

<i>Number</i>	<i>Route</i>	<i>Distance</i>	<i>Push route</i>	<i>Description</i>
1	Yaverland to Sandown seafront	3km	Yes	The start is just to the right hand end of the café; you will find the 'GO' logo and code on the railings opposite the seat. This route will take you 1.5km along the seafront before you turn back and return to the café and car park, completing the 3km walk. The walk begins above the beach walking towards Sandown high street, taking the left hand turn down the hill onto the lower seafront. You then continue until just past the large hotel - the Trouville - where you will find the turn point arrow and code opposite the passage steps. The underfoot conditions are flat, wide pavements making it easily accessible to wheelchairs and pushchairs. There are cafés at each end of the route and public toilets approximately 700m into the route.
2	Sandown Revetment to Lake	3km	Yes	The start and finish of this route is slightly to the Sandown side of the front of the inshore lifeboat station, with the start sign and red code attached to metal railings. Walk along the revetment along a flat route; 1km and 2km markers are marked in front of the boat park, with the turnaround sign 500m further on the wall along with the code. A flat, paved route suitable for wheelchairs and pushchairs.
3	Ventnor Park	1km	No	This hilly 1km circular course start is at the first lamppost by the aviary and putting green entrance. The start sign and code is on the grass alongside the path fixed upon a post. The route takes you down the slope turning right alongside the pond/stream keeping the stream on your right. At the end of the path continue up the slope towards the green gym. On reaching the green gym turn left and continue up the incline past the seat. Continue on until you reach the turn point arrow fixed to a post on the right by the fence; the code is on the post. Retrace your steps down the incline back to the green gym. Turn right and continue on the top path back to the start/finish. This route has parking, toilets and a number of benches to rest and enjoy the park area. While you are there why not try the outside green gym!
4	Yarmouth Causeway from Off the Rails	3km	No	This 3km out-and-back route takes you along the causeway following the river. The underfoot conditions are compact gravel but may become muddy in bad weather. Start at Off the Rails café (the old station); the signs are on the left hand railings along the causeway, with the code fixed close to signs. There is plenty of wildlife to see along this quiet footpath. The turn round arrow at 1.5km is on a post along with the code you are looking for. Yarmouth town is a short walk from the start/finish line where there is plenty of parking, plus shops, bars, and cafés. Parking in the car park and walking along the footpath at the back of the car park to Off the Rails is recommended.
5	Fort Victoria Country Park	2km	No	This 2km route is has ample parking. The route itself starts at the edge of the car park. Walk around the end of the building past the model railway site where there is a footpath with a 3-2-1 sign and code on the finger post at the bottom of the first incline. The pathway immediately rises up through the woodland; turn right at the top. The right turn sign is on the finger post in front of you. Continue uphill; as you continue on the path through the trees keep an eye out for red squirrels! As you exit the tree line, proceed along the pathway until you reach a gate to a private site. Bear left down the narrow path just before a right turn at the bottom of the slope where you will find the turn back sign and code on a post. On reaching this point turn round and retrace your steps. We advise you to take care descending the final 250m and only run during daylight hours as this is one of the harder routes of the whole 3-2-1 Orbital Challenge.
6	Newport to Stag Lane cycle track	3km	No	Start/finish and code is on the cycle track sign post just at the start of the cycleway. This 3km out-and-back route is ideal for anyone looking for a simple and easily accessible route. Starting and finishing on the level tarmac cycle path the route takes you parallel to the river. The surface under foot is consistent throughout and of an excellent quality. Due to the canopy of trees that surround the route there is little light during the evening, therefore we advise that this is a daylight run/walk. Approximately 850m into the route there is a short incline that takes you across an access road to Dodnor. The 1.5km turn back point is on a footpath post just before new wind blade factory; the code will be on this post. There is ample parking near the start/finish line along with a picnic area overlooking the river Medina.
7	Cowes to Newport cycle track	3km	No	This route starts at the bottom of Arctic Road at the entrance to the cycleway on your right. The start/finish and code are on the gate post at start of cycleway. This route takes you along the cycle path for 1.5km and back. You will find the turn back sign is on a post alongside the path, just past the new fencing. Turn around here and retrace your steps back to the start/finish line. The tarmac surface is of excellent quality for running, however his route is not lit and with the trees that surround the path it is not ideal at night, so we'd advise this route to be used during daylight.
8	Newport to Shide cycle track	2km	No	This 2km out and back route starts from Newport Town opposite Staples. There are two sign on the pavement: start and 2km - the code is also located there. Head towards Matalan car park; stay on the right hand pavement - there is a finger post with a 3-2-1 arrow on it. Follow the path under the bridge alongside the river you'll follow the river on to Connie's Way. The route takes you through the trees along the well-made but twisty path. At approximately 800m there is a small bridge to cross. Turn right onto the bridge and continue on towards another finger post. There will be a left turn 3-2-1 arrow fixed to the post continue on until you reach the end of the pathway. The main road is in front of you, on the left there is a wooden fence post with a return arrow, 1km sign and the code fixed to it. Unfortunately a large section of this route is not lit so is only recommended during daylight hours.

