

— The Ultimate — ISLE OF WIGHT GUIDE





Guide

Contents

- | | | | |
|----|----------------------------|----|--|
| 01 | About The Guide | 17 | Nature Reserves/Walks |
| 02 | Getting Here & Around | 18 | Wildlife |
| 03 | Isle of Wight Beaches | 19 | Shanklin |
| 04 | Attractions | 20 | Free Days Out |
| 05 | Ryde | 21 | English Heritage |
| 06 | Food & Drink Favourites | 22 | For the Adults |
| 07 | Gluten Free Places | 23 | For The Kids <ul style="list-style-type: none">• Ice Cream Spots• Indoor Attractions• Animal Attractions |
| 08 | Coffee & Cake Spots | 24 | Cowes |
| 09 | Best Farm Shops | 25 | National Trust |
| 10 | Breakfast Spots | 26 | Green Travel |
| 11 | Sandown | 27 | What's On (Events) |
| 12 | Dog Friendly Places To Eat | 28 | Useful Contact Numbers |
| 13 | Dog Friendly Walks | | |
| 14 | Watersports | | |
| 15 | Cycle Routes | | |
| 16 | Bike Hire | | |

ABOUT THE GUIDE



Nestled off the southern coast of England, the Isle of Wight is a treasure trove of natural beauty, rich history, and charming coastal towns. Known for its stunning beaches, picturesque landscapes, and a vibrant cultural scene, the island is a beloved destination for travellers seeking both relaxation and adventure.

Whether you're strolling along sandy shores, exploring historical landmarks, or indulging in local cuisine, the Isle of Wight offers something for everyone. This guide will take you on a journey through the island's finest attractions, best places to eat, and hidden gems that make this destination truly unique.

From the dramatic cliffs of The Needles to the quaint charm of its villages, the Isle of Wight invites you to discover its secrets. Let's begin your adventure and uncover the essence of this idyllic island paradise!

**SEE TABLE OF
CONTENTS**

next page

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Getting Here & Around

HOW TO REACH THE ISLE OF WIGHT (FERRIES)

The Isle of Wight is accessible via ferry and hovercraft from the mainland. The most popular ferry ports are located in Portsmouth, Southampton, and Lymington.

Wightlink

- Routes: For those travelling by car Portsmouth to Fishbourne (45 minutes) , Lymington to Yarmouth (40 minutes), and Portsmouth to Ryde (for passenger ferries - 22 minutes).

Red Funnel

- Routes: Southampton to East Cowes for Car Ferry (60 minutes) and Passenger Southampton to West Cowes (28 minutes).

Hovercraft

- The fastest way to get to the island (10 minutes), the hovercraft operates between Southsea (Portsmouth) and Ryde.

HOW TO GET AROUND THE ISLE OF WIGHT (BUS)

Southern Vectis is the primary bus service provider on the Isle of Wight, making it easy to travel around the island They operate a range of routes covering the entire island. Popular routes include:

- Route 1: Newport to Cowes – Perfect for exploring the northern part of the island.
- Route 2: Ryde to Sandown – Connects two of the island's popular seaside resorts.
- Route 3: Newport to Ryde – Ideal for reaching the island's main towns.
- Route 7: Shanklin to Ventnor – Takes you through picturesque coastal areas.

ACCESSIBLE TRAVEL TIPS

For visitors with disabilities, many of the island's attractions and accommodations are accessible. Ferries, buses, and trains offer accessibility options.



Getting Here & Around

HOW TO GET AROUND THE ISLE OF WIGHT (BUS)

Island Breezer is a special service provided by Southern Vectis, designed for scenic and leisure travel. This service offers a more relaxed and enjoyable way to explore the Isle of Wight's picturesque landscapes and attractions.

- Routes:
 - Breezer 1: Newport to Cowes via the scenic route through the countryside.
 - Breezer 2: Ryde to Sandown with beautiful coastal views.
 - Breezer 3: Shanklin to Ventnor, offering stunning coastal scenery.

SOUTHERN VECTIS FARES

- Standard Fares:
 - Single Ticket: £3 fare cap. The Newport special Short-Hop single local fare (Available between Newport Bus Station and The Stag Inn) will remain at £2.
- Rover Tickets:
 - Unlimited Travel Day Ticket: Starting from £6.50 up to £30 for different ages. Allows unlimited travel on all Southern Vectis buses for one day.
 - 24 hour Rover + Breezer: Starting from £8.00 - £37.50 - Includes unlimited travel on Island Breezer routes plus Southern Vectis buses.

You can buy tickets on the Southern Vectis mobile app or online. Save more when downloading the app and buying your tickets.

- Multi-Ride Tickets:
 - 5-Day Pass: Prices range from £21.50 - £34.50. Unlimited travel across our network including open-top and seasonal routes.

*Prices listed are correct at publication but may vary. Check [here](#) for up to date prices.



