Isle of Man Cycling Guide

6 complete self-guided routes

www.visitisleofman.com/cycling
"It was my first visit to the Isle of Man, but definitely not the last. The Island is the perfect destination for a cycling trip as it has enough testing terrain to challenge even the most serious cyclists (just ask Mark Cavendish!) and plenty of quiet roads for the less confident. The scenery is very diverse given the Island’s size. There are wonderful coastal roads, scenic country lanes and sweeping glens to discover. After a rewarding day in the saddle comes the best bit - a well-earned pint and a pie in one of the Island’s historic pubs."

- Simon Yeend, Daily Express

Get on your bike

The Isle of Man’s winding roads might be best known as the stage for the world-famous TT Races but they’re also the setting for another two-wheeled sport which is popular with residents and visitors alike. To say that there has always been a strong cycling tradition in the Isle of Man is an understatement; it is, after all, the home (and early training ground) of not only former Road Race World Champion and Tour de France star Mark Cavendish MBE but 2012 Olympic gold medallist Peter Kennaugh MBE.

Of course, you don’t have to be a racer to enjoy cycling in the Isle of Man: the beauty and diversity of the Manx countryside make it attractive to cyclists of all ages and abilities. Whether you’re looking for an athletic outdoors challenge or simply enjoy cycling as a leisurely - not to mention economical and eco-friendly! - means of sightseeing, the Isle of Man has a huge amount to offer.

The graded trails detailed in this guide are designed not only to give you a great cycling experience but introduce you to some of the Island’s most stunning landscapes and interesting places. Hopefully, they will whet your appetite to unfold the map and create further trails of your own.

This guide also contains plenty of general information and ideas to help you plan and make the most of your trip, which will be especially useful if you’re a first-time visitor. You might like to sign up for one of the Island’s annual cycling events, for instance, or combine two-wheeled exercise with excursions on our heritage rail network.

With a wide variety of high quality accommodation and places to eat and drink, excellent hire and repair services and a friendly, thriving local cycling community, the Isle of Man is simply one of the best all-round cycling destinations you’ll ever discover.

Grading for Routes

<table>
<thead>
<tr>
<th>Green</th>
<th>Easy – suitable for beginner/novice cyclists. Basic bike skills required.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue</td>
<td>Moderate – suitable for intermediate cyclists. Basic bike skills required.</td>
</tr>
<tr>
<td>Red</td>
<td>Difficult – suitable for proficient cyclists. Basic bike skills required.</td>
</tr>
<tr>
<td>Black</td>
<td>Severe – suitable for advanced cyclists used to physically demanding routes.</td>
</tr>
</tbody>
</table>
This relaxing ride can be enjoyed by cyclists of all abilities, particularly if the idea of rural tranquility and quiet, level roads appeal to you. Set against the backdrop of the Manx hills, the gentle landscape of the northern plain contrasts greatly with the rest of the Island.

Emerging from Ramsey Manx Electric Railway Station, cross over Albert Street and turn into Peel Street. Take the first right opposite the Post Office, onto Market Hill. This short road leads directly to Market Place. Turn left and left again onto West Quay. Following the quayside, turn right over the swing bridge. Bear right and then left along Mooragh Promenade. After a mile, the road swings inland and gradually climbs up hill to meet the A10 Bride Road where you turn right. Follow this road for about four miles, straight through the Dog Mills and up over the short but steep climb of Bride Hill to reach the pretty little village of Bride. Continue until you come to a mini-roundabout in front of the church. At this point, you can choose to visit the Point of Ayre by turning right and heading north for two miles. Whether you choose this option or not, you will need to follow the A10 towards The Lhen.

The A10 heads past the turn off to the Ayres Nature Reserve and continues in a westerly direction. Follow this road for four miles (ignoring the left turn at Smeale and bearing right) until you reach the crossroads with the road to Blue Point. Turn left here onto the Leodest Road to Andreas (two miles). Turn left at the T-junction by Andreas Stores, and keep right at the Y-junction in the centre of the village. Turn right at the T-junction past the church and turn right again after a quarter of a mile into Bayr ny Harrey (Manx Gaelic for `Road to the Ayres`). Follow this quiet country lane for two miles. Turn right at the crossroads, and after half a mile, turn left at the T-junction.

