

ADVENTUR

YOUR
EXTRAORDINARY

**ADVENTURE
&
ENDURANCE
EVENTS
2022**



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CGI UK Challenge- 16th– 18th June 2022



For over three decades, the UK Challenge has been providing companies with an unparalleled team-building experience. Combining both mental and physical challenge, we offer an opportunity for all individuals to uncover their strengths and add value to their team.

Hailed as the “World’s Leading Team Building Event”, the UK Challenge provides a platform through which individuals can develop skills and traits that are invaluable in the workplace. Each event is a unique opportunity for companies to invest in their employees, and contribute to life-long memory and sense of achievement.

More information at <https://www.ukchallenge.co.uk/uk-challenge-2022/>

Manx Telecom Parish Walk – 18th – 19th June 2022

The famous Parish Walk is one of the Island’s ultimate sporting challenges where competitors have 24 hours to complete the 85-mile route, taking in all 17 of the Island’s parishes.

Walkers meet at the National sports Centre in Douglas for an 8:00am start time before setting out on their challenge.

Take on this challenging endurance event to raise money for charity or just for a little fun! Attempt the full 85 miles or set yourself a personal challenge to reach a parish of your choice!

More information at www.parishwalk.com



Longest Day Longest Ride – 25th – 26th June 2022



The Landscape.im LDLR in Association with Penketh-Millar Architectural Design Consultants is a 24-hour mountain bike endurance challenge held around the Summer Solstice.

The event is open to all abilities, from weekend warriors to recreational riders and cross country racing snakes. The LDLR will test physical fitness, stamina and mental toughness on a technical but achievable course.

More information at www.ldlr.im

Every effort has been made to ensure that the details are correct but please check directly with the organiser before booking

Zurich Lighthouses Challenge – 3rd July 2022

Sunday 3 July sees the Isle of Man enlivened by the Island's premier road cycling sportive. Headquartered at the scenic Douglas Harbour side, the Lighthouses Challenge offers three individual course distances that follow the stunning Isle of Man coastline: 42km, 85km or 165km. The challenge, which attracts around 500 riders each year, is a classic coastal ride circumnavigating the Island and taking in its lighthouses (where possible!). On a clear day you will be rewarded with views of Ireland, Scotland, England and Wales.

Participants of the shortest route can also enjoy a return journey to Douglas from Port Erin on-board the Isle of Man Steam Railway.

More information at www.lighthouseschallenge.im



Harbour-2-Harbour Walk – 3rd July 2022



The