ISLE OF WIGHT BEACHES



BEMBRIDGE BEACH 🐾 P ♿

A popular destination for sailing, along with its sandy and rugged coastlines, rock pools and stunning panoramic views out to sea. Perfect for an evening summer's coastal walk.

SANDOWN BEACH * 🐾 P ♿ ✂

One of the Isle of Wight's finest and most recognised beaches and offers a range of facilities for you to enjoy. You will find an pier with amusements, watersports on the beach and restaurants to enjoy.

APPLEY BEACH * 🐾 P ♿ ✂

One of the islands most popular beaches all year round. Miles of golden sand, a playground, a café, well-equipped toilets and dog friendly towards the Seaview end of the beach.

SHANKLIN BEACH * 🐾 P ♿ ✂

Ideal for a family day out, Shanklin Beach has a long stretch of golden sand that is perfect for sun bathing and swimming. There is also a traditional English seafront promenade complete with arcades and amusements such as mini golf all close by.



ISLE OF WIGHT BEACHES



COMPTON BAY 🐾 P 🚻

Located in West Wight, Compton offers a two mile stretch of contrasting golden and dark sands. It's the best place for surfing on the Isle of Wight and excellent for surfers of all abilities.

SEAGROVE BAY 🐾 🚻

Situated between Seaview beach and Priory Bay it has some of the most beautiful houses on the island. A popular beach for beach activities and watersports. Seagrove oozes blissful tranquillity, with buttery soft sands and glistening clear water.

STEEPHILL COVE 🐾 🚻 ✂️

Tucked away at the foot of the Ventnor Undercliff area, and only accessible by foot is one of the Isle of Wight's true hidden gems; Steephill Cove. A great place to relax and escape from the world, Steephill Cove offers a great mixture of beautiful scenery, clear swimming waters and rock pools to explore.

COLWELL BAY * 🐾 P 🚻 ✂️

Colwell Bay is one of many picturesque beaches in West Wight, offering spectacular views across the Solent, boasting clear, calm waters and gently sloping sand and shingle, making it an ideal beach for swimming.



ISLE OF WIGHT BEACHES



ST. HELENS DUVER 🐾 [P] [♿] [X]

St Helen's Beach is a peaceful sand and pebble beach on the east coast of the Isle of Wight, just north of Bembridge. This is one of the quieter beaches on this side of the island and is favoured by those looking for a place for a gentle swim, some walking and a spot of birdwatching.



SMALL HOPE BEACH * 🐾 [P] [♿] [X]

Small Hope Beach near Shanklin is a tranquil spot with soft sands, calm waters, and stunning cliffside views. Perfect for families, it offers easy access to cafés, beach huts, and scenic coastal walks.



VENTNOR BEACH * 🐾 [P] [♿] [X]

Ventnor Beach is a sheltered bay with golden sands, clear waters, and a selection of nearby places to eat, perfect for relaxing or swimming.



SPRINGVALE BEACH * 🐾 [P] [X]

Award winning Springvale Beach, stretching from Puckpool to Seaview, offers calm waters, sandy shores, and stunning Solent views. Perfect for families, dog walks, and exploring tidal pools at low tide.



= Dog Friendly



= Blue Flag Beach

***Between 1 May and 30 September**, dogs are not permitted on some beaches. During this time, restrictions are in place at Cowes, East Cowes, Gurnard, Ryde, Seaview (Springvale Beach), Ventnor, Sandown, Yaverland, Shanklin, as well as Colwell and Freshwater in West Wight. You can find more information on the Isle of Wight Council's website.



things to do

ATTRACTIONS

There is a whole host of Isle of Wight attractions to appeal to every member of your family/group when visiting the Island.

(Links available for all attractions to websites)

***Please note most attractions are closed for the winter season
(Opening hours can be found on there websites)**

- [Isle of Wight Steam Railway](#)
- [The Needles Landmark](#)
- [Robin Hill](#)
- [Tapnell Farm Park](#)
- [Blackgang Chine](#)
- [Osborne House](#)
- [Carisbrooke Castle](#)
- [Yarmouth Castle](#)
- [Monkey Haven](#)
- [Godshill Model Village](#)
- [IOW Donkey Sanctuary](#)
- [Ventnor Botanic Garden](#)
- [Dinosaur Isle](#)
- [Quarr Abbey](#)
- [Bembridge Windmill](#)
- [Mottistone Gardens](#)
- [Amazon World Zoo Park & Soft Play](#)
- [Wildheart Animal Sanctuary](#)
- [Shanklin Chine](#)
- [Brading Roman Villa](#)
- [Isle of Wight Bus & Coach Museum](#)
- [West Wight Alpacas and Llamas](#)



A wide-angle photograph of a sandy beach under a bright blue sky with scattered white clouds. In the foreground, two wooden deckchairs with blue and white striped fabric are set up. The chair on the right is tilted back, and its fabric is blowing in the wind. In the background, a group of people is walking along the beach. The word 'Ryde' is written in a large, white, cursive font on the left side of the image.

