



COWES

EAST COWES

Additional information

Ask any member of the marina team for their recommendations

The Lifeboat
Our very local pub overlooking the marina. Lunch and dinner served daily.
thelifeboatcowes.co.uk

East Cowes shops
Waitrose open 8am to 8pm, Sundays 10am to 4pm.
Co-op open daily 7am to 10pm.
Local shops and cafés on York Avenue and Well Road.
Mini market on Adelaide Grove.

Osborne House
House, gardens and beach. 30 minutes' walk from the marina.
See english-heritage.org.uk

East Cowes Esplanade
Pebble beach with play area, public toilets, café and slipway.

Getting to Cowes
Walk via the chain ferry, take a water taxi or your dinghy.
Ask in the marina office for the latest timetables and fares.

Cowes town
Birmingham Road, Shooters Hill, High Street and Bath Road. Lots of choice for shoppers and diners.

Bus stops
Waitrose in East Cowes → Newport and Ryde.
M&S Food in Cowes → Newport.

Walks
To Northwood House in Cowes.
West along the Esplanade to Gurnard.
South up the Medina trail to Newport.

High Street
Main high street for shopping, restaurants and more.

Cycle route to Newport