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9	Shide to Arreton cycle track	3km	Yes	The out-and-back 3km route starts and finishes at the entrance to the cycle path in Shide and follows the stream and tree line through this woodland trail. The start and 3km sign plus the code are on the finger post at the start of the run. There is a post at 1km. On the reverse of the post is the 2km marker. Continue on the route until you find another wooden post; this has a return arrow on it as well as the code fixed to it. Please note this route is not lit and with the canopy of trees we would advise to only use this route during daylight.
10	Lake to Alverstone cycle track	2km	Yes	The start of this route is at the gate at the entrance to the cycle track just past the water works and Sandown Golf Course. The start, the 2km 3-2-1 signs and code are fixed to the white gatepost at the entrance to the cycle track. The path is compact, smooth and ideal for all abilities. At approximately 900m there is a bridge crossing the stream. A post is located at the return point of 1km; a 3-2-1 return arrow and the code is located on the post. Due to areas of woodland, open fields, and a stream along the path this route boasts a range of local wildlife but unfortunately is not suitable at night. Public facilities are limited in this area although the golf course is approximately 100m along the road.
11	Alverstone to Newchurch cycle track	3km	Yes	This 3km out-and-back route starts from the gate at the entrance to the cycle track at Alverstone and follows the path through this area of countryside. The path is compact and smooth and ideal for all abilities, wheelchairs and pushchairs. Due to areas of woodland and open fields along the path this is a picturesque route with a range of local wildlife but we would advise not to use during dark. The 3-2-1 start, 3km and the code are on the gate post at the beginning of the route. Proceed along the cycle track. At the 1km point there is a post; proceed on the path at the 1.5km point there is another post with 3-2-1 turn round arrow and code fixed.
12	Newchurch to Arreton cycle track	3km	Yes	This 3km out-and-back route starts from the gate at the entrance to the cycle track in Newchurch. At the bottom of the shute turn left onto the cycleway and follow the path through this area of open countryside. The path is compact and smooth meaning it's an ideal route for pushchairs and wheelchairs. Due to the open fields along the path this is a picturesque route with a range of local wildlife but is not lit or suitable at night. 3-2-1 start and 3km plus the code are on the gate post at the entrance to the cycle track. As you proceed along the cycle track at the 1km point there is a post, continue on the pathway at the 1.5km point there is another post and a 3-2-1 turn round arrow is on the post with the code. There are no public facilities on the route, however there is a café and a pub in the village with ample parking and selection of local food and drink.
13	Ryde Seafront to Puckpool	3km	No	This out-and-back seaside route starts on Ryde sea front opposite the canoe lake and children's play park. The surface varies from wide pavements and footpaths with a section of gravel path near the 1.5km turn point. There is ample roadside parking, public facilities and a selection of restaurants and cafés in the area. The start, the code and 3km 3-2-1 signs are stuck on the sea wall opposite the play park. Proceed along the pavement turning up into Appley park, continue on along the revetment until you reach the gateway. Pass through the gate, continue on to the Dell Café. Just before the café bear to the left; there are arrows on the small gate post leading to the moat proceed down (this is the gravelled area of the walk) to the end of Puckpool park. Where it joins the path, on your left is a finger post there is a 3-2-1 return arrow, the code is there too. Turn round and retrace your steps through the moat and Appley park and onto the pavement to the 3km mark.
14	Gurnard to Egypt Point	2km	Yes	This 2km out-and-back run starts on Gurnard seafront adjacent to the Water's Edge café. It takes you 1km along the seafront to a turn arrow, then returns to the start/finish point. There is ample parking along the seafront, public toilets and a children's play park. The start, 2km signs and code are on the railings at the very start of the sea wall just past the café. Continue along the seafront until just before the light at Egypt Point. On the railings on the left is the return arrow, plus the code.
15	East Cowes Seafront	2km	Yes	This route starts along Columbine Road right in front of the very start of the park by the steps up to private car park. On the wall you will find the start, 2km markers and the code. Continue along the pathway until the 3-2-1 turn round arrow and 1km which are also fixed on sea wall along with the code. There is plenty of parking along the seafront and lovely sea views all along the route.
16	Shanklin To Wroxall cycle track	3km	No	This 3km route starts next to the car entrance of Lidl supermarket in Shanklin. This takes you along the old disused railway line from Shanklin towards Wroxall. The underfoot conditions are compact and have been recently improved. Due to the surrounding trees this route would not be suitable at night. At the entrance to the cycle track on the right there is a post with the 3-2-1, start, 3km marker and the code. There is a post at 1km and on your return the 2km is on the other side of the post. At the 1.5km point there is a post with a return arrow on plus the code. Turn round and retrace your steps return to the 3km post.