Ryde



Ryde is one of the Isle of Wight's most vibrant seaside towns, known for its **long sandy beaches, traditional pier, and lively promenade**. With a mix of independent shops, coastal walks, and family attractions, it's the **perfect spot for a classic day by the sea**.

Ryde boasts one of the largest stretches of sandy beach on the island, revealed even more at low tide. It's ideal for paddling, sunbathing, with plenty of space to relax and enjoy the coastal views. The seafront is lined with **cafés, amusements, and places to hire deckchairs in the summer months**.

PLACES TO VISIT

1. Puckpool Park
2. Appley Tower
3. Union Street
4. Isle of Wight Bus and Coach Museum
5. Peter Pan Funfair

Locals Tip:

Take a stroll along Ryde Pier at sunset for beautiful sea views across the Solent.

Afterwards, grab fish and chips along the **Esplanade**, stop off for a drink and sit outside **Ryde Castle to watch the world go by**, or treat yourself to an ice cream.



places to eat and drink

FOOD & DRINK

Isle of Wight has a plethora of food and drink for everyone. Some of the more famous ones and that we have tested and tried include:

- [Garlic Farm Restaurant, Newchurch](#) 🧑🧑
- [Off the Rails, Yarmouth](#)
- [The Cow, Yarmouth](#) 🧑🧑
- [Salty's Pizzeria & Bar, Yarmouth](#)
- [The Terrace, Yarmouth](#)
- [The Hut, Colwell Bay](#)
- [The Blacksmiths, Newport](#) 🧑🧑
- [The Bargeman's Rest, Newport](#) 🧑🧑
- [Fighting Cocks, Arreton](#) 🧑🧑
- [Wight Mouse Inn, Chale](#) 🧑🧑
- [Chequers Inn, Rookley](#) 🧑🧑
- [The Lifeboat, East Cowes](#) 🧑🧑
- [Smoking Lobster, Ventnor](#)
- [Spyglass Inn, Ventnor](#) 🧑🧑
- [TZ's True Food Kitchen, Ventnor](#)
- [The Reef, Sandown](#) 🧑🧑
- [Goddards Brewery, Arreton](#)
- [The Old Fort, Seaview](#) 🧑🧑
- [The Fisherman's Cottage, Shanklin](#) 🧑🧑
- [Pendletons, Shanklin](#)
- [The Steamer Inn, Shanklin](#) 🧑🧑
- [Heron, Ryde](#)
- [Loaph, Godshill](#)





places to eat that are

GLUTEN FREE

Eating gluten-free on the Isle of Wight doesn't mean missing out. From pubs to cafés, there are plenty of delicious options to choose from. See below:

- [Fighting Cocks, Arreton](#)
- [Wight Mouse Inn, Chale](#)
- [Goddards Brewery, Arreton](#)
- [The Culver Haven Inn, Bembridge](#)
- [The Terrace, Yarmouth](#)
- [Rylstone Tea Gardens & Crazy Golf, Shanklin](#)
- [Correo Lounge, Newport](#)
- [The Reef, Sandown](#)
- [The White Lion, Arreton](#)
- [The Steamer Inn, Shanklin](#)
- [Snacks and Ladders, Newport](#)
- [Coffee Chameleon, Sandown](#)
- [The Dairyman's Daughter, Arreton](#)
- [The Blue Crab, Yarmouth \(Fish and Chip Shop\)](#)
- [The Portland Inn, Gurnard](#)
- [Yarbridge Inn, Brading](#)
- [The Spyglass Inn, Ventnor](#)
- [ADA Mediterranean Kitchen, Ryde](#)
- [No 64 in Ryde](#)





places to eat and drink

COFFEE & CAKE EDITION

- [Oasis, Ryde](#)
- [Wonky Goat, Ryde](#)
- [The Cake Kitchen, Ryde](#)
- [Bluebells at Briddlesford, Wootton](#)
- [The Pearl Café, Brightstone](#)
- [Quarr Abbey Teashop, Ryde](#)
- [The Freshwater Coffee House, Freshwater](#)
- [The Piano Cafe, Freshwater](#)
- [The Quirky Teapot, Newport](#)
- [PO41 Coffee House, Yarmouth](#)
- [Chessell Pottery Cafe, Yarmouth](#)
- [Off The Rails, Yarmouth](#)
- [Lady Scarlett's Tea Parlour, Ventnor](#)
- [Quay Arts, Newport](#)
- [Caffe Isola, Newport](#)
- [Pedallers Cafe, Newchurch](#)





BEST FARM SHOPS

top farm shops on the island



Harvey Browns

A well-stocked farm shop and deli with fresh produce, artisan cheeses, and a butchery offering local meats.