Remain on this road for one mile until you reach the village of St Jude’s. Turn left at the crossroads in St Jude’s and, passing St Jude’s Church, follow this pleasant road for five miles back into Ramsey. Turn right at the T-junction into Bowring Road and cross the bridge into the centre of Ramsey. Carry straight on at the two mini-roundabouts and through the lights at Parliament Square. Then take the left turn by the grass triangle signposted A2 Laxey and Douglas back to the Manx Electric Railway Station.

1. Ramsey Cycle Route

Distance | 16 Miles / 20 Miles
Terrain   | Mainly A roads
Major Climbs | None
Traffic  | You will encounter some busy traffic in and around the Ramsey area.
Facilities | There are various shops, cafes, restaurants and public toilets in Ramsey town centre.
Points of Interest | Mintown Estate and Gardens; The Grove Rural Life Museum; the Point of Ayre and Ayres Visitor Centre; Andreas Crosses.
This demanding but rewarding route takes you out of the Island’s capital and into the tranquil surrounding countryside. An ideal way to explore the small glens, notably Groudle Glen and Molly Quirk’s Glen. The coastal road of Marine Drive provides a stunning end to the day.

Start at Derby Castle at the northern end of Douglas promenade. Continue past the Manx Electric Railway Terminus and begin the climb to Onchan. After passing King Edward Bay Golf Course at Howstrake, you will reach Groudle Glen with its (seasonal) miniature steam railway. Continue alongside the Manx Electric Railway track towards Laxey, turning left at the next available road (Bibaloe Beg Road). The road consists of a short, but very steep climb up to Bibaloe Beg.

On reaching the main A2 road, turn left towards Onchan. The A2 is a busy, fast road and the left turn has poor visibility for approaching traffic. After crossing the Whitebridge and entering Onchan, take the third turn on the right onto School Road. Continuing along this road, you’ll come to a hairpin turn which takes you down into the Glen past Little Mill and then steeply up the opposite side. Follow this road until reaching Hillberry and the intersection with the Mountain Road – also the TT Course.

Turn left onto the Mountain Road (caution: fast traffic), then right after approximately 300 yards. Immediately turn right again onto Scollag Road. Follow this road to Abbeylands Crossroads, then continue down the steep slope into the River Glass valley at Sir George’s Bridge. Follow the A22 into Strang, passing Strang Stores. At the mini-roundabout, turn right and follow the A23 to Crosby. On reaching Crosby crossroads, cross the main A1 Douglas to Peel road.

Continue up the steep hill, at the top of which you will find St Runius Chapel. After a quarter of a mile, pass a footpath sign to St Patrick’s Chair, an ancient stone monument about 400 yards from the road. Further along this road, and after a long climb, you will come to Garth Crossroads; turn left here towards Douglas. A mile further on, cross the mini-roundabout at the Braaid and climb past Chibbanagh Plantation. Take the next right turn and after one and a half miles, pass Mount Murray Hotel & Country Club.

Half a mile further on, turn right at the T-junction onto the A5. This is another busy main road linking Douglas to Isle of Man Airport and the South. After one mile, turn left onto Oatlands Road; another mile on, turn left onto Castletown Old Road towards Douglas. Climbing out of the steep dip at Crogga and climbing out on the other side. Take the next right turn to Port Soderick, shortly passing under the steam railway bridge at Port Soderick Station. Turn left shortly afterwards. Half a mile further on, take the next right onto Marine Drive. Continue along the entire length of the Marine Drive and once past Douglas Head, follow the road down the hill towards South Quay.

