



## Royal Yacht Squadron

The Castle

Cowes

Isle of Wight

PO31 7QT

Tel: +44 (0) 1983 292191

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



## Regatta Guest Information Pack

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# Introduction to Cowes

Situated on the west bank estuary of the River Medina is the seaport town of Cowes, which ever since the founding of the Royal Yacht Squadron in 1815 has largely been considered the home of international yacht racing.

Along with the many maritime services available in Cowes, there is a wide range of places to eat; from café culture to restaurants and pubs which play host to the vibrant nightlife in high season, offering live music and open mic nights. Throughout the largely pedestrianised town centre, there is an abundance of shops offering clothing, nautical paraphernalia, food, jewellery, and household accessories.

We have prepared this pack to give you an overview of what you will find when you arrive in Cowes, and to make planning your trip as simple as possible. Please also visit Cowes Online [www.cowes.co.uk](http://www.cowes.co.uk) for more extensive information on Cowes.

## Useful Information

### **Royal Yacht Squadron Flag Officers:**

**Commodore:** The Hon Sir James Holman

**Vice Commodore:** P L F French Esq

**Rear Commodore Yachting:** B B Huber Esq

**Rear Commodore Finance:** H A Speare-Cole Esq

**Secretary:** Patricia Lewington MVO

**Events Manager:** Emma Preece

**Treasurer:** Chris Pegna

**Assistant Treasurer:** Keith Farr

**Sailing Manager:** James Hynes

**Office Assistants:** Jerone Smith & Annabel Randall

Contact the RYS office on: 01983 292191 or [mail@rys.org.uk](mailto:mail@rys.org.uk)

## Useful Contacts

Emergency Services (Ambulance, Police, Fire and Coastguard): 999

Non-Life-Threatening, Urgent Medical Assistance: 111

Non-Urgent Police Assistance: 101

# Getting About

## Ferry Services

There are two ferry companies which service the Island:

### **Red Funnel**

[www.redfunnel.co.uk](http://www.redfunnel.co.uk)

023 8001 9192

Passenger ferry (Red Jet) which operates:  
Southampton - West Cowes

Car ferry which operates:  
Southampton - East Cowes

### **Wightlink**

[www.wightlink.co.uk](http://www.wightlink.co.uk)

0333 999 7333

Passenger ferry (Fastcat) which operates:  
Portsmouth - Ryde.

Car ferries which operate:  
Portsmouth - Fishbourne, and  
Lymington - Yarmouth

## Taxis and Car Hire Services

**Cowes Cabs**  
01983 303020

**Cowes Taxis**  
01983 294444

**Jones Taxis**  
01983 282822

## Water Taxi

**Cowes Harbour Taxis** - (VHF #77 c/c "Harbour Taxi") 07738 499730

**Waterbus** - (VHF #77) c/c "Waterbus" 07974 864627

**Folly Launch** - (VHF #72 c/c "Folly Launch") 07884 400046

## Rib Hire

### **Marine & Property Care & Rib Charter**

07979 495537

[www.cowesribs.com](http://www.cowesribs.com)

### **Griffin Marine Services**

01983 826026

07876 623124

[www.griffmarineservices.co.uk](http://www.griffmarineservices.co.uk)

### **Bembridge Marine**

01983 872817

<https://www.bembridgemarine.com/>

### **Lymington Rib Charter**

07887 635000

[admin@solentribcharter.co.uk](mailto:admin@solentribcharter.co.uk)

### **8.75m Scorpion RIB for Charter**

07769 972007

[will@headingtons.com](mailto:will@headingtons.com)

### **Akwamarine Ltd**

07836 378978

[www.akwamarine.com](http://www.akwamarine.com)

## Cowes Yacht Clubs

**Royal Ocean Racing Club Cowes**  
The Parade, Castle Hill, Cowes PO31 7QU  
01983 293581  
[www.rorc.org](http://www.rorc.org)