Briddlesford Farm Shop

Famous for its dairy products, including award-winning milk, cream, and cheese, as well as a café serving local farm-to-table dishes.



The Garlic Farm

Specialising in Isle of Wight garlic products, with a farm shop featuring fresh produce, chutneys, and a range of garlic-infused goods.



Nunwell Home Farm

They offer pasture-raised meats, fresh produce, local cheeses, and craft drinks on the historic Nunwell Estate, embracing a true farm-to-fork experience.



Island Foods

Island Foods is a top-quality butcher known for its locally sourced meats and exceptional service. We've tested and tried it ourselves & absolutely love it!

Most of these farm shops offer a selection of fresh meats, cheeses, dairy, baked goods, and local specialties, making them must-visit spots for food lovers. Many also have on-site butchers or partnerships with local farms for high-quality meat cuts.



places to eat and drink (our top 4)

BREAKFAST SPOTS



The Happy Chef

The Happy Chef on The Strand in Ryde offers great, affordable home-cooked meals and a warm welcome —perfect for a budget-friendly bite by the sea.

Budget Friendly



Fins Beach Cafe

Looking for a bite to eat with amazing views? Head to Fins Beach Cafe. From smoothie bowls, hearty breakfasts and vegetarian plates.

On the Beachfront



Bluebells Café

Enjoy The Bluebell Breakfast at Briddlesford Farm, made with fresh, locally sourced produce—the perfect spot to eat!

Taste Local Produce



Loaph

A hidden gem in Godshill! Serving Island Roasted coffee, Briddlesford milk, and fresh local brunch dishes.” Open THURS -SAT 09:30 - 14:30

Hidden Gem



Sandown

Sandown is a classic Isle of Wight seaside resort, loved for its long sandy beach, traditional pier, and family-friendly atmosphere. With plenty of attractions along the seafront and a relaxed coastal charm, it's an ideal spot for a fun day out by the sea. 

About Sandown:

Sandown has a classic holiday feel, with its pier, amusements, and friendly seafront setting. The seafront has numerous cafés, bars and restaurants, making it the perfect place to stop for a meal or a drink with a view.

PLACES TO VISIT

1. Sandown Pier
2. Dinosaur Isle
3. Wildheart Animal Sanctuary
4. Sandham Gardens
5. Yaverland Beach



Did You Know?

Sandown Beach is known for fossils from around **120 million years ago**, including dinosaur bones, plants, and ancient sea creatures

Dog Friendly places to eat



The Isle of Wight is the perfect holiday destination with your 4-legged friends!



Below are some of our favourite dog-friendly eateries across the island:

Pubs:

- [The Pilot Boat, Bembridge](#)
- [The Boathouse, Seaview](#)
- [Ye Olde Village Inn, Bembridge](#)
- [The Folly Inn, East Cowes](#)
- [The Red Lion, Freshwater](#)
- [The Eight Bells, Newport](#)
- [The Blacksmith's, Newport](#)
- [The Buddle Inn, Ventnor](#)
- [The Garlic Farm, Newchurch](#)
- [The Wheatsheaf Inn, Yarmouth](#)

Restaurants:

- [The Cow, Yarmouth](#)
- [The Lifeboat, East Cowes](#)
- [The Garden, Cowes](#)
- [The Beach Hut, Bembridge](#)

Café's:

- [Dell Café, Seaview](#)
- [Fins Beach Cafe, Sandown](#)
- [Pedallers Cafe, Newchurch](#)
- [Blueberry's Cafe, Shanklin](#)
- [Freshwater Coffee House](#)

BEST DOG WALKING TRAILS



FIRESTONE COPSE



The rich woodland of Firestone Copse provides the perfect year-round destination for your dog-walking adventure! Firestone is a wheelchair-accessible trail, which means everybody can enjoy this area of outstanding natural beauty!