2. Douglas Cycle Route

<table>
<thead>
<tr>
<th>Distance</th>
<th>27 Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terrain</td>
<td>Mainly A roads</td>
</tr>
<tr>
<td>Major Climbs</td>
<td>Bibaloe Beg, Ellerslie Hill at Crosby; the Braaid; Crogga</td>
</tr>
<tr>
<td>Traffic</td>
<td>The traffic in and around Douglas can be busy all day; cyclists should take care along the promenade and be aware of the tram lines. Exercise caution on country lanes.</td>
</tr>
<tr>
<td>Facilities</td>
<td>There are various shops, cafes, restaurants and public toilets within the Douglas and Onchan area.</td>
</tr>
<tr>
<td>Points of Interest</td>
<td>Camera Obscura, Manx Museum, Douglas Horse Trams, Manx Electric Railway, Groudle Glen and Railway, Molly Quirk's Glen, Port Soderick, Marine Drive.</td>
</tr>
</tbody>
</table>

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On reaching the main A2 road, turn left towards Onchan. The A2 is a busy, fast road and the left turn has poor visibility for approaching traffic. After crossing the Whitebridge and entering Onchan, take the third turn on the right onto School Road. Continuing along this road, you’ll come to a hairpin turn which takes you down into the Glen past Little Mill and then steeply up the opposite side. Follow this road until reaching Hillberry and the intersection with the Mountain Road – also the TT Course.

Turn left onto the Mountain Road (caution: fast traffic), then right after approximately 300 yards. Immediately turn right again onto Scollag Road. Follow this road to Abbeylands Crossroads, then continue down the steep slope into the River Glass valley at Sir George’s Bridge. Follow the A22 into Strang, passing Strang Stores. At the mini-roundabout, turn right and follow the A23 to Crosby. On reaching Crosby crossroads, cross the main A1 Douglas to Peel road.

Continue up the steep hill, at the top of which you will find St Runius Chapel. After a quarter of a mile, pass a footpath sign to St Patrick’s Chair, an ancient stone monument about 400 yards from the road. Further along this road, and after a long climb, you will come to Garth Crossroads; turn left here towards Douglas. A mile further on, cross the mini-roundabout at the Braaid and climb past Chibbanagh Plantation. Take the next right turn and after one and a half miles, pass Mount Murray Hotel & Country Club.

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Peel and its surrounding area should feature in everyone’s Isle of Man cycle plans. As well as giving you an introduction to this historic port and its impressive castle, this trail takes you through the picturesque villages of St John’s and Glen Maye, with spectacular views on the climb up to ‘Snuff the Wind’ lead mine ruins.

Starting at the House of Manannan on Peel’s harbourside, continue seawards along the quay and promenade until you reach the Creg Malin Hotel. Turn right up Walpole Road, right again at the top of the hill, then left shortly afterwards onto Church Street (signposted Douglas and South). At the far end of Church Street, turn left into Derby Road and follow this route out of Peel. Passing Poortown Quarry on your left, go round the double bend then shortly afterwards, turn right into a narrow lane going steeply downhill to a stone bridge over the River Neb. A short deviation to the left immediately after the bridge takes you to Tynwald Mills shopping centre. Staying on the route, carry on along the narrow road through the trees until you reach the junction with the main Douglas to Peel Road. Here, you will see Tynwald Hill, Parliament Field and St John’s Church on your left. Crossing the road, continue straight on until you come to a sharp right-hand turn. For an easier ride, go straight on along the Patrick Road from here, rejoining the route at Patrick village. Otherwise, turn left and head up the Glenfiddle Road. The route continues up the hill, which is very steep in places. Ignore the next left turn and continue down over the ford and up the next steep hill through the cattle grid. On reaching the T-junction on the brow of the hill near the old mine ruins, turn right. One and a half miles later, you begin the two-mile descent into Glen Maye village: take care here as the road is narrow and winding. Emerging in Glen Maye village, a short detour down the hill will take you to Glen Maye glen, waterfall and beach (via the Waterfall Hotel car park).

Returning to the route, go along the A27 towards Peel. After a couple of miles, you will come to Patrick village. Carry on past the Raggatt glen over the River Neb and up the hill into Peel. Go straight on along Glenfaba Road and Patrick Street until you come to the left hand turn down Station Hill. This will bring you back to the House of Manannan.

