

WELCOME TO BOWDEN

It's Altogether *Different*



A woman with dark, curly hair is shown in profile, looking towards the left. She is wearing a brown blazer over a black turtleneck. The background is a blurred cityscape with a multi-story building and greenery.

Hiya! Nice to meet you.

Things are happening at Bowden, time to share the good news.

Just 2.5km from the Adelaide CBD, Bowden was redeveloped in 2008 by Renewal SA, the State Government's leading urban development agency. It has since become a multi-award-winning development, that 1,250 residents already call home.

But there's so much more to come, with new homes, developments, businesses, shops, cafes and amenities planned for the community's benefit.

Here in Bowden, we like to do things differently. But don't just take our word for it, read on to discover what Bowden has in store for you.

Snapshot. A day in your *Bowden life.*

Wake up; stroll through the many green spaces, workout, take in the vibes at Bowden Park, shoot hoops, play tennis. Get the day started right.

Now let's talk coffee; make your way to Plant 3 and Plant 4, located right on your doorstep, for plenty of options for a great cuppa with even more choices on market days. Outside of the Bowden district? No problem - Charlie Brown Co, The Loose Caboose and Charlie West Cafe are all conveniently located nearby.

Ready for the day? Let's go; being only 2.5km from the city you can do some shopping and be home in an instant, or hop on the train or tram and make your way to the beach. Wanna stay close?

No problem. Perhaps stroll the laneways and back streets where you'll discover a plethora of murals, heritage sites, art, and a quaint pub or two.

Speaking of pubs, let's lean into the arvo; try the newly refurbished Brickmakers Arms, sample a beer from Bowden Brewing in Plant 3 or grab a bite to eat at The Lady Daly Hotel or Jarmer's Kitchen. This is Bowden living.

It's night life time; Bowden is a great place to launch into your weekend plans, with live music always on at The Gov and the Adelaide Entertainment Centre only a short walk across Port Road.

Starting to see how things around here are a little different?





Living more *lightly*.

As well as all the lifestyle benefits, your choice to live at Bowden means you are part of a community that is reducing pressure on our precious natural resources.

Every building has met a strict standard, called Green Star, to reduce waste and pollution in construction and make your home more comfortable and weather-proof, all year round.

Your energy efficient apartment or townhouse has been expertly designed to optimise heating and cooling systems, meaning you will have lower energy bills every year. Thoughtful landscaping and trees also help to shade the streets and buildings. By choosing a greener home, you are part of the solution to climate change – making meaningful cuts to carbon emissions from everyday living.

Getting around.

We practice what we preach when it comes to sustainability. For us, that means many things, one of which is providing a community that is easy to access. Discover altogether different ways of getting around.

Bowden is only 2.5km from the city, and only one train stop from the Adelaide Railway Station, serviced by both the Grange and Outer Harbour lines, plus the option of free tram rides to and from the CBD.

If you do need to drive, there are on-street parking options within Bowden, while for longer stays, there are several alternative parking options on Port Road including the Adelaide Entertainment Centre's

Park 'n' Ride and the Secure Park at the Raptis Fish Market site.

While Bowden is well connected through public transport and green pathways, share cars are the perfect way to go when the journey isn't suited to hopping on your bike, a bus or a tram. Flexicar and Uber Car Share options are close by.

Feeling active? There are safe, well-lit walking or cycling paths bordering the Adelaide Park Lands.

Get to and from Bowden any way you like, no day need feel the same.

CBD TRAVEL TIMES



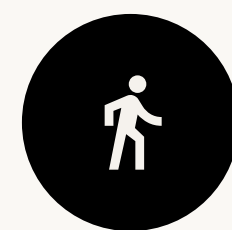
By Train
3 Minutes



By Tram
15 Minutes



By Bike
16 Minutes



By Foot
40 Minutes



Bowden *origins.*

Bowden is part of the Mikawomma 'Open Plains', a tree-studded open grassy plain between Yerta Bulti (Port River region) and Tandanya (location of Adelaide). Mikawomma was recorded as a place of hunting for paru meat and gathering of vegetable foods.

