



# 6 COWES & EAST COWES 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!**

## BETTER BY BUS



**1** From Cowes, it's easy to get around by bus. Newport is our 'capital' town and a great place to go for shopping and onward connections to popular attractions such as **Carisbrooke Castle** and **Monkey Haven**. The route 1 bus leaves from Cowes every 10-15 minutes and takes about 20 minutes. A good stop off is the **Wight Military and Heritage Museum**, where you can take a ride on a vintage tank.

From East Cowes, you can take the route 5 bus into Newport (every 20 minutes). Alternatively, jump on the route 4 (every hour) and head into Ryde, the town on the beach, for shopping and sunbathing.


 **A Rover ticket for £10 gives you unlimited bus travel for 24 hours.**

[islandbuses.info](http://islandbuses.info) | [english-heritage.org.uk/visit/places/carisbrooke-castle](http://english-heritage.org.uk/visit/places/carisbrooke-castle)  
[monkeyhaven.org](http://monkeyhaven.org) | [iow-charm.org.uk](http://iow-charm.org.uk)

## HISTORY WALK



**2** Learn all about the Island's amazing maritime history on the **Cowes Boat Trail**. This walking route takes you past exclusive yacht clubs, smugglers' inns and shows you where flying boats and the hovercraft were first developed. Another great place to explore is **Northwood Park**, with its flower displays, children's play area, and winding paths where you might spot red squirrels at play. In the centre of the park is **Northwood House**. It used to host wild parties in the Victorian times and a series of tunnels runs under the mansion, reputedly so that members of the Royal family could come and go, without being spotted. The house is now the home of the **Isle of Wight Literary Festival**.

 **We love the short stroll along the esplanade (pictured) from The Parade in Cowes to Gurnard – watch out for the lions along the way (don't worry, they're made of stone!).**


[isleofwightliteraryfestival.com](http://isleofwightliteraryfestival.com)

## SHORTCUT



**3** The **Cowes Floating Bridge** takes you across the River Medina and connects Cowes and East Cowes. You can catch this chain ferry from Medina Road (West Cowes) and Ferry Road (East Cowes). We recommend travelling by bike or foot to enjoy the spectacle of all the boats on the River. It only takes a few minutes and saves you an 11 mile round trip by road. There's been a crossing here for over 150 years.

West Cowes used to be home to J. Samuel White's Shipyard, which was the largest employer on the Island during the early 1900s. You can find out more at the **Cowes Maritime Museum** (in the local library on Beckford Road).

 **Cowes Week is the oldest and most celebrated sailing regatta in the world with spectacular racing, fireworks and aerial displays.**

[iwfloatingbridge.co.uk](http://iwfloatingbridge.co.uk) | [cowesweek.co.uk](http://cowesweek.co.uk)



# SUSTAINABLE COWES & EAST COWES

**A Nearest bus station: Southern Vectis**  
 Cowes: M&S, Carvel Lane PO31 7XH  
 East Cowes: Waitrose, Well Road,  
 PO32 6SP

Telephone 01983 827 000  
[islandbuses.info](http://islandbuses.info)

**B Cycle hire: Top Gear Cycle Hire**  
 1 Terminus Road, Cowes PO31 7TX  
 Telephone 01983 299056  
[top-gearhire.com](http://top-gearhire.com)

**Red Squirrel Electric Bikes  
 (delivery available)**  
[nutsnotto.co.uk](http://nutsnotto.co.uk)



## ON TRACK



**4** The disused railway line from Cowes to Newport is now a shared path for walkers and cyclists and forms part of the **Red Squirrel Trail**. The route follows the River Medina and takes you past sites including sailmakers, boat builders, and a huge anchor jutting out of the pavement.

Cowes also has its own Miniature Railway found tucked away behind Northwood Cricket Club on Park Road. It's run by the **Isle of Wight Model Engineering Society**, and they host open afternoons, usually on the first Saturday of every month, where you can have a ride and meet the engineers. Plus if you bring your own remote controlled boat you can sail it on their pond.

**💡 There used to be a railway station in Cowes – can you guess where it was? Spoiler: it's where M&S is now!**

[www.iwmes.org.uk](http://www.iwmes.org.uk)

## A ROYAL VISIT



**5** Cowes is very dog friendly and many places will welcome you and your four-pawed pal. You might like to enjoy a pizza at Coast or watch the sun set over the sea at The Woodvale.

If you fancy a bit of history, then head for **Osborne** – Queen Victoria and Prince Albert's seaside retreat, where parts of the Italianate grounds are open to dog walkers. You can't take dogs in the house, but if you're not bringing your pet, then look out for the magnificent statue of Noble, the Queen's favourite dog, on the ground floor. It's said that at night, he comes to life, and security guards have claimed to have heard ghostly barking...

**💡 There are pet shops in Cowes and East Cowes if you need supplies.**

[english-heritage.org.uk/visit/places/osborne](http://english-heritage.org.uk/visit/places/osborne)

## BICYCLE ISLAND



**6** Cowes is on the **Taste Round The Island Cycle Route** – it's challenging, but takes you to a selection of gourmet destinations en route for refuelling. For a more gentle ride, head for the **Red Squirrel Trail**, which takes you along the disused railway line into Newport. Or go in the opposite direction along the coast to Gurnard. Locals say that the sunsets in Gurnard the best in the UK – and how could we argue with them?

In East Cowes you can also cycle along the sea front or head up to nearby Whippingham and visit **St. Mildred's Church** – a turreted gothic creation, partly designed by Prince Albert, and where the Royal family used to worship. You can still see the Queen's pew.

**💡 You can't cycle through Cowes High Street – so walk with your bike or take a scenic detour.**