**Royal London Yacht Club**  
The Parade, Cowes PO31 7QS  
01983 299727  
[secretary@rlyc.org.uk](mailto:secretary@rlyc.org.uk)  
[www.rlyc.org.uk](http://www.rlyc.org.uk)

**Island Sailing Club**  
70 High Street  
Cowes  
Isle of Wight  
PO31 7RE  
01983 296 621  
[www.islandsc.org.uk](http://www.islandsc.org.uk)  
[www.roundtheisland.org.uk](http://www.roundtheisland.org.uk)  
[admin@islandsc.org.uk](mailto:admin@islandsc.org.uk)

**Cowes Corinthian Yacht Club**  
39 Birmingham Rd  
Cowes  
Isle of Wight  
PO31 7BH  
01983 296333  
[www.ccy.org.uk](http://www.ccy.org.uk)

## Marinas and Moorings

**Cowes Harbour Commission**  
01983 293952

**East Cowes Marina**  
01983 293983

**Shepards Wharf Marina**  
01983 297821  
VHF CH69 call sign MH1

**Island Harbour Marina**  
01983 539994

**Cowes Yacht Haven**  
01983 299975

**Newport Harbour**  
01983 5259

**Folly Reach**  
07884 400046

# Accommodation

## Agencies

### **Cowes Holiday Homes**

Graham Machin

07751 328717

[www.cowesholidayhomes.com](http://www.cowesholidayhomes.com)

[cowesholidayhomes@outlook.com](mailto:cowesholidayhomes@outlook.com)

### **Wight Escapes**

(Formerly known as Regatta Lets)

[info@wightescapes.com](mailto:info@wightescapes.com)

<https://www.wightescapes.com/>

### **Island Cottage Holidays**

01237 426781

<https://www.islandcottageholidays.com/cowes-cottages>

## Hotels

### **The Woodvale Hotel**

1 Princes Esplanade, Gurnard, PO31 8LE

01983 292037

[www.hotelcowes.co.uk](http://www.hotelcowes.co.uk)

### **New Holmwood Hotel**

65 Queen's Road, Cowes, PO31 8BW

01983 292508

[www.newholmwoodhotel.co.uk](http://www.newholmwoodhotel.co.uk)

### **Foresters Hall**

30, 32 Sun Hill, Cowes PO31 7TR

01983 209453

<https://forestershall.com/>

### **Villa Rothsay Hotel**

Baring Road, Cowes, PO31 8DF

01983 295178

Email: [hotel@villa-rothsay.co.uk](mailto:hotel@villa-rothsay.co.uk)

[www.villa-rothsay.co.uk](http://www.villa-rothsay.co.uk)

### **Pinnacle Suites**

104A High St, Cowes, Isle of Wight,

PO31 7AT

01983 240287

<https://www.pinnaclesuites.co.uk/>

# Bed & Breakfasts

## **Endeavour House**

47 Mill Hill Road  
Cowes  
PO31 7EG  
01983 297406

[www.endeavourhousecowes.co.uk](http://www.endeavourhousecowes.co.uk)

## **Caledon Guest House**

59 Mill Hill Road  
Cowes  
PO31 7EG  
01983 293599

[www.the-caledon.co.uk](http://www.the-caledon.co.uk)

## **Onefifty Cowes**

150 Park Road  
Cowes  
PO31 7NE  
07795 296 399

[www.onefiftycowes.co.uk](http://www.onefiftycowes.co.uk)

## **Holly Tree House**

218 Park Road  
Cowes  
PO31 7BG  
01983 246227

<https://www.hollytreehousecowes.co.uk/>

## **Anchorage Guesthouse**

Mill Hill Road  
Cowes  
01983 247975

[www.anchoragetcowes.co.uk](http://www.anchoragetcowes.co.uk)

## **Westbourne House**

43 Birmingham Road  
Cowes  
PO31 7BH  
01983 290009 / 07871 845032

<http://westbourne-house-bed-breakfast.isle-of-wight-uk.com/en/>

## **Crews Quarters**

2 Sun Hill  
Cowes  
PO31 7HY  
Call Karen on 07966 455932

<https://crewsquarterscowes.com/>

## **Oak Cottage B & B**

Oak Cottage, Castle Road, Cowes, Isle  
of Wight, PO31 7QZ  
07971 187602

<https://oakcottagecowes.com/>

[www.airbnb.co.uk](http://www.airbnb.co.uk)