COMBLEY GREAT WOOD

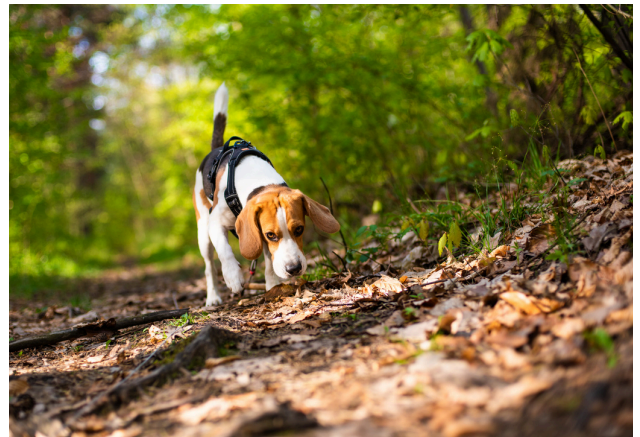
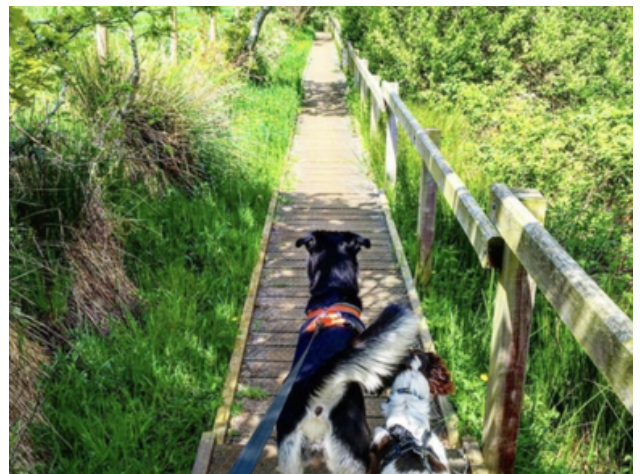
The Combley Great Wood area comprises several small interconnected woodlands: Combley Great Wood, Watershill Copse, Guildfordheath Copse, Hoglease Copse, Black-bridge Copse, Ramcroft Copse, and Wilderness Copse. The perfect space for your four-legged friends to burn some energy!

ALVERSTONE MEAD

Alverstone Mead Local Nature Reserve is a lowland freshwater wetland nature reserve close to Sandown, Isle of Wight. It is a part of the Alverstone Marshes Site of Special Scientific Interest.

ST. HELENS DUVER

St Helens Duver is a dogs dream! Plenty of green space for them to run around, and dogs are also allowed on the beach all year round! The National Trust website does advise that you please keep your dog on a short lead around livestock, and under close control at all other times.





Watersports

The Isle of Wight is a paradise for watersports enthusiasts, offering stunning beaches, reliable surf spots, and calm bays perfect for kayaking, paddleboarding, and sailing.



Everyone Loves...

Paddleboarding is a great way to explore the Isle of Wight's coastline. Rentals are available from providers like Wight Waters, Tackt-Isle Adventures, SupDog and Freshwater Bay Paddleboard Co.



TOP 5 BEACHES FOR SURFERS

1. Compton Bay
2. Freshwater Bay
3. Sandown Bay
4. Ventnor Beach
5. Whitecliff Bay

Bucket List Worthy:

The Isle of Wight's only outdoor floating **Aqua Park** is at Tapnell Farm. Great for the whole family!



CYCLE THE WIGHT

BEGINNER ROUTES



Medina Greenway Breeze

This gentle, family-friendly ride follows the peaceful River Medina. Take in the beautiful scenery and enjoy a relaxing ride at your own pace.

4.4 Miles



Pier Pedal - Sandown to Shanklin

A flat and easy route perfect for families. Pedal along the scenic seaside promenade, taking in the refreshing sea air.

6.4 Miles



Pedallars Coffee and Cake Pedal

Cycle this smooth, flat path to the much-loved Pedallars Café. A great option for families, with plenty of opportunities to stop and enjoy the surroundings.

11.5 Miles



Freshwater Loop

A popular trail with stunning views. Ideal for mountain biking, road biking, or a leisurely ride. Enjoy the tranquility during quieter times.

6.6 Miles



CYCLE THE WIGHT

TOP SCENIC ROUTES



Red Squirrel Trail

This easy-going route is ideal for families, beginners, and casual cyclists. The mostly flat trail takes you through beautiful countryside, with opportunities to spot wildlife along the way. It's perfect for a relaxing day out or a two-to-three-day adventure.

Bikes can be hired from several local shops, including [**Routeifty7**](#) in Shanklin.

23 Miles



Chalk Ridge Extreme

Challenge yourself with steep hills and breathtaking views of the Isle of Wight's rugged coastline. This route is ideal for experienced cyclists looking for stunning scenery.

52 Miles



Havenstreet Steam Cycle

Enjoy a gentle ride through St George's Down, Havenstreet, Wootton Bridge, and Island Harbour, passing charming countryside and local landmarks.

12.6 Miles



Round The Island Route

Experience the best of the Isle of Wight with this full island loop, offering sea views, countryside paths, and a mix of terrain for an unforgettable cycling adventure.

65.1 Miles



Bike Hire



If you didn't bring your bikes with you - Don't worry!
Because there are so many places on the island where you can hire out a bike:

- [Wight Cycle Hire](#), Yarmouth/Newport - **01983 761800**
- [RouteFifty7](#), Shanklin - **07491 000057**
- [South Island Cycle Hire](#), Freshwater - **01983 755007**
- [Wight Bike Eco-Solutions](#), Newport - **01983 303322**
- [Zoom E-Bike Hire](#), Niton - **07972791321**
- [TAV Cycles](#), Ryde - **01983 812989**

BIKE HIRE COMPANIES

When exploring the Isle of Wight, several bike hire services cater to all ages and preferences, offering a diverse range of bicycles, including children's bikes, adult hybrids, and e-bikes.



