

W1707 Stag Lane to the Bargeman's Rest.

Exiting the Stag, take the lane down towards the River Medina, past Stag Lane Motors and to the industrial works at the bottom of the lane, which currently manufactures Blades for the new wind turbines that appearing all over the country and off shore.

At the bottom of the lane, turn left on to the old Cowes-Newport railway line, which is now a cycle track. This is a very popular route for both cyclists and walkers. Shortly afterwards at a bridge, there is a left footpath, N30, not always easy to spot, but a welcome diversion and takes the walk into Newport against the bank of the Medina. This I find more interesting than the 'main route', eventually you come to small marine based industries and in turn, you will reach the Bargeman's Rest.