## PUBLIC HOUSE ACCOMMODATION

### **The Anchor Inn**

1-3 High Street, Cowes PO31 7SA  
01983 292823

[www.theanchorcowes.co.uk](http://www.theanchorcowes.co.uk)

### **The Union Inn**

Watchhouse Lane, Cowes PO31 7QH  
01983 532444

[www.unioninncowes.co.uk](http://www.unioninncowes.co.uk)

### **The Fountain Hotel**

High Street, Cowes PO31 7RR  
01983 292397

[www.oldenglishinns.co.uk/our-locations/the-fountain-inn-cowes](http://www.oldenglishinns.co.uk/our-locations/the-fountain-inn-cowes)

### **Duke of York**

Mill Hill Road, Cowes PO31 7BT  
01983 295171

[www.dukeofyorkcowes.co.uk](http://www.dukeofyorkcowes.co.uk)

## Holiday Village Chalets

### **Thorness Bay Holiday Park**

Thorness Lane

Nr Cowes

Isle of Wight

PO31 8NJ

0330 123 4895

[www.parkdeanresorts.co.uk](http://www.parkdeanresorts.co.uk)



# Houses

## **Myles Harrison**

Flat 1  
Regency House  
High Street  
Cowes  
07769 642220  
[mharris8@its.jnj.com](mailto:mharris8@its.jnj.com)

## **Cath Giraudon**

Lisburne  
61 Queen's Road  
Cowes  
07770 914250

## **Carlton Cottage**

Queen's Road  
Cowes  
07771 905794  
<https://www.booking.com/hotel/gb/carlton-cottage-3007820.en-gb.html>

## **Sarah Carro**

Cowes Cottage  
07908 616801  
<https://airbnb.com/h/cowescottage>

## **Gray's Inn**

Union Road  
Cowes  
PO31 7TW  
01983 200770  
07939 028889  
<http://grays-inn.isle-of-wight-uk.com/en/>

## **Alison Wheeler**

Crew House  
[Aliw29sjhg@hotmail.com](mailto:Aliw29sjhg@hotmail.com)

## **Busigny House**

16 Castle Rd, Cowes PO31 7QZ  
07748990789  
[mariamoore64@icloud.com](mailto:mariamoore64@icloud.com)  
<https://busigny.co.uk>

## **Jo Bowden**

Apartment 18 at No 1 The Parade  
<https://www.wightescapes.com/properties/22697>  
[jo@crewkit.co.uk](mailto:jo@crewkit.co.uk)

## **Virginia Forsyth**

07740701610  
Please press the Air BnB link below  
[Crew House in Cowes](#)  
[forsythvirginia@gmail.com](mailto:forsythvirginia@gmail.com)

# Dining

## Restaurants

### **The Smoking Lobster**

01983 240916

[www.smokinglobstercowes.co.uk](http://www.smokinglobstercowes.co.uk)

### **The Garden**

01983 300142

[The Garden Website](#)

### **The Summer Garden**

(Seasonal at ISC)

01983 300141

[The Summer Garden](#)

### **Harbour Kitchen**

01983 297559

[www.theharbourkitchen.co.uk](http://www.theharbourkitchen.co.uk)

### **The Globe**

01983 632363

<https://www.globecowes.co.uk/>

### **The Coast Bar**

07831 331717 / 01983 298574

[www.thecoastbar.co.uk](http://www.thecoastbar.co.uk)

### **Foresters Hall**

01983 209453

<https://forestershall.com/>

### **Number 3**

01983 291714

[www.number3cowes.com](http://www.number3cowes.com)

### **The Heron**

07481 741056

<https://www.heroniow.co.uk/>

### **The Basque Kitchen**

07481 741056

<https://thebasquekitchen.co.uk/>

### **The Red Duster**

01983 290311

[www.theredduster.com](http://www.theredduster.com)