3. Peel Cycle Route

<table>
<thead>
<tr>
<th>Distance</th>
<th>10 Miles / 6 Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terrain</td>
<td>Mainly A roads</td>
</tr>
<tr>
<td>Major Climbs</td>
<td>St John’s to Snuff the Wind</td>
</tr>
<tr>
<td>Traffic</td>
<td>You will encounter busy main roads in and around Peel and St John’s.</td>
</tr>
<tr>
<td>Facilities</td>
<td>There are various shops, cafes, restaurants and public toilets within the Peel, St John’s and Glen Maye area.</td>
</tr>
<tr>
<td>Points of Interest</td>
<td>Peel Castle; St German’s Cathedral; Leece Museum; House of Manannan; Tynwald National Park and Arboretum; Garey ny Cloie Gardens; Tynwald Hill; Tynwald Mills shopping centre; Snuff the Wind mine; Glen Maye Waterfall, glen and beach.</td>
</tr>
</tbody>
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Returning to the route, go along the A27 towards Peel. After a couple of miles, you will come to Patrick village. Carry on past the Raggatt glen over the River Neb and up the hill into Peel. Go straight on along Glenfaba Road and Patrick Street until you come to the left hand turn down Station Hill. This will bring you back to the House of Manannan.
This relaxing ride covers some of the gentler slopes of the Island’s south and is suitable for all age groups and levels of fitness. The total distance of this route is 13 miles, which does not include the optional routes to St Michael’s Isle and to Langness, both of which run close to the shore and give panoramic sea views. A further optional route is to Silverdale Glen, home to picturesque woodland, a popular family park and a café.

Start at Castletown Steam Railway Station, turning right where the station approach reaches the A5. Turn left at the mini-roundabout and proceed along the side of Castletown Harbour. Continue along the same side of the harbour then, passing the Nautical Museum, proceed along Douglas Street. Where College Green forks off to the right, you have the opportunity to ride along a beautiful, level expanse of coastline to Langness and over the causeway to St Michael’s Isle, where you can see the fort guarding Derbyhaven and St Michael’s Chapel. Over part of this route, the road passes beside Castletown golf links.

Returning along the same route towards Castletown, turn right onto Shore Road, then right again along the main A5 Douglas Road past the Airport. Continue along this road over the level crossing until arriving at Ballasalla, where you meet a mini-roundabout.

Leave the A5 by going straight on, taking the A26 through the village centre. At the second mini-roundabout, bear to the right so as to remain on the A26 towards St Mark’s. Upon reaching St Mark’s, take the left-hand fork at the church to join the B30 and then turn almost immediately left. In about a mile, you will pass the pet cemetery.

Turn left down the B29 and continue until reaching the A34 back towards Ballasalla. Both these roads are quiet country lanes between traditional Manx sod hedges. Be aware that limited visibility means that traffic can sneak up on you. The terrain is almost entirely downhill. Once back in the outskirts of Ballasalla, you have the option to turn right along a leafy lane for just under a mile to reach Silverdale. Return along the same narrow lane and at the junction, turn right and right again; shortly afterwards, you will be back on the outward route. Just before the mini-roundabout, turn right and shortly approach the ford across the Silverburn River. Crossing the bridge will bring you to Rushen Abbey.

After following the road alongside the abbey wall for a quarter of a mile, turn right at the T-junction. Take care along this busy road. Turn left at Cross Four Ways onto Malew Road. Pass Malew Church (burial place of Manx ‘martyr’ Illiam Dhone) on the Z-bend and continue back to Castletown. Cross over the main road into the old town again and, dismounting, walk along Malew Street into Market Square, where you will see Castle Rushen. To get back to Castletown Station, leave via Castle Street and The Quay, cross over the harbour bridge and travel along the inner harbour to the mini-roundabout. Here, turn right for Douglas. In a quarter of a mile, turn left into the station.
This route introduces you to the magnificent coastal scenery of the Island’s South-West, culminating in The Sound, with its views over to the Calf of Man. This is also a great place for spotting seabirds and Grey Seals.