Bowden formed part of an area known as Karraundongga Hindmarsh within Mikawomma. Karraundongga means 'red gum spear place' as the Hindmarsh/Thebarton area was a favourite locality for obtaining red gum branches used for making heavy fighting spears.

In 1839, James Hurtle Fischer named the site Bowden after his village in Northamptonshire. Since then, it has been used

for gasworks, brickworks, glassworks, and in 1936 became the site for the Clipsal factory, which manufactured conduit and electrical accessories.

The Bowden redevelopment began in 2008 by Renewal SA and serves as a model for urban renewal and inner-city living, mixing the past with the future, blending history, culture and sustainability into a smarter way to live, work and play.

Now a 6 Star Green Star community, Bowden is a multi-award winning development that has set new standards for urban design that is truly people-focused.



Bowden District



Parks & Recreation

- 01 Bowden Village Reserve
- 02 Emu Park
- 03 Kevin Taylor Reserve
- 04 Wardli-ana Tapa Reserve
- 05 Park Tce Community Garden

Community

- 06 Green Leaves Early Learning Centre
- 07 Praxis Art Space
- 08 Adelaide Bike Kitchen
- 09 Hindmarsh Library

Health & Wellness

- 10 BST Fitness
- 11 The Orthodontic Place
- 12 Seb & Tom Hair Salon
- 13 EFM Health Club
- 14 Kudos Hair & Beauty

Shopping & Amenities

- 15 IGA Bowden
- 16 Star Laundromat
- 17 Bowden Cellars
- 18 Potted Thoughts
- 19 Bowden Laundrette

Entertainment & Dining

- 20 Bowden Brewing
- 21 Caro Club
- 22 Bobibao
- 23 Jarmer's Kitchen & Fifth Street Pizza
- 24 The Loose Caboose
- 25 Mrs Tran's Vietnamese Street Food
- 26 Oddio Bowden
- 27 The Gov
- 28 The Lady Daly Hotel
- 29 New Local Eatery
- 30 The Brickmaker's Arms
- 31 Bello Piatto
- 32 Shirni - Sweets by Parwana
- 33 The Entertainment Centre
- 34 A Place Coffee

Transport

- 35 Entertainment Centre's Park 'n' Ride
- 36 Entertainment Centre Tram Stop
- 37 Bowden Train Station
- 38 North Adelaide Train Station
- Flexicar Sharing Sites
- Bike Repair Stations

Bowden Surrounds



Parks & Recreation

- 01 Boucatt Reserve
- 02 Ivan Franko Reserve
- 03 Thebarton Community Centre
- 04 Bush Magic Playground
- 05 Coopers Stadium
- 06 Bowden Skatepark
- 07 Mary Lee Park
- 08 Mudge Way Reserve
- 09 City Skate

Education

- 10 Brompton Children's Centre
- 11 Bowden Brompton Community School
- 12 Brompton Community School
- 13 St Joseph's School Hindmarsh
- 14 Barker Kindergarten
- 15 Stepping Stone RAH Childcare & Early Development Centre
- 16 Adelaide High School
- 17 Adelaide Botanic High School
- 18 University of South Australia
- 19 University of Adelaide
- 20 Flinders University City Campus
- 21 Immaculate Heart of Mary Primary
- 22 TAFE SA

Health & Wellness

- 23 Adelaide Smile and Implant Centre
- 24 Hindmarsh GP
- 25 Hindmarsh Pharmacy
- 26 All Adelaide Speech Pathology
- 27 Adelaide City General Practice
- 28 City Medical Centre
- 29 Forward Medical
- 30 Globe Medical Adelaide
- 31 Royal Adelaide Hospital
- 32 Goodlife Hindmarsh
- 33 Star Discount Chemist Croydon
- 34 Adelaide Aquatic Centre
- 35 National Pharmacies North Adelaide
- 36 North Adelaide Family Practice
- 37 Calvary Hospital North Adelaide