### **Cowes Tandoori**

01983 296710

<https://www.cowestandoori.co.uk/>

### **Bahar Tandoori**

01983 200378

[bahartandoori.uk](http://bahartandoori.uk)

### **Murrays**

01983 296233

[www.murrays.co](http://www.murrays.co)

### **Tonino's**

01983 298464

[toninoscowes.co.uk](http://toninoscowes.co.uk)

### **Pontoon View - Bar & Food**

(Seasonal)

01983 242800

<https://www.cowesyachthaven.com/marina-boatyard/pontoonview/>

# Cafés & Delicatessen

## **Little French Franks**

Baguette & Salad Bar  
01983 716543

<https://www.frenchfranks.co.uk/>

## **Manny's**

Baguette & Salad Bar  
07516 819619

<https://www.facebook.com/MannysBaguettes/>

## **Comic Coffee Cowes**

Café  
01983 472916

<https://www.comicoffee.uk/>

## **Captain Pizza**

Pizza Takeaway  
01983 300141

<https://www.captainpizzacowes.com/>

## **Jolliffes**

Café

<https://www.facebook.com/jolliffeseatery/>

## **Sounds & Grounds**

Music & Coffee Café

<https://www.sounds-grounds.co.uk/home>

## **Baked By Jen**

Bakery  
07854 415089

<https://www.facebook.com/BakedbyJeniow>

## **Lost Mill Bakery**

01983 241959

<https://www.lostmillbakery.com/>

## **Well Bread**

Bakery  
01983 281814

<https://jmaps.net/well-bread>

## **Bars and Public Houses**

\*See Public House Accommodation

### **Compass Bar**

10 High St, Cowes, Isle of Wight, PO31 7RZ  
01983 475245

### **Pier View**

25 High St, Cowes, Isle of Wight, PO31 7RY  
01983 294929

### **Vectis Tavern**

103 High St, Cowes PO31 7AT  
01983 238439

### **Cowes Ale House**

5A Shooters Hill, Cowes, Isle of Wight, PO31 7BE  
01983 294027

### **The Globe**

The Parade, Cowes, Isle of Wight, PO31 7QJ  
01983 632363

### **The Union Inn**

Watch House Lane, Cowes, Isle of Wight, PO31 7GH  
01983 532444

# Marine Services

## Chandlers

### **Jolliffes Chandlery**

2-4 Birmingham Road, Cowes, Isle of Wight  
01983 290100

### **Marine Bazaar**

225 Arctic Road, Cowes, Isle of Wight  
01983 298869

### **Pascall Atkey**

29-30 High Street, Cowes, Isle of Wight  
01983 292381

### **Spencer Rigging**

Empire Building, St Mary's Road, Cowes, Isle of Wight  
01983 292022

[www.spencerrigging.co.uk](http://www.spencerrigging.co.uk)

## Diving Companies

### **MMC Ltd**

Medina River, Cowes, Isle of Wight  
07966 579965

[info@mmc-worldwide.com](mailto:info@mmc-worldwide.com)

### **Island Divers**

Unit 2 Medina Village, Bridge road, Cowes, Isle of Wight  
01983 240255

[www.iowdivers.co.uk](http://www.iowdivers.co.uk)

## Fuel

### **Cowes Harbour Fuels**

Harbour Office, Town Quay, Cowes, Isle of Wight  
01983 293952 (Harbour Office) or 01983 200716

### **Lallows Boatyard**

3 Medina Road, Cowes, Isle of Wight  
01983 292112

[www.lallowsboatyard.co.uk](http://www.lallowsboatyard.co.uk)

# Breakdown Assistance

## **Sea Start**

Unit 13, Hamble Point Marina, Hamble, Hampshire  
0800 885500 & 01489 557364

[www.seastart.co.uk](http://www.seastart.co.uk)

