

ISLE OF MAN

GUIDE TO ROAD CYCLING



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DISCOVER A CYCLING NIRVANA IN THE ISLE OF MAN

Birthplace to Olympic medallists Mark Cavendish and Peter Kennaugh, its varied terrain set against spectacular backdrops of epic landscapes and miles of sweeping coastline makes the Isle of Man a dream to ride.

This guide outlines the Island's popular and iconic 'Raad Daawheeyl' coastal cycling route. At over 90 miles, it is a demanding but rewarding route which provides the opportunity to cycle around a complete nation. Challenge yourself with the full route or choose one of the three shorter routes for a less strenuous but no less extraordinary ride.

Whether you ride for pleasure or fitness, the 'Raad Daawheeyl' will offer an unforgettable experience whilst providing a unique way to tour the Island as each route passes a rich variety of Manx National Heritage sites, cycling pit stops and ever changing landscapes. From calm and colourful countryside and pretty glen valleys to magnificent coastal views and rolling hills, every twist and turn on each of these routes will open your eyes to something new.

In this guide we've also highlighted a selection of fantastic cycling pit stops around the Island which act as a great place to meet other riders, get advice and even repairs whilst you refuel before returning to explore the many stunning routes the Island has to offer. Alternatively, check out our extensive list of local eateries offering the best our vibrant food sector has to offer at

www.visitisleofman.com/foodanddrink


In addition to the 'Raad Daawheeyl', the Isle of Man also has a number of graded trails suited to all abilities, from the gentle Heritage Trail which follows the old steam railway line to a short but steep cycle around Laxey.

For further inspiration on road cycling in the Isle of Man, visit

www.visitisleofman.com/cycling



FUEL YOUR RIDE

Take a well-deserved rest at one of the Island's fantastic 'cyclist friendly' establishments which act as a great place to refuel with delicious local delicacies before returning to explore the many stunning tracks the Island has to offer. (Look for the  on your route map).

1

Route 1: 91.3 miles / 146.93km
All Island route

2

Route 2: 52.7 miles / 84.81km
South-west route

3

Route 3: 30.3 miles / 48.76km
North-east route

4

Route 4: 40.5 miles / 65.18km
Northern route



Food Establishment



Public Toilet



Museum



Railway



National Glen



Information Point



Hospital



Cycle Shop/Repair



Tynwald Hill



Lighthouse



Manx National Heritage Site



	<p>A demanding but rewarding 90 mile challenge taking you out of the Island's capital and into the tranquil diverse scenery.</p>	
	<p>Clockwise</p>	
	<p>Strenuous</p>	
	<p>91.3miles / 146.93km</p>	
	<p>2,222m</p>	
	<p>www.strava.com/routes/24054044</p>	

Starting on South Quay, make your way to the top of Douglas Head before heading south towards the Island's former capital, Castletown.

From here, take the road to Port St Mary and then onto Howe Road which will descend to the Island's most southernly tip - The Sound and Calf of Man, considered one of the most scenic places in the British Isles.

From the Sound, make your way through Port Erin and start your climb to the top of the Sloc known as the Round Table. As you descend and continue along the coastal road to Dalby, be sure to take in, or take a detour to, the secluded beauty spot of Niarbyl. From here make your way back onto the main road which will lead you to Peel.

Be sure to explore Peel before taking the Ramsey Road through to Kirk Michael and up to the Coast Road to Jurby.

From here it's a smooth journey passing a choice of nature reserves on remote countryside roads before reaching Bride and the turning point towards the Point of Ayre.

Onwards to Ramsey, consider taking a short detour to the historic estate and gardens of Milntown before taking the eastern coast road back to Douglas, passing the Great Laxey Wheel in the village of Laxey en route.





Fuel your ride

- | | | |
|------------------------|----------------|-------------|
| ① Noa Bakehouse | ④ The Fishery | ⑦ Conrod's |
| ② The Abbey | ⑤ The Boatyard | ⑧ The Shed |
| ③ Secret Pizza Company | ⑥ The Raven | ⑨ Cycle 360 |

For more eateries visit visitisoleofman.com/foodanddrink

To avoid disappointment, please check opening times directly with the establishments

	A 53 mile tour of the South and West of the Island starting and finishing on North Quay beside the Old Market Hall in Douglas.	
	Clockwise	
	Strenuous	
	52.7miles / 84.81km	
	1,456m	
	www.strava.com/routes/24054084	

Begin your journey by crossing the bridge onto South Quay in Douglas and making your way to the top of Douglas Head for a superb view of the bay. A ride along the scenic Marine Drive will reward you with extraordinary views as you make your way south towards the Island's former capital, Castletown. Be sure to take a pit stop and explore the medieval castle, Castle Rushen - home to the Kings and Lords of Mann. Extend your stop and stay for some delicious refreshments.