Shopping & Amenities

- 38 Australia Post - Brompton LPO
- 39 Australia Post - Welland LPO
- 40 Welland Plaza
- 41 Foodland Thebarton
- 42 North Adelaide Village
- 43 Service SA
- 44 Rundle Mall
- 45 Adelaide Central Market
- 46 Woolworths Rundle Mall
- 47 Coles Rundle Mall
- 48 Brickworks Marketplace

Entertainment & Dining

- 49 Bakery on O'Connell
- 50 Nordburger
- 51 The Piccadilly
- 52 Adelaide Convention Centre
- 53 Adelaide Festival Centre
- 54 Adelaide Oval
- 55 Seven Grounds
- 56 Charlie West Café
- 57 Bombay Bicycle Club
- 58 Brompton Hotel
- 59 Joiners Arms Hotel

Transport

- 60 Adelaide Train Station
 - 61 North Adelaide Train Station
 - 62 Bowden Train Station
 - 63 Croydon Train Station
 - 64 Ovington Train Station
 - 65 Mile End Train Station
- River Torrens Linear Park Trail

Food and beverage.

Whether you want to dine in, takeaway or head out for coffee. We've got you covered.



Against the Grain Bakery

104 Gibson Street, Bowden
f @ againstthegrainbakery

A Place Coffee

37 Second Street, Bowden
@ aplace.coffee

Bobibao

7 Second St, Bowden | bobibao.com.au
@ bobibao_au

Brown Charlie Co.

93 Port Road, Hindmarsh
@ browncharlieco

Charlie West Café

190 Port Road, Hindmarsh | charlie-west.com.au
f charliwestcafe

Couch Potato

199 Port Road, Hindmarsh | couch-potato.com.au
@ couchpotatoco

Jarmer's Kitchen and Fifth Street Pizza

18 Park Terrace, Bowden | jarmerskitchen.com.au
f jarmers-kitchen @ jarmers_kitchen

Juan's Torta Cantina

22 Hawker Street, Bowden
@ juanstortacantina

The Loose Caboose

21 First Street, Hindmarsh | theloosecaboose.com.au
f theloosecabooseadelaide @ theloosecaboose

Mai's Lunch Bar

158 Port Road, Hindmarsh
f maislunchbarofficial @ maislunchbar

Mr Chaiwala

164A Port Road, Hindmarsh | mrchaiwala.com.au
@ mr.chaiwala_adelaide

Mrs Tran's Vietnamese Street Food

91 Port Road, Hindmarsh
@ mrstrans_vietnamesestreetfood

New Local Eatery

120 Port Road, Hindmarsh | newlocaleatery.com.au
f @ newlocaleatery

Pizza Meccanica

2 Hawker Street, Bowden | pizzameccanica.com.au
f @ pizzameccanica

Seven Grounds

1/28A Hawker Street, Brompton | sevengrounds.com.au
f sevengroundscafe @ sevengrounds

Taste of Bollywood

130 Port Road, Hindmarsh | tasteofbollywood-hindmarsh.com.au
f tasteofbollywood

Drinks.

From mocktails to cocktails, beer, wine, smoothies, or soft drinks, there are plenty of watering holes to quench your thirst in and around Bowden.

Bombay Bicycle Club

29 Torrens Road, Ovingham | bombaybicycleclub.com.au

[f](#) [thebombaybc](#) [@](#) [bombaybicycleclubadl](#)

Bowden Cellars

Red Shed Lane, Bowden (Plant 3 Bowden) | bowdencellars.com.au

[f](#) [@](#) [bowdencellars](#)

The Brickmakers Arms

36 Chief Street, Brompton | brickmakersarms.com.au

[f](#) [@](#) [brickmakers.adl](#)

The Brompton Hotel

5 First Street, Brompton | thebrompton.com.au

[f](#) [thebromptonhotel](#) [@](#) [bromptonhotel](#)

The Gov

59 Port Road, Hindmarsh | thegov.com.au

[f](#) [thegovhindmarsh](#) [@](#) [lovethegov](#)

The Joiners Arms

9 Manton Street, Hindmarsh | thejoiners.com.au

[f](#) [thejoinershotel](#) [@](#) [_thejoiners_](#)

Lady Daly Hotel

126 Port Road, Hindmarsh | theladydaly.com.au

[f](#) [@](#) [theladydalyhotel](#)

Oddio Bowden

31 Drayton Street, Bowden | oddio.com.au

[f](#) [@](#) [oddiobowden](#)

Markets and eateries.