## Boat Builders and Repairs

### **Composite Craft Ltd**

Medina Yard, Pelham Road, Cowes, Isle of Wight  
07971 817444

### **Will Squibb Boatbuilders & Marine Surveyors**

Attrills Yard, The Duver, St Helens, Isle of Wight  
01983 874629

[www.willsquibb.net](http://www.willsquibb.net)

### **A&M Fabrications**

Unit 42, Medina Village, Medina Road, Cowes, Isle of Wight  
01983 297999

<https://www.alloy-boats.co.uk/>

### **David Heritage Yachts**

Address 5-6 Saunders Drive, Cowes, PO31 8HU  
01983 280065  
07779653393

<http://www.davidheritage.co.uk/>

## Safety Equipment

### **Team O Marine Safety Products**

07503 461259

[www.teamomarine.com](http://www.teamomarine.com)

### **SeaSafe Systems**

Mariners House, Mariners Way,  
Somerton Business Park,  
Newport Road,  
Cowes

01983 282388

[www.seasafe.co.uk](http://www.seasafe.co.uk)

# Groceries

## **The Butchers**

23 High Street, Cowes, Isle of Wight  
01983 293129

## **Healthy Indulgence**

110 High Street, Cowes, Isle of Wight  
01983 210042

## **Phillips Seafood & Smoke House**

111 High Street, Cowes, Isle of Wight  
01983 282200

## **Rosalies of Cowes**

74 High Street, Cowes, Isle of Wight  
01983 303672

## **Sainsbury's**

129-130 High Street, Cowes, Isle of Wight  
01983 273400

## **Marks and Spencer**

Terminus Road, Cowes, Isle of Wight  
01983 329296

## **Waitrose**

Well Road, East Cowes, Isle of Wight  
01983 295680

## **Aldi**

Airfield Way, Cowes, Isle of Wight  
+1 855-955-2534

# Health and Beauty

## Barbers

### **Beresford's Barber Shop**

2 Shooters Hill, Cowes, Isle of Wight  
01983 293863

### **McGregors Gentlemen's Barbers**

15 Carvel Lane, Cowes, Isle of Wight  
01983 249228

### **Hair Port Unisex Hairdressers**

113A High Street, Cowes, Isle of Wight  
01983 291331

## Hairdressers

### **K&H Hairdressers**

3 The Arcade, Cowes, PO31 7AR  
01983 299000

<https://www.khhairdressing.co.uk/>

### **Charlotte's Academy**

9 Birmingham Road, Cowes, PO31 7BH  
01983 200960

<https://www.charlottesacademy.co.uk/>

## Spa Facilities

### **BeCalmed Spa Therapy Centre**

8 Birmingham Road, Cowes, Isle of Wight  
01983 296655

<https://becalmedincowes.co.uk/>



## **Other Services**

### **Osbornes – Dry Cleaning**

119 High Street, Cowes, Isle of Wight  
01983 280974

### **Cowes Post Office**

155 Mill Hill Road, Cowes, Isle of Wight, PO31 7EL

### **VecWash Launderette**

1 Mill Hill Road, Cowes, Isle of Wight  
01983 294698

### **Leslies Motors – Car Hire**

341-351 Newport Road, Northwood, Isle of Wight  
01983 293333

# Useful Websites

**Cowes Online**

[www.cowes.co.uk](http://www.cowes.co.uk)

**Cowes Harbour Commission**

[www.cowesharbourcommission.co.uk](http://www.cowesharbourcommission.co.uk)

**Cowes Yacht Haven**

[www.cowesyachthaven.com](http://www.cowesyachthaven.com)

**Isle of Wight Tourist Information**

[www.visitisleofwight.co.uk](http://www.visitisleofwight.co.uk)

**Isle of Wight Council Visitor Services**

[www.iwight.com/visitors](http://www.iwight.com/visitors)

**Royal Yacht Squadron**

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

**BBC Weather**

[www.bbc.co.uk/weather](http://www.bbc.co.uk/weather)

**Osborne House**

[www.english-heritage.org.uk/daysout/properties/osborne](http://www.english-heritage.org.uk/daysout/properties/osborne)

