

Welcome to The Isle of Man

Welcome to the Extraordinary Story of the Isle of Man - the first entire nation in the world to be recognised as a UNESCO Biosphere. Our Biosphere status was awarded in recognition of our extraordinary natural environment, vibrant culture, unique heritage and close-knit community. Located in the heart of the Irish Sea, the Isle of Man is best known as an outdoor adventure hotspot, perfect for walking, cycling and wellbeing holidays, or somewhere to simply switch off whilst immersing yourself in its 10,000 year story.

Key facts about the Isle of Man

- 33 National Heritage sites and an extensive network of heritage railways, including the Isle of Man Steam Railway, which is the longest narrow gauge steam line in Britain that still uses its original locomotives and carriages.
- The world's first entire nation to be a UNESCO Biosphere - boasting 160 km of beautiful coastline, 32 beaches, 18 scenic glens and 26 official dark sky sites for stargazing – the highest concentration of dark skies in the British Isles.
- The Manx calendar is full of historic events and customs, including Hop Tu Naa, the Island's answer to Halloween and the infamous tin bath races.

What the Isle of Man has to offer

Arts, Heritage & Culture

The extraordinary 10,000 year story of the Isle of Man is portrayed throughout the Island in a landscape rich in ancient monuments, medieval castles, landmarks and vintage railways. The Island's Norse history and Manx National Heritage is celebrated in a rich calendar of events, including Hop Tu Naa – the Island's longest-serving tradition.

Nature & Wildlife

The Isle of Man's rich tapestry of flora and fauna offers nature lovers and wildlife watchers an unforgettable experience all year round. Avid bird watchers will delight in the assortment of species to be found on The Calf of Man - an official British Bird Observatory. You may also be lucky enough to spot the 100+ wild wallabies that call the Island their home, or the striking basking sharks that come to feed in its plankton-rich waters. Dolphins and Minke Whales can also be spotted swimming in Manx shores.

Food & Drink

The commitment to sustainability, heritage and culture is at the core of the Island's dynamic food scene, built on local produce and offering the highest quality food and drink. With the Island so rich in nature, foraging has become a favourite practice of the Island's top chefs. The Island boasts three creameries, famous Manx seafood including King and Queen Scallops, as well as Distilleries with award-winning Manx ales that have been produced for 100 years.

Wellness

The Isle of Man is the perfect place to switch off and recharge. Whether you're looking for the best sea spots for cold water swimming, exploring glens and waterfalls or taking part in wellness retreats and yoga programmes, the Island is the ideal place for a wellness break. For the adventurous, the Island even has unique camping and glamping locations, from eco-camping to luxurious yurts.

Walking

With 40% of land uninhabited, walking trails on the Isle of Man are as diverse as they are numerous. Whether you're an ambler, a rambler or a serious hiker, there are countless guided and self-guided walks, spanning the iconic Raad ny Foillan coastal footpath, or heading to the uplands to conquer the Island's 25 summits over 1000ft.

Cycling

The Isle of Man offers some of the best cycling experiences in the British Isles, with a wealth of terrains to appeal to novices and experts alike. The cycle routes have it all - climbs and mountain paths, leisurely lanes, and coastal routes that will take your breath away. As the birthplace of two of the greatest cyclists of the modern generation, Mark Cavendish and Peter Kennaugh, the Island's 'Cyclist Welcome Scheme' makes it a perfect spot for cycling adventure.

2024 Events and Activities Highlights

- Isle of Man Darts Festival - **7-10th March**
- Shennaghys Jiu - Celtic Festival – **28th -31st March**
- CAMRA Isle of Man Beer & Cider Festival - **11-13th April**
- Easter Egg Rolling at Cregneash – **1st April**
- Manx Music, Speech & Dance Festival - The Guild – **27th April-4th May**
- Isle of Man TT – **27th May - 8th June**
- Tynwald Day – **5th July**
- The Lighthouse Cycling Sportive Challenge – **6th – 7th July**
- World Tin Bath Championships Castletown – **7th September**
- Gran Fondo Isle of Man – **27th-28th July**
- Yn Chruinnaght - Celtic Gathering – **22nd-28th July**
- World Championship Viking Longboat Races – **20th July**
- Isle of Man Food & Drink Festival – **14th-15th September**
- Isle of Man Festival of Motoring – **19th – 22nd September**
- Walk the Isle of Man - Walking Festival – **22nd-27th September**
- Manx Litfest – **24th- 29th September**
- Traditional Hop tu Naa Festival at Cregneash – **October**

Please find a bank of images from the Isle of Man [here](#).

For further information and media enquiries, please contact the Visit Isle of Man PR agency: VisitIoM@lexcomm.co.uk