NATURE RESERVES & WALKS

HERSEY NATURE RESERVE

Hersey Nature Reserve at Seaview Duver is part of Ryde Sands and Wootton Creek. It offers wetlands, a circular path, a bird hide, and a footpath to Duver Road, perfect for birdwatching during daylight hours.

BRADING MARSHES

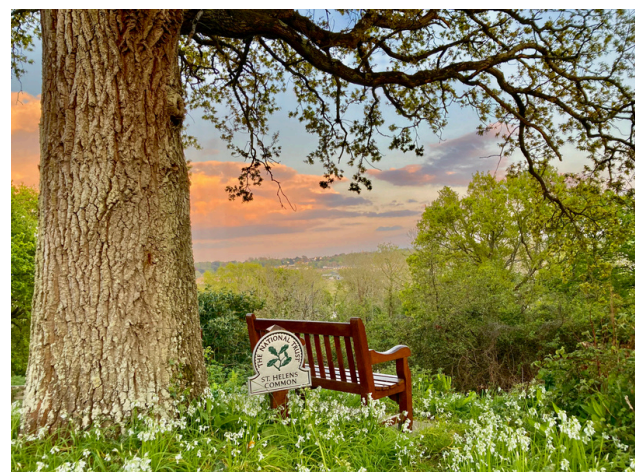
Brading Marshes stretches from the village of Brading to the sea at Bembridge Harbour. It's a haven for a wide array of **wildlife**, ranging from Buzzards, Little Egrets, Green Woodpeckers and Marsh Harriers to butterflies, Hobbies and Red Squirrels.

NEWTOWN NATURE RESERVE

Discover Newtown Nature Reserve, where flower-filled meadows, ancient woodlands, and salt marshes meet. Enjoy views of the harbour, alive with sailing boats in summer and birds in the cooler months. A true Isle of Wight gem for nature lovers.

ST. HELENS DUVER

St Helens Duver offers a peaceful escape with sandy beaches, rock pools, sand dunes, and coastal woods, all within a small area. Enjoy easy access from the car park to the Duver, featuring short turf, gentle slopes, and beautiful views over Bembridge Harbour.





The Isle of Wight is a haven for nature lovers and wildlife enthusiasts. With its diverse landscapes, from ancient woodlands to coastal cliffs, the island is home to some of the UK's most iconic species.

Spotting Red Squirrels

The Isle of Wight is one of the best places to see native red squirrels, as it's free from grey squirrels found on the mainland.

Birdwatcher's Paradise

The island offers fantastic birdwatching opportunities for all. Watch out for woodpeckers, kingfishers, and even rare seabirds along the coast.

RED SQUIRREL HOTSPOTS

1. Alverstone Mead
2. Parkhurst Forest
3. Firestone Copse
4. The Garlic Farm
5. Osborne House
6. Rylstone Gardens

BIRD WATCHING HOTSPOTS

1. Newtown National Nature Reserve
2. RSPB Brading Marshes
3. Alverstone Mead Nature Reserve
4. Yar Estuary

Pack your **binoculars**, enjoy a picnic, and soak in the tranquility of the Isle of Wight's wildlife haven.



Shanklin is one of the Isle of Wight's most charming seaside towns, known for its golden sandy beach, traditional amusements, and picturesque Old Village with its thatched cottages and boutique shops.

Shanklin Beach

This beach, which previously won the Seaside Award by South East England, offers a clean, safe shoreline perfect for a relaxing day by the sea. Separate areas for swimming and water sports make it ideal for all visitors.

Find the best places to stay, eat, and visit by heading to the **Visit Shanklin** website for more information.

PLACES TO VISIT

1. Shanklin Chine
2. Shanklin Old Village
3. Shanklin Theatre
4. Pirates Cove & Jurassic Bay Adventure Golf

Locals Tip:

Head up to **Shanklin cliff path** for some of the best views in the area, the walk to the top gives you stunning panoramas over the bay.

And don't miss treating yourself to a classic **Isle of Wight cream tea** at one of Shanklin's charming cafés.

FREE

DAYS OUT ON THE ISLAND



TOP 5 PARKS

- Steyne Park, Steyne Road, Bembridge
- Appley Park, Ryde
- Sandham Gardens Rainbow Park, Sandown
- Godshill Play Park
- Gurnard Village Green Play Area



PLACES TO VISIT

- Quarr Abbey
- The Isle of Wight Donkey Sanctuary
- The Isle of Wight Bus & Coach Museum
- Isle of Wight Garlic Farm
- Bembridge Lifeboat Station
- Appuldurcombe House
- Quay Arts Centre Exhibitions



ENGLISH HERITAGE

DAYS OUT ON THE ISLAND



Osborne House

Step into the summer retreat of Queen Victoria and Prince Albert. Explore grand interiors, stroll through lush gardens, and relax on the private beach overlooking stunning views.