Beginning at Port Erin Steam Railway Station, turn left along Station Road towards the bay. Turn right at the corner and follow the road past the turn for Bradda Glen Café, after which it climbs to the right. After another two miles (along Bradda Road), you will reach Ballafesson. To visit Fleshwick bay, a rugged cove flanked by towering cliffs, take the left turn signposted Surby and Fleshwick.

Continuing from Ballafesson, after a further quarter of a mile, turn left onto the A7 Port Erin to Douglas Road. Continue straight on at the mini-roundabout at Ballakillowey and ride through the villages of Colby and Ballabeg. Remain on the A7 until A7 Douglas’ is shown as a left turn. At this point, carry straight on to the A28 (Castletown). Passing close by Ballabeg railway stop, ride to the southern end of the Ballakaighen Straight. Turn right onto the A5 (a fast main road). After a quarter of a mile, turn left through stone gate pillars, where Pooill Vaish is signposted. You will pass the gate leading to Balladoole Viking burial site. When you reach the coast at a T-junction, turn right, following the rocky coastline until you rejoin the main A5 road at the bottom of Fisher’s Hill.

Turn left, still following the coastline along Bay ny Carrickey. This is a busy main road with fast traffic. At the end of the promenade, follow the road bearing right and inland. After half a mile, you will reach a crossroads. If you want to visit Port St Mary village, bear left here. If not, go straight across and follow Plantation Road, climbing steeply until you come to Cregneash. To visit The Sound, follow the road South (be aware that it is a long, slow climb back up to the village). Otherwise, take the right hand turn opposite the village border, passing the Meayll Circle on your right as you head for Port Erin. A steep, windsing descent brings you out onto the promenade. Turn right, then right again up the hill to rejoin Station Road. As this is a one-way street, you will have to dismount for the short walk back to the Railway Station.

### 5. Port Erin Cycle Route

<table>
<thead>
<tr>
<th>Distance</th>
<th>14 Miles / 21 Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terrain</td>
<td>Mainly A roads</td>
</tr>
<tr>
<td>Major Climbs</td>
<td>Port Erin to Cregneash, Bradda East, Sound to Cregneash</td>
</tr>
<tr>
<td>Traffic</td>
<td>You will encounter some busy traffic in and around the Port Erin area.</td>
</tr>
<tr>
<td>Facilities</td>
<td>There are various shops, cafes, restaurants and public toilets within the Port Erin, Cregneash and Sound area.</td>
</tr>
<tr>
<td>Points of Interest</td>
<td>Port Erin Railway Museum; Meayll Circle; Cregneash National Folk Museum; Viking ship burial ground at Balladoole; Milner’s Tower (Bradda Head).</td>
</tr>
</tbody>
</table>

This route introduces you to the magnificent coastal scenery of the Island’s South-West, culminating in The Sound, with its views over to the Calf of Man. This is also a great place for spotting seabirds and Grey Seals.
One of the shortest cycle trails and also one of great scenic beauty, but the initial climb is not for the faint-hearted! The route has several steep ascents and descents into pretty river valleys, where the road is very narrow and demanding.

Start at Laxey station and New Road (A2), taking the steep hill next to the filling station in the direction of Baldhoon. This is extremely steep to begin with before climbing more steadily. The road is narrow and cuts a tortuous path through numerous tributary valleys until it reaches the B12, where you turn left. After the dip, follow the road round to the right (signed Laxey) and down the hill towards the coast.

Half a mile after passing the church on your left, turn right at the T-junction and almost immediately, go sharp left on to the main coast road.

