

## Our Salty tips... as recommended by our guests

### For local walks

<b>Bonchurch</b>	Turn left and walk along the esplanade. Easy flat pushchair/bike friendly with plenty of rockpools at low tide. Dog friendly stony beach.
<b>Steephill Cove</b>	Turn right and follow the coastal path. 20mins steep up and down walk. Our favourite destination! Great views, lovely beach with rockpools at low tide, nice cafes (we recommend the Beach Shack and fresh crab pasties from the Crab Shed). No cars. Dogs allowed on leads.

### Walks further afield

<b>Ventnor &amp; St Boniface Downs</b>	Highest point on the island with fantastic coast to coast views. Wild goats and cattle roaming. You drive to the top and can walk or cycle along the ridge to avoid walking up the hill!
<b>St Catherine's Lighthouse</b>	Drive to the Buddle Inn (good food and live music) and then follow circular walk down to lighthouse and back up the hill.
<b>West coast</b>	Great coastal walks around Freshwater, Totland and Alum Bay up to the Needles. Also recommend Tennyson Down.

### Feeling active

<b>Golf</b>	Ventnor 12 holes with sea views, Freshwater or Sandown for a good quality links courses.
<b>Water sports</b>	Kayak hire at Steephill Cove. Wight Water at Lake offer courses & hire of dinghy sailing, kayaking, windsurfing, paddle boarding etc.
<b>Leisure Centres</b>	Try Medina Leisure Centre at Newport, the Heights at Lake. Sports hall in Upper Ventnor is booked through the Heights.

### For something different

<b>Botanical Gardens</b>	Ventnor's famous Victorian tropical gardens with acres of gardens, rare plants, visitor centre, playground & cafes.
<b>Garlic &amp; Chilli Farms</b>	Great tasting and demonstrations - Garlic farm restaurant is excellent and is a good choice for a wet day!
<b>Island Railway &amp; Steam railway</b>	Island trains from Shanklin to Ryde are a fun and traffic free way to get about. There is also a steam railway from Smallbrook junction to Wooton.
<b>Fishing trips</b>	Cheetah Marine organise family friendly mackerel fishing trips and boat rides in the summer months. Book at Ocean Blue by the paddling pool.
<b>The Cabin</b>	Fantastic relaxing treatments with sea views. Highly recommended.

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### Free activities for families in Ventnor

<b>Rockpools</b>	Great rockpools under the Spyglass ,on the walk to Bonchurch, or at Castle Cove on the way to Steephill Cove. Don't forget you can only do this at low tide so check your times.
<b>Paddling pool</b>	Our kids favourite place in Ventnor. Turn left along the esplanade for the fantastic island paddling pool with cafe alongside.
<b>Playgrounds</b>	Playground behind the Winter Gardens on the cliff top. There is also a free child friendly outdoor gym at the back of Ventnor Park just off the coastal path. There is a small skate park along the esplanade just beyond the car park.
<b>Putting Green</b>	In Ventnor Park - on the road towards the botanical gardens.

### Family days out

<b>Blackgang Chine</b>	Traditional family adventure park near Niton - perfect for under 10s. The ticket is valid for 7 days and they do fireworks on Weds nights in summer.
<b>Robin Hood Adventure park</b>	Family outdoor woodland adventure park near Arreton. We love the magical Electric Woods in the evenings.
<b>Dinosaur hunting</b>	Head down to Compton bay for fossil hunting and to see the dinosaur footprints and fossil forest. Need to go at low tide.
<b>Sandown &amp; Shanklin</b>	Bucket and spade destinations with lots of beachside activities including giant slides, crazy golf, zoo, climbing wall, dodgems & amusements
<b>Alum Bay</b>	Busy tourist centre with views of the needles, the famous coloured sands and chair lift to the beach. Small fairground rides and crazy golf.

### Rainy days with Families

<b>Ice Skating</b>	Ice Rink is at Ryde
<b>Ten pin bowling</b>	Big bowling centre at Ryde
<b>Cinema</b>	Cineworld at Newport
<b>Soft play</b>	Centres at Shanklin, Newport and Lake
<b>Dinosaur Museum</b>	Indoor museum at Sandown
<b>Amusements</b>	Easy to lose a couple of hours on 2p slots in the Gaiety amusements!

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### Local snacks and take aways

<b>Best fish &amp; chips</b>	The Kiosk at the Haven - great fish and chips take-away - usually a big queue as the fresh is caught from Ventnor bay that day!  Golden sands cafe is good and they also do take aways.
<b>Best breakfast</b>	Pretty hard to beat Betsy & Spinkys (Ocean blue). Also perfect for a coffee or a beer whilst the kids play in the paddling pool.
<b>Best ice cream</b>	Minghella - in our opinion this is the best ice cream! Made locally on the island and comes in a range of delicious flavours.
<b>Homemade cakes</b>	At Sarah's House in town make cakes and yummy homemade treats. Guy highly recommends the doughnuts!
<b>Takeouts</b>	New China House and Eastern Eye Indian are both pretty good and might deliver if you ask nicely!

### Eating out in Ventnor

<b>Spyglass Inn</b>	Good food, generous portions. Often have live music and they are always busy! You can't book so just take your chance.
<b>Betsy &amp; Spinkys (Ocean Blue)</b>	Licensed cafe by the paddling pool serving good food including fresh fish specials and great breakfasts. Live music some evenings in the summer.
<b>Phileas Fogg (in town)</b>	Cosy, friendly and great food. International menu and daily specials. Number 1 rated on trip advisor. Open all year. Need to book.
<b>Ale &amp; Oyster</b>	Nice pub on the esplanade. Friendly service and food usually reliable and they serve a good Sunday roast.
<b>La Cantina (in town)</b>	Small but fantastic Italian restaurant. They make their own pizzas which are delicious, as well as other daily specials. Need to book.
<b>The Met</b>	Good for tapas and a great spot for a coffee or a glass of wine whilst watching the world go by.
<b>Special occasion</b>	The Hillside bistro and the Hamborough are the ones to try but they don't allow children so we don't get there much!
<b>Trendy pub</b>	The youngsters tend to hang out at the Crab and Lobster Tap in town, so that's where to head if you're looking for a party!

Please note - this is not an exhaustive list of all the eating options in Ventnor... but just those that our guests have tried and recommended so far! Please let us know if you have similar experiences or can recommend others.