Visit Plant 3 and Plant 4 Bowden for a lively atmosphere, bars, eateries, markets and events.

Plant 4 Bowden

5 Third Street, Bowden | plant4bowden.com.au | [f](#) [@](#) plant4bowden

Ali's Pakistani Cuisine
[f](#) [@](#) alispakistanicuisine

Arancissimo
[f](#) [@](#) arancissimo

Beach Organics | beachorganics.com.au
[f](#) [@](#) barrysbeachorganics [@](#) beachorganics

Cakeboy Donuts | cakeboydonuts.com
[f](#) [@](#) cakeboydonuts

Dada Dumpling & Laksa
[f](#) [@](#) dadadumplinglaksa

Fun2SeeYa Pizzeria | fun2seeyapizzeria.com.au
[@](#) fun2seeya_pizzeria

House of Fish
[f](#) house-of-fish [@](#) thehouseoffish

Kome Kome Adelaide | komekomeadelaide.com
[f](#) [@](#) komekomeadelaide

The Lost Loaf | thelostloaf.com
[f](#) [@](#) thelostloaf

My Collective Kitchen | mycollectivekitchen.com.au
[@](#) mycollectivekitchen_

My Grandma Ben | mygrandmaben.com
[f](#) [@](#) mygrandmaben.com

Nutrition Republic | nutritionrepublic.com.au
[f](#) [@](#) nutritionrepublic

Ozzie Gozleme
[f](#) [@](#) ozziegozleme [@](#) ozzie_gozleme

Ping An Veggie Time | pinganveggietime.com
[f](#) [@](#) pinganveggietime

Plant 4 Bar | plant4bowden.com.au
[f](#) [@](#) plant4bowden

Plant 4 Bowden is open over 7 days, but the opening hours of eateries and retail stalls will vary. For the full experience, visit on a Wednesday or Friday night from 5:00pm.

Plant 3 Bowden

6/14 Fourth Street, Bowden | plant3bowden.com.au | [f](#) [@](#) plant3bowden

Bowden Brewing | bowdenbrewing.com
[f](#) [@](#) bowdenbrewing

Bowden Cellars | bowdencellars.com.au
[f](#) [@](#) bowdencellars

Caro Club | caroclub.com.au
[f](#) [@](#) caroclubadelaide [@](#) caroclub_

Masa Kitchen
[f](#) [@](#) masa.adl

Potted Thoughts | pottedthoughts.com.au
[f](#) PottedThoughts [@](#) potted_thoughts

Seb & Tom at Plant 3 | 10 Fourth Street, Bowden | sebandtom.com
[f](#) [@](#) sebandtom.plant3



Shirni Parwana | parwana.com.au
[f](#) shirniparwana [@](#) shirni.parwana





Entertainment and sport.

Local bands, world-class musicians, sports, and major events, all just a short stroll away from the beating heart of Bowden.


Adelaide Entertainment Centre | 98 Port Road, Hindmarsh | theaec.net

  [@adelaideentertainmentcentre](#)



Adelaide Oval | War Memorial Drive, North Adelaide | adelaideoval.com.au

  [@adelaideoval](#)

Coopers Stadium | Manton Street, Hindmarsh | coopersstadium.com.au

 [coopersstadium](#)

The Gov | 59 Port Road, Hindmarsh | thegov.com.au

 [thegovhindmarsh](#)  [@lovethegov](#)

tickets



Fitness and green spaces.

Stay active, and get in shape with a range of gym options including the slower pace of a yoga session.