East Cowes



Carisbrooke Castle

A historic fortress with breathtaking views. Walk the battlements, visit the museum, and meet the famous donkeys who power the water wheel.

Carisbrooke



Yarmouth Castle

Discover a coastal fortress built by Henry VIII. Explore the castle's unique design and enjoy scenic views of the Solent from its grounds.

Yarmouth



Appuldurcombe House

Visit the impressive remains of an 18th-century mansion. Stroll through landscaped grounds and take in beautiful views of the surrounding countryside.

Wroxall



For the adults...

The Isle of Wight offers the perfect blend of serenity and adventure, making it an ideal destination for both relaxation and exploration. Here are some of the top spots to unwind, indulge, and find your perfect escape for both him and her. 

Spend a day at the **Lakeside Spa**, where you can immerse yourself in pure tranquility while enjoying luxurious treatments, stunning lakeside views, and world-class amenities.

Best Massage Spots

- [Little Buddha Retreat](#)
- [The Wellness Barn](#)
- [BeCalmed MediSpa](#)

Sky Sports Pubs:

- [Hogshead](#)
- [Scruffy Jacks Sports Bar](#)
- [King Lud](#)

Play a Round of Golf

For those who enjoy the outdoors, the Isle of Wight boasts some stunning golf courses that cater to all skill levels.

- [Westridge Golf Club](#)
- [Freshwater Bay Golf Course](#)
- [Shanklin & Sandown Golf Club](#)
- [Osborne Golf Course](#)
- [Cowes Golf Club](#)





The Isle of Wight is a playground for little adventurers, bursting with exciting attractions, outdoor fun, and unforgettable experiences. 

From getting up close and personal with monkeys to competing in a round of crazy golf, there's an adventure waiting for every young explorer!

THRILLS & ADVENTURES

- **Wight Karting** – Exciting go-karting for kids (ages 8+) & adults.
- **Tapnell Farm Park** – Indoor and outdoor fun with animal encounters, jumping pillows, and pedal go-karts.
- **Robin Hill** – A mix of adventure playgrounds, treetop walkways, and a toboggan run.
- **Blackgang Chine** – A fantasy-themed park with dinosaurs, pirates, and fairy tale lands.
- **Sandham Gardens** – Sky Nets, Dino Golf, and go-karting.
- **Pirates Cove & Jurassic Bay Adventure Golf** - A fun mini-golf adventure with pirate and dinosaur themes.



INDOOR FUN

- Ryde Superbowl
- Dinosaur Isle
- Sandown Pier (Arcades)
- Waterside Swimming Pool
- Commodore Cinema
- Fired Art Ceramic Studio



FOR LITTLE ANIMAL ENTHUSIASTS

- Amazon World Zoo
- Wildheart Animal Sanctuary
- West Wight Alpacas
- Owl & Monkey Haven

ICE CREAM SPOTS

- Toppings – Shanklin
- Crave Ice Cream – Ventnor
- The Plaza Ices
- Seaview Deli - Seaview
- Ryde Ice Cream Parlour





Cowes, on the northern coast of the Isle of Wight, is world-famous for its sailing heritage and lively waterfront. This bustling town blends historic charm with boutique shops and independent cafés.

Home of the famous Cowes Week

Cowes is best known for hosting the world-famous Cowes Week, one of the UK's longest-running sailing events. Visitors can enjoy a mix of independent shops and high-street favourites, with East Cowes and the historic Osborne House just across the water.

PLACES TO VISIT

1. Gurnard Beach
2. Cowes Maritime Museum
3. Osborne House (**East Cowes**)
4. Cowes Yacht Haven

Locals Tip:

Craving fresh milk? Head to Cowes Milk and **try their 24/7 self-service vending machine.**

Two new flavours each week, take it home in reusable glass bottles from the machine or your own refillable container.





NATIONAL TRUST

TOP PLACES TO VISIT



Bembridge Windmill

The island's only surviving windmill and a beloved local landmark, Bembridge Windmill offers a fascinating insight into 18th-century rural life.



The Needles Old Battery and New Battery

This clifftop fort reveals the island's military past. Explore tunnels, wartime exhibits, and enjoy stunning views of the iconic Needles and lighthouse.



Newtown National Nature Reserve

A haven for wildlife, Newtown features salt marshes, meadows, and woodlands. Spot rare birds, butterflies, and enjoy the reserve's serene beauty. Perfect for nature lovers seeking peace.



Mottistone Gardens and Estate

Tucked in a sheltered valley, Mottistone offers formal gardens, Mediterranean plants, and winding paths. Bring a picnic and enjoy this tranquil gem with stunning views.

Discover more must-visit National Trust locations by heading to their website: [National Trust Isle of Wight](https://www.nationaltrust.org.uk/isle-of-wight).