From here, take the road to Port St Mary and then onto Howe Road which will descend to The Sound and Calf of Man - one of the Island's natural wonders, abundant in wildlife and blessed with stunning panoramic sea views.

From here, make your way through the beautiful beachside town of Port Erin before starting your climb to the top of the Sloc where you will be rewarded with breathtaking views. As you descend and continue along the coastal road to Dalby, be sure to take in the far reaching views of Niarbyl, or take a detour to this place of great geological importance and admire its peaceful bay, coastal paths and thatched cottages. From here make your way back onto the main road which will lead you to Peel, famous for its stunning sunsets, sandy beach and its magnificent castle.

Passing through St Johns along the country roads on your way back to Douglas, look out for Tynwald Hill, one of the Island's most distinctive landmarks which plays host to an open air meeting of the Island's parliament, Tynwald, once a year.



The Sound



Fuel your ride

- | | | |
|------------------------|--------------------------------|-------------|
| ① Noa Bakehouse | ④ The Fishery | ⑦ Cycle 360 |
| ② The Abbey | ⑤ The Boatyard | |
| ③ Secret Pizza Company | ⑥ Close Leece Farm Shop & Cafe | |

For more eateries visit visitislesofman.com/foodanddrink

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	<p>A hilly 30 mile tour of the East coast starting and finishing on North Quay beside the Old Market Hall in Douglas.</p>	
	<p>Clockwise</p>	
	<p>Moderate</p>	
	<p>30.3miles / 48.76km</p>	
	<p>1,277m</p>	
	<p>www.strava.com/routes/24054039</p>	

This route takes you out of the Island’s capital, through Laxey and north to Ramsey.

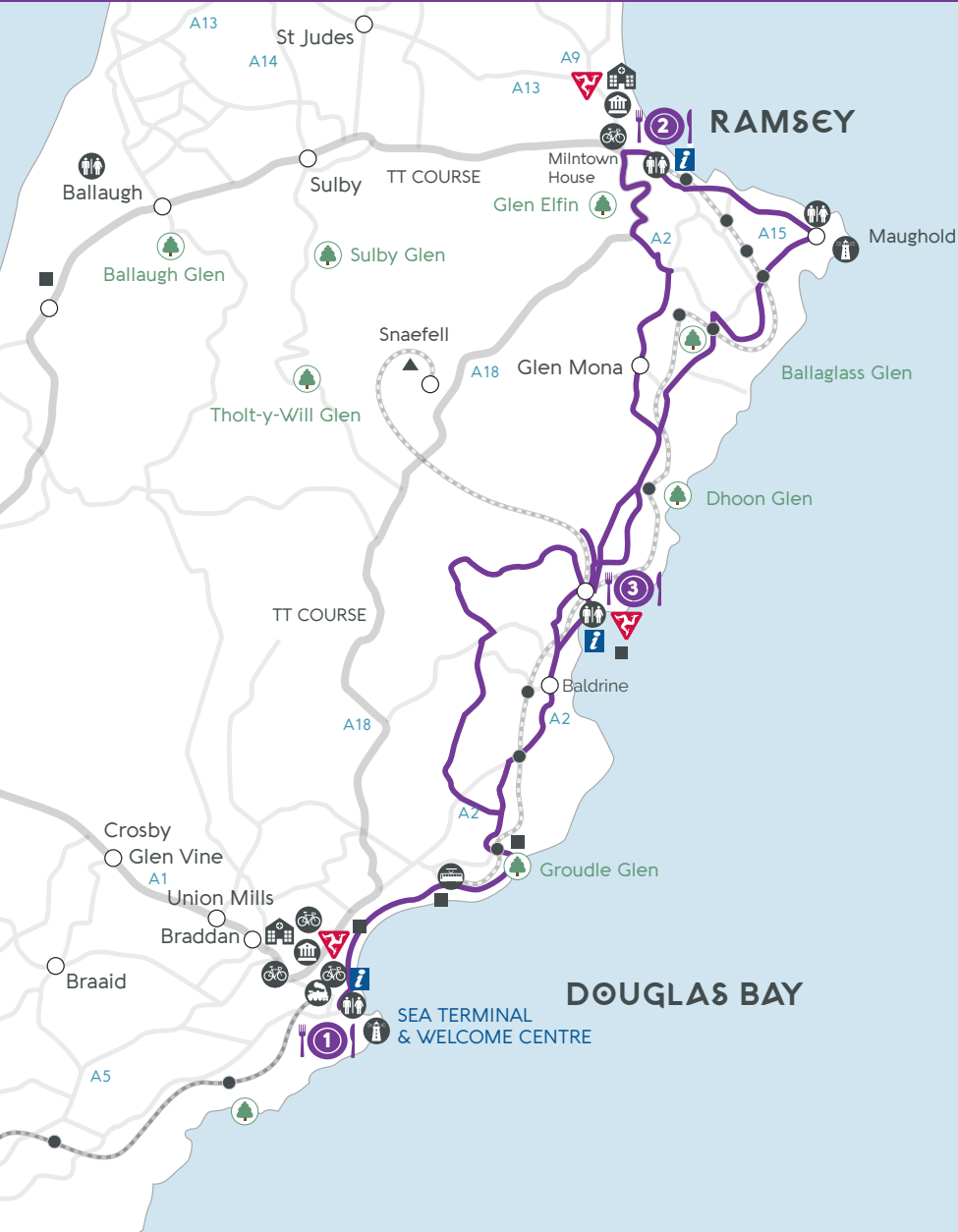
As you climb out of Douglas, the route north takes you past Conrhenny Plantation where you will be rewarded with spectacular views. Take a quick pit stop at King Orry’s grave- the largest known Megalithic tomb on the Isle of Man said to belong to King Orry, believed to be one of our greatest kings and founder of Mann.