Pass Fairy Cottage and South Cape, forking right down Old Laxey Hill. Within half a mile, you will reach Old Laxey at the Shore Hotel, where turning right into Tent Road will show you the old harbour and Laxey promenade. You can return to the Shore Hotel along Shore Road. Cross the old bridge over Laxey River and go left up Glen Road, at first following the river. Cross the river next to Laxey Woollen Mills, proceed up Church Hill and under the railway bridge, turning sharp right to return to Laxey station.
Long Distance Events

Isle of Man Cycle Challenge
The Isle of Man CC (Cycle Challenge) is a cycling sportive which started in 2012 and is held on the world-famous Isle of Man TT Mountain Course. Cyclists start and finish in the pit lane at the iconic TT Grandstand, and complete 1, 2 or 3 laps of the Isle of Man’s 37.7 mile (60.7 km) TT Mountain Course. Cyclists can either ride solo or can enter as a relay team (one lap each). For more information, go to www.isleofmancc.com.

The Lighthouses Challenge
Where else could you cycle around the coast of a whole country in one day? The Lighthouses Challenge takes competitors on a tough but scenic journey around the Isle of Man, visiting as many lighthouses as the route allows. The full course of 100 miles follows a clockwise route from the TT Grandstand and takes in over 2,000 metres of climbing, whilst a shorter course of 41 miles is also available. For more information, go to www.manxtreme.com.

The Appleby Sportive
The event is very popular with local road racers and consists of a timed 100km ride starting and finishing at the Mooragh Park, Ramsey. The course is a challenging one, with over 1,500m of ascent including the climbs of Druidale and Slieau Whallian that offer fantastic views around the Island and its coast. For more information, go to www.manxtreme.com.

Cycle for Life
The Shoprite Cycle for Life event is either a seven-leg team relay or solo Time Trial around the iconic TT Mountain Course. Local food retailer Shoprite has put up a prize fund of £3000 if any solo rider is able to break the record of 1 hour 23 minutes and 54 seconds, which was set by Chris Boardman in 1993. For more information, go to www.manxtreme.com.

Longest Day, Longest Ride (Mountain Biking)
Loaghtan Loaded, a local mountain biking club, organise this annual fun-yet-gruelling event for charity. The aim is simple; complete as many laps as you can in the 24 hours. The ride will test your stamina and mental toughness but there are plenty of laughs along the way and the marquee-come-HQ provides great homemade cakes! For more information, go to www.ldlr.im.

End 2 End Challenge (Mountain Biking)
Your chance to ride from one end of a country to the other whilst conquering some sizeable peaks along the way. The 75km route incorporates 1,500 metres of climbing with a thrilling mixture of moorland paths and technical forest tracks. You’ll also experience stunning views and great support from the local spectators. For more information, go to www.manxe2e.org.

Top Tips for Manx Cycling
• Wear a suitable helmet and carry a rain jacket - the Island’s weather can turn quickly.
• Use a well-maintained bike and carry a puncture repair kit or spare tube as a minimum.
• Ride in a manner appropriate to the route - Manx roads are often narrow with many blind bends and steep descents can be slippery in autumn and winter. Take extra care crossing railway lines and cattle grids that can be slippery at any time of year and can cause punctures.
• Please give way to approaching horse riders or walkers. If approaching from the rear, make your presence known. Always obey the Highway Code.
• Carry a mobile phone with you.

Bike Hire, Servicing & Repairs
Cycle Hire Isle of Man: Cycle Hire Isle of Man are based in Peel and offer a flexible and affordable bike hire service on the Isle of Man for adults and children aged 12 and over. To make a booking go to www.cyclehire.im, where you can complete a booking form or phone 01624 842472. A collection service is also available.

Erin Bike Hut: Based in Port Erin, Erin Bike Hut offer a cycle hire service that includes everything from road bikes to ‘29ers’ to kids bikes and trailers. There is also a local delivery and collection service from £5 per bike. Visit www.erinbikehut.im or phone 01624 835484 to book.

Isle of Man Cycle Hire: Isle of Man Cycle Hire offers a wide range of quality bikes and equipment including road bikes, mountain bikes, tag-a-longs, trailers, child seats and more. Go to www.iomcyclehire.co.uk where you can complete a booking form and pre-arrange delivery if required or telephone 07624 422843. Weekend hourly cycle hire is available at the booking desk located at the Isle of Man Sea Terminal in Douglas.