Green Travel

Discover the island's charm at your own pace. We offer information on local eco-friendly transportation via the Slow Wight Travel Guide to enhance your exploration. [Click here](#) on how you can Slow down and see more when on the Isle of Wight.



ABOUT SLOW TRAVEL

The Isle of Wight, recognised as a UNESCO Biosphere Reserve.

With over 500 miles of public rights of way, including the 67-mile Isle of Wight Coastal Path, walkers can explore the island's varied terrain at a leisurely pace.

Public transport options, such as the Island Line trains and Southern Vectis buses, provide convenient connections between key locations, allowing travelers to experience the island sustainably.



Did You Know?

That over 50% of the Isle of Wight is an Area of Outstanding Natural Beauty (AONB)



What's on



SUMMER EVENTS ON THE ISLE OF WIGHT

DATE	EVENT
9 TH - 17 TH MAY	<u>SPRING ISLE OF WIGHT WALKING FESTIVAL</u>
9 TH MAY	<u>RIVERFEST</u>
9 TH - 10 TH MAY	<u>ISLE OF WIGHT DANCE WEEKENDER</u>
10 TH MAY	<u>WALK THE WIGHT</u>
16 TH - 17 TH MAY	<u>RYDABUS</u>
17 TH MAY	<u>IOW TAKEOVER</u>
22 ND - 23 RD MAY	<u>COWES FRINGE</u>
18 TH - 21 ST JUNE	<u>ISLE OF WIGHT FESTIVAL</u>
4 TH JULY	<u>SAUSAGE AND CIDER FESTIVAL</u>
4 TH JULY	<u>ISLE OF WIGHT MARDI GRAS</u>
11 TH JULY	<u>ROUND THE ISLAND RACE</u>
11 TH - 12 TH JULY	<u>THE ROYAL ISLE OF WIGHT COUNTY SHOW</u>
17 TH - 26 TH JULY	<u>VENTNOR FRINGE FESTIVAL</u>
18 TH JULY	<u>ISLE OF WIGHT PRIDE</u>
25 TH JULY	<u>SANDOWN MAIN CARNIVAL</u>
29 TH JULY - 26 TH AUGUST	<u>SUMMER FEST AT BLACKGANG CHINE</u>



What's on



SUMMER EVENTS ON THE ISLE OF WIGHT

DATE	EVENT
1 ST AUGUST	<u>COWES WEEK</u>
1 ST - 2 ND AUGUST	<u>THE CHALE SHOW</u>
1 ST AUGUST	<u>NEWPORT MAIN CARNIVAL</u>
9 TH AUGUST	<u>SANDOWN BAY REGATTA</u>
12 TH AUGUST	<u>VENTNOR GRAND CARNIVAL & FIREWORKS</u>
15 TH AUGUST	<u>VENTNOR ILLUMINATED CARNIVAL</u>
15 TH - 16 TH AUGUST	<u>ISLE OF WIGHT GARLIC FESTIVAL</u>
20 TH AUGUST	<u>NEWPORT ILLUMINATED CARNIVAL</u>
26 TH AUGUST	<u>SANDOWN ILLUMINATED CARNIVAL</u>
28 TH - 31 ST AUGUST	<u>ISLE OF WIGHT SCOOTER RALLY</u>
28 TH - 31 ST AUGUST	<u>STEAM EXTRAVAGANZA WITH THE 51ST ISLAND STEAM FAIR</u>
29 TH - 30 TH AUGUST	<u>TICKET TO RYDE</u>
3 RD SEPTEMBER	RYDE MAIN CARNIVAL
6 TH SEPTEMBER	<u>ISLE OF WIGHT RANDONNEE</u>

To find out more what's on then
click [here](#) to the Visit Isle of Wight website



USEFUL CONTACT NUMBERS

In case of any emergency, we have put together a list of services you may need:

- Hospital: St Marys Hospital, Newport Road, Newport, PO30 5TG
- TEL: **01983 822099**
- Police, Ambulance, Fire Service and Coast Guard: Urgent: 999. Non Urgent: 101
- NHS Direct: 111

ISLE OF WIGHT TAXI COMPANIES

Here is a list of taxi companies across the Isle of Wight (These are only recommendations and no way endorsed by ourselves)

- Bembridge Taxis- **TEL:** 01983 873873
- Friendly Taxis- **TEL:** 01983 506975
- Ryde Taxis- **TEL:** 01983 811111
- Criss Cross Taxis- **TEL:** 01983 640240

For Those With a Flat Tyre...

- Fakenham Farm, Eddington Road, St Helens, PO33 1XS: Contact Number TEL: 07564 263646
- Wight Tyres Ryde, Unit 6, Atlantis Court, Ryde PO33 1FB: Contact Number: TEL: 01983 716014

Breakdown Recovery

- **Stag Lane Motors-** TEL: 01983 522443
- **D.H.Price Motors-**TEL: 01983 400247

