

# MINDFUL MAP




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Visit Isle of Man's Mindful Map, helping visitors locate the best wellness and activity hotspots on the Island.








The only nation in its entirety to be awarded a UNESCO Biosphère Reserve status, the Isle of Man is one of the best destinations in the British Isles to switch off and recharge. Whether looking for the best spots for sea swimming, exploring glens and waterfalls or to lay under a blanket of dazzling stars, the Isle of Man is the perfect place for a wellness and adventure break, where visitors can truly reconnect with themselves and nature whilst immersed in the Island's extraordinary surroundings.

To make the most of your break, the Island has a number of unique camping and glamping options surrounded by beautiful countryside to help you reset and revive. The majority of the sites on this map are free to access. Whilst some activities require specialist equipment, you may choose to bring this with you or there are a number of local providers and guides who can supply this for you and make your break even more stress free.

## MAP KEY

-  TOWN
-  RESERVOIR
-  RIVER

## TOP CYCLE ROUTES

-  PEEL CYCLE ROUTE
-  PORT ERIN CYCLE ROUTE
-  RAMSEY CYCLE ROUTE
-  DOUGLAS CYCLE ROUTE
-  CASTLETOWN CYCLE ROUTE
-  OLD RAILWAY LINE
-  LAXEY CYCLE ROUTE

## NATURE & WILDLIFE

### Glens

- 24 Ballaglass Glen
- 25 Ballure Glen
- 26 Bishopscourt Glen
- 27 Bradda Glen
- 6 Colby Glen
- 7 Dhoon Glen
- 28 Elfin Glen
- 8 Glen Helen
- 10 Glen Maye
- 9 Glen Moaar
- 29 Glen Wyllin
- 30 Groudle Glen
- 11 Laxey Glen
- 13 Molly Quirk's Glen
- 31 Port Soderick Glen
- 32 Silverdale Glen
- 33 Summerhill Glen
- 34 Tholt-y-Will Glen

### Best Spots For Wildlife Watching

- 27 Bradda Glen
- 35 Calf of Man
- 36 Niarbyl Bay
- 18 Scarlett Nature Trail
- 37 The Ayres National Nature Reserve
- 38 Marine Drive
- 39 The Sound

### Top Nature Reserves & Gardens

- 37 The Ayres
- 60 Close Sartfield
- 12 Ramsey Hairpin Woodland Park
- 18 Scarlett
- 61 Garey ny Cloie Gardens
- 62 Milntown Gardens



 EXPLORE MORE ONLINE:  
[visitisleofman.com/wellbeing](http://visitisleofman.com/wellbeing)

## WELLNESS

### Best spots for Sea Swimming

- 1 Port Erin Beach
- 2 Port St Mary Beach
- 3 Ramsey South Beach
- 4 Douglas Beach
- 5 Castletown Beach
- 95 Port Jack
- 96 Port Skillion
- 97 Port e Vullen
- 88 Gansey Beach
- 90 Derbyhaven Beach

### Best spots for Glen Dipping

- 6 Colby Glen
- 7 Dhoon Glen
- 8 Glen Helen
- 9 Glen Moaar
- 10 Glen Maye
- 16 Peel Hill
- 17 Smeale Beach
- 18 Scarlett
- 19 Eary Cushlin
- 20 Injebreck Reservoir
- 21 White Beach, Niarbyl
- 22 Langness Peninsula
- 23 The Chasms

### Best spots for Forest Bathing

- 11 Laxey Glen
- 12 Ramsey Hairpin Woodland Park
- 13 Molly Quirk's Glen
- 14 Archallagan
- 15 Conrhenny

### Best spots for Wellness Walks

- 16 Peel Hill
- 17 Smeale Beach
- 18 Scarlett
- 19 Eary Cushlin
- 20 Injebreck Reservoir
- 21 White Beach, Niarbyl
- 22 Langness Peninsula
- 23 The Chasms



## ADVENTURE

### Best Spots for Diving

- 63 The Burro
- 64 Sugarloaf Caves
- 2 Port St Mary
- 35 Calf of Man
- 39 The Sound

### Top Cycle Routes

- 65 Peel Cycle Route
- 66 Port Erin Cycle Route
- 67 Ramsey Cycle Route
- 68 Douglas Cycle Route
- 69 Castletown Cycle Route
- 70 Old Railway Line
- 71 Laxey Cycle Route

### Best Spots for Kayaking

- 72 Fenella Beach
- 1 Port Erin Beach
- 36 Niarbyl Bay
- 73 Ramsey Beach
- 74 Laxey Beach
- 75 Sulby River

### Best Plantations for Mountain Biking

- 14 Archallagan
- 58 Axnfell
- 76 Ballaugh
- 77 Brookdale
- 78 Chibbanagh
- 15 Conrhenny
- 79 Cringle
- 80 Greeba
- 20 Injebreck
- 81 Kerroodhoo
- 82 Round Table
- 83 Skyhill
- 84 Sleaau Whallian
- 85 South Barrule

### Best Spots for Rock Climbing

- 23 The Chasms
- 86 Aldrick
- 72 Fenella Beach
- 87 Periwinkle Bay
- 24 Ballaglass Glen
- 10 Glen Maye
- 8 Glen Helen

### Best Spots for Paddleboarding

- 3 Ramsey South Beach
- 72 Fenella Beach
- 48 Port Lewaigue
- 88 Gansey Beach
- 74 Laxey Beach
- 1 Port Erin Beach
- 89 Derbyhaven

### Best Spots for Windsurfing and Kitesurfing

- 90 Derbyhaven Beach
- 5 Castletown Beach
- 88 Gansey Beach
- 1 Port Erin Beach
- 2 Port St Mary Beach

### Best Summits for Walking

- 91 Snaefell
- 92 North Barrule
- 93 Beinn y Phott
- 85 South Barrule
- 94 Cronk ny Arrey Laa

