other side of the Eastern Road.

Head south and take the second turning on the right into Anchorage Park.

5 Follow the path into Blakesley Lane, then turn left into Holcot Lane. Follow as it turns into Buckley Lane until you reach the footpath at the end. Turn right and follow the path into Hilsa Lines, via the kissing gate. Follow the path along the northern side of the moat, you will have to negotiate two further kissing gates at Peronne Road. Continue until you reach the car park at the end.

6 Cross the footbridge over the highway, then turn back towards the roundabout. Follow the cycle path on the northern side of the Lido. Then take the coastal path south. At the end of the path turn left into Twyford Avenue.

7 Turn quickly right into the access road. At the end turn left into Target Road. Turn right into Tipner Road, left into Witley Road, then second right into Jervis Road. At the end, turn left along the cycle path through Stanshaw Park.

At the end of the cycle path use the subway to navigate Rudmore Roundabout. From the centre, use the second exit on the left. Follow the path to Estella Road, then turn left then right into Grafton Street and use the subway to get to Herbert Street.







8 At the end of Herbert Street turn left into Flathouse Road. At the end, take the right hand cycle path along Hope Street to Unicorn Gate. Use the underpass to the left of the gate and at the end turn right into Edinburgh Road.

9 Cross the junction into Queen Street. Turn second left into St. James' Road and first right into Kent Street. Use the cycle cut-through to access College Street.

10 Turn left along the Hard and follow the cycle lanes along St. George's Road and turn right into Gunwharf Road. At the end, follow Lombard Street and cross the High Street into Pembroke Road. Turn right into Pier Road, rejoin the seafront road and carry on until the D-Day museum..



Key

-  Full route
-  Half route
-  Full route marker
-  Half route marker
-  Joint route marker
-  Gate