Continue north past Glen Mona and into Ramsey before heading along the coast to Maughold. Be sure to take a look over your shoulder for the sweeping vista of Ramsey and the northern beaches.

The coastal route home takes you via Laxey where you can visit the Great Laxey Water Wheel- the largest surviving waterwheel of its kind in the world. Or why not head on down to the promenade and refuel, before the home stretch, at The Shed.



The Shed, Laxey Promenade



Fuel your ride


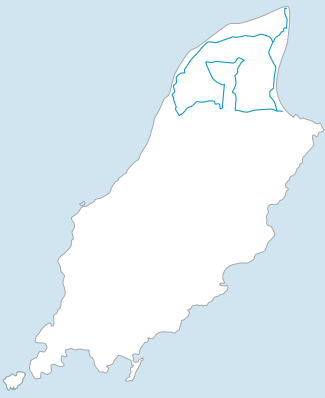





① Noa Bakehouse

② Conrod's

③ The Shed

For more eateries visit visitisoleofman.com/foodanddrink

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	<p>A gentle 40 mile tour of the Northern Plains, starting and finishing at Ramsey's Queen's Pier.</p>	
	<p>Clockwise</p>	
	<p>Moderate</p>	
	<p>40.5miles / 65.18km</p>	
	<p>372m</p>	
	<p>www.strava.com/routes/24054030</p>	

From Ramsey's Queen's Pier, make your way west out of town along the famous TT course as you head towards Andreas.