Bowden Gym Collective | 2A Hawker Street, Ovingham | bowdengymcollective.com.au
Facebook: [the-bowden-gym-collective](https://www.facebook.com/the-bowden-gym-collective) Instagram: [bowdengymcollective](https://www.instagram.com/bowdengymcollective)

BST Fitness | 4/30 Fifth Street, Bowden | bstfitness.com.au
Instagram: [bowden.gym247](https://www.instagram.com/bowden.gym247)

EFM Health Club | 3 Second Street, Bowden | efm.net.au/club/bowden
Facebook: [efmhealthclubs](https://www.facebook.com/efmhealthclubs)

Escape the rat race and immerse yourself in nature. Bowden boasts plenty of green and open space plus BBQ facilities, basketball and tennis courts and bicycle trails.

Adelaide Park Lands | Park Terrace, North Adelaide
cityofadelaide.com.au/about-adelaide/the-adelaide-park-lands

Bowden Park | Third Street, Bowden | charlessturt.sa.gov.au/community/sports-and-recreation/parks-reserves-and-playgrounds/bowden-village-reserve

Emu Park Reserve | Gibson Street, Bowden | charlessturt.sa.gov.au/community/sports-and-recreation/parks-reserves-and-playgrounds/emu-park-reserve

Kevin Taylor Reserve | Kevin Taylor Lane, Bowden | charlessturt.sa.gov.au/community/sports-and-recreation/parks-reserves-and-playgrounds/kevin-taylor-reserve

Wardli-ana Tapa Reserve | Third Street, Bowden

Community and amenity.

Engage with the local community, join a group, make friends. From the Community Garden, to art workshops there's always something fun on.

19 on Green | 19 Green Street, Brompton | charlessturt.sa.gov.au/19ongreen
📍 19ongreen

Adelaide Bike Kitchen | 22 Gibson Street, Bowden | adelaidebikekitchen.net
📍 @adelaidebikekitchen

Bowden Pop-up Community Garden | Third Street, Bowden
📍 parktcecommunitygarden

Brompton Community Garden | 17 Green Street, Brompton
📍 bromptoncommunitygarden

City of Charles Sturt | 72 Woodville Road, Woodville | charlessturt.sa.gov.au
📍 cityofcharlessturt @ charlessturtsa

Park Terrace Community Garden | Park Terrace, Adelaide Park Lands
📍 parktcecommunitygarden

Discover Bowden's unique art, crafts and exhibitions. Marvel at murals, or immerse yourself in an art exhibition at Praxis.

Adelaide Brass Castings | 100-102 Gibson Street, Bowden | adelaidebrasscastings.com

DK Fabrics | 105 Port Road, Hindmarsh | dkfabrics.com.au
📍 dkfabrics1

Hettie's Patch | 138 Port Road, Hindmarsh | hettiespatch.com
📍 hetties-patch-173356146136952 @ hettiespatch

Hindmarsh Disposals | 179 Port Road, Hindmarsh
📍 hindmarshdisposals @ hindmarsh_disposals

Praxis ARTSPACE | 68-72 Gibson Street, Bowden | praxisartspace.com.au
📍 praxisartspacegallery @ praxisartspace

Studio Bowden | 91A Drayton Street, Bowden | studiobowden.com.au
📍 @studiobowden

Pick up a book and unwind in one of the cozy nooks and crannies throughout Bowden.

Gibson Street Book Exchange | 46 Gibson Street, Bowden

Hindmarsh Library | 139 Port Road, Hindmarsh | charlessturt.sa.gov.au/hindmarshlibrary



Essential services.