Outdoors Ramsey: Outdoors Ramsey are based in Ramsey and offer an all Island drop off and collection service available at an additional cost. Bikes are available from £10.00 per day. To make a booking phone 01624 819032. www.outdoorsramsey.co.uk

Bicycle Equipment and Repair
• Bikestyle, Douglas (equipment, services and repair) 01624 673576
• Cycle Life, Castletown (equipment, services and repair) 01624 823698
• Erin Bike Hut, Port Erin 01624 835484
• Eurocycles, Douglas (equipment, services and repair) 01624 624909
• Outdoors Ramsey, Ramsey (equipment, services, repair and hire) 01624 811550
Travelling to the Isle of Man

By Air
Flights operate from airports all over the British Isles to the Isle of Man. Please check with individual flight operators for timetables, fares and bookings. For an up-to-date list of airlines serving the Isle of Man, please refer to www.visitisleofman.com/travel.

By Sea
Ferry Services run from five ports to Douglas – Heysham, Liverpool (Birkenhead during winter season), Belfast and Dublin (during the spring-summer season). Please check with Isle of Man Steam Packet company for timetables, fares and bookings. www.steam-packet.com

Getting Around

Outdoor Leisure Map
Each of the maps displayed in this guide are produced from the Outdoor Leisure Map. The Outdoor Leisure Map can be purchased from a number of outlets on the Isle of Man including the Welcome Centre at a cost of £7.00.

Bus & Rail
Bus Vannin offers a comprehensive public transport service around the Isle of Man. Individual journey tickets are available from the bus driver.

The Heritage Railway Transport System, comprising the Manx Electric Railway, Steam Railway and the Snaefell Mountain Railway, runs on a regular basis between the months of March and October. Most of the featured cycling routes start and end on rail routes. Bikes can be transported on the Isle of Man Steam trains for a small charge. For groups of four or more, advance warning is required – please telephone (01624) 697457 if travelling South (from Douglas) and (01624) 833432 if travelling North (from Port Erin). They can also be carried on the Manx Electric Railway by prior arrangement, please telephone (01624) 697415.

Please note that no bikes can be taken on the Snaefell Mountain Railway and only small fold up bikes are allowed on local buses.

Get your tickets and timetables from the main bus and railway stations.
For more information visit www.iombusandrail.info.

Where to Stay

The Isle of Man has a wide range of quality hotel, B & B and self-catering accommodation. Search online at www.visitisleofman.com or order your free copy of the Isle of Man Visitor Guide. Please note not all places can store cycling equipment, so we recommend checking this prior to your arrival. Many of the Island’s campsites are situated in scenic surroundings and all are close to local amenities. Motorhomes are welcome but trailer caravans require permission. If you do not wish to bring your own camping gear, a hire service is available from www.iomtents.com.

Eating Out
You’re never far away from somewhere good to eat in the Isle of Man; most of our recommended walks tie in with cafes, pubs and restaurants. Pick up your free copy of the Taste Isle of Man directory for a complete list of quality-assured eating out establishments. Available at the Welcome Centre or go to www.visitisleofman.com/taste.

Key Contacts

Cycle Clubs & Local Calendar
Isle of Man Cycling: www.iomcycling.com
Manx Viking Wheelers: www.manxvikingwheelers.net
Ellan Vannin Cycling Club: www.ellanvannincc
Manx Mountain Bike Club: www.manxmtb.com
Loaghtan Loaded Club: www.loaghtanloaded.com

Events
www.manxtreme.com
www.isleofmancc.com
www.ldlr.im
www.manxe2e.org

General
Travel and Accommodation: www.visitisleofman.com
Bus and Rail: www.iombusandrail.info
Eating Out: www.visitisleofman.com/taste
Isle of Man Weather – 0900 6243 300
Isle of Man Welcome Centre – 01624 686766
Nobles Hospital, Douglas – 01624 650000
Ramsey Cottage Hospital – 01624 811811

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