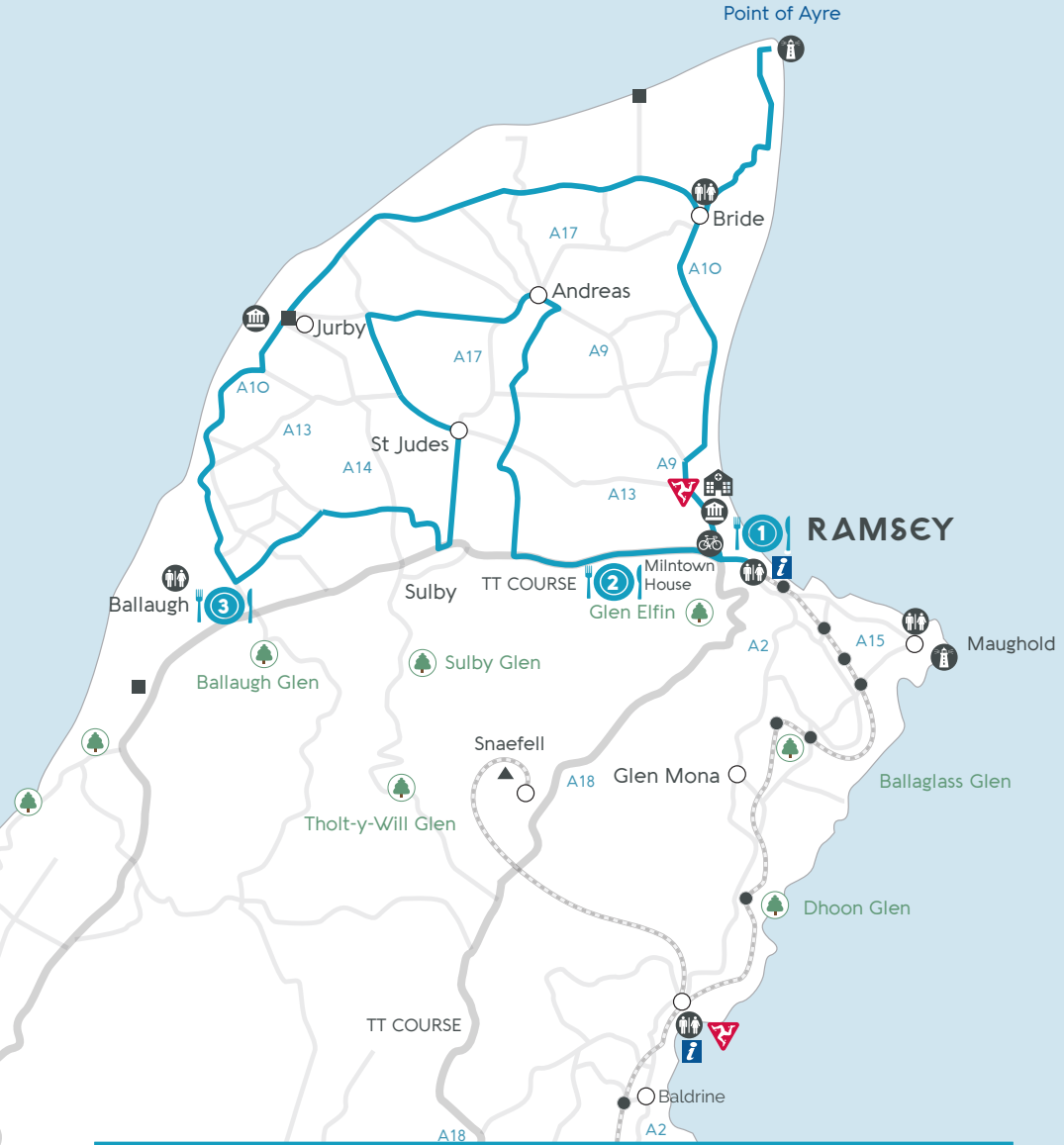
Make your way past Andreas Church and through St Judes before reaching the Curraghs where you might see a wild wallaby or two. From here, it's a smooth journey passing nature reserves on remote countryside roads. Motor fanatics should make time to stop via the Isle of Man Motor Museum in Jurby before reaching Bride and the turning point to the Point of Ayre.

From here, make your way back into Ramsey where you can explore a selection of independent boutiques or head to the historic Milntown Estate and Gardens for a post-ride wander and scene!

Alternatively, celebrate the end of your ride with a visit to The Fynoderee Distillery to sample a range of uniquely blended gins and vodka using Manx grown or locally-foraged botanicals.



Point of Ayre



Fuel your ride

① Conrod's

② Milntown

③ The Raven

For more eateries visit visitisleofman.com/foodanddrink

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GETTING HERE

By sea:

The Isle of Man Steam Packet operates regular ferry services from the North West of England all season, and the East Coast of Ireland in the summer months. Bring your bicycle aboard for free when travelling as a foot passenger.

By air:

Soar across the sky in as little as half an hour, whilst taking in the Island's sublime landscape from the air. Upon arriving, you can then choose to rent a bike from one of the local bike hire shops. For an up to date list of airlines serving the Island, please visit: [visitisleofman.com/travel](https://www.visitisleofman.com/travel) or scan the QR code:



WHERE TO STAY

You'll be pleased to know that there are plenty of cycling friendly accommodation to stay at which all have safe and secure places to store your bikes and cycling gear. Hosts will also be able to provide you with maps, guides and further information on public transport to and from the start/finish points of your chosen routes.

To view the full range of accommodation and to book, visit [visitisleofman.com/stay](https://www.visitisleofman.com/stay) or scan the QR code:



BIKE HIRE, TOURS, GUIDES

If you are coming to the Island via boat, you can easily take your bike with you on the ferry. However, if you're flying or you would rather not bring your own bike, you can easily hire one while you're here. With a range of hire shops covering the Island you will be sure of getting the right bike to suit your cycling requirements and most places will even provide a delivery and collection service.

For those preferring to have the comfort factor of either on-call support or an accompanying guide to show you all the best of the Island, there are a number of local firms who provide these services.

For more information, please see [visitisleofman.com/cyclehireandtours](https://www.visitisleofman.com/cyclehireandtours) or scan the QR code:



CYCLING EVENTS

Having inspired multiple current and upcoming cycling champions, the Isle of Man is also a popular destination for cyclists who want to challenge themselves in mass participation events on the Island's scenic roads and trails. There are several well-established Sportives plus a Gran Fondo held every year between May and September.

For a full, up to date calendar of cycling events, please visit: [visitisleofman.com/cyclingevents](https://www.visitisleofman.com/cyclingevents) or scan the QR code:





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