IGA Local Grocer Bowden | 1 Third Street, Bowden (Plant 4 Bowden) | iga.com.au
📍 IGALGBowden 📷 [iga_local_grocer_bowden](https://www.instagram.com/iga_local_grocer_bowden)

Bowden Laundrette | 7 Muriel Matters Walk, Bowden | bowdenlaundrette.com.au

Star Laundromat | 5 Second Street, Bowden | starlaundromat.com.au/bowden
📍 starlaundro

Astro Hair | 24 Hawker Street, Bowden

Kudos Hair & Beauty | 122 Port Road, Hindmarsh | kudoshairandbeauty.com.au
📍 kudos-beauty

Seb & Tom at Plant 3 | 10 Fourth Street, Bowden (Plant 3 Bowden) | sebandtom.com
📍 sebandtom.plant3 📷 [sebandtom.plant3](https://www.instagram.com/sebandtom.plant3)

Star Pharmacy | 328 – 334 Port Road, Hindmarsh | updates.stardiscountchemist.com.au/bowden-residents (currently offering Bowden residents free home delivery on prescriptions)

Australia Post - Brompton LPO | Shop 6, 89 – 91 Torrens Road, Brompton

Hindmarsh GP | 275 Port Road, Hindmarsh | hindmarshgp.com.au
📍 hindmarshgp

Welland Plaza | 508 – 514 Port Road, Welland | wellandplaza.com.au

Foodland Thebarton | 81/87 George Street, Thebarton | thebarton.shop.foodlandsa.com.au

North Adelaide Village | 67 O'Connell Street, North Adelaide | northadelaidevillage.com.au
📍 northadelaidevillage

Rundle Mall | Rundle Mall, Adelaide | rundlemall.com
📍 rundlemallsa 📷 [rundlemall](https://www.instagram.com/rundlemall)

Adelaide Central Market | 44 – 60 Gouger Street, Adelaide | adelaidecentralmarket.com.au
📍 [adelcentralmarket](https://www.instagram.com/adelcentralmarket)



Education.

Bowden is home to Green Leaves ELC, within zoning for Adelaide and Botanic High Schools, and close to all Adelaide's major tertiary institutions.



Early Learning / Child care

Brompton Children's Centre Inc | 1 Wattle Street, Brompton | bromptonchildrenscentre.com.au

Green Leaves Early Learning Centre | 1 Second Street, Bowden | greenleaveselc.com.au/centre/bowden
f [greenleavesbowden](#) @ [greenleaveselc](#)

Renown Park Children's Centre | 11-17 Napier Street, Renown Park | preschools.sa.gov.au/renown-park-childrens-centre

Primary Schools

Brompton Primary School | Napier Street, Renown Park | bromptonps.sa.edu.au

Immaculate Heart of Mary Primary School | 95 East Street, Brompton | ihm.catholic.edu.au

St Joseph's Catholic School | 56 Albermarle Street, West Hindmarsh | sjsh.catholic.edu.au

Secondary Schools

Adelaide Botanic High School | 2 Frome Road, Adelaide | abhs.sa.edu.au

Adelaide High School | West Terrace, Adelaide | adelaidehs.sa.edu.au

Bowden Brompton Community School | 85A Torrens Road, Brompton | bbcs.sa.edu.au

Universities / TAFE

Flinders University | flinders.edu.au

The University of Adelaide | adelaide.edu.au

University of South Australia | unisa.edu.au

TAFE SA | tafesa.edu.au

Torrens University Australia | torrens.edu.au



Bowden
DISCOVERY CENTRE

Bowden

Stay in the know.


Visit the Bowden Discovery Centre and get up to speed on all things Bowden.
Join our mailing list for updates on sales releases, new businesses, and upcoming events.


Bowden Discovery Centre | 24 Gibson Street | 1800 BOWDEN (1800 269 336) | bowdenlife.com.au
f @bowdenlife


Want to talk more?


Get in touch. The Bowden Life team are always around the area. Pop into the Bowden Discovery Centre, flick us an email, or send us a message. Signing up to our email list will also help keep you up to date with all the latest happenings at Bowden.

Follow Us

 /bowdenlife

 @bowdenlife

 bowdenlife.com.au

 info@bowdenlife.com.au



We acknowledge that Bowden is situated on the Traditional Lands of the Kurna people. We respect and support their spiritual connection with Country and connection to their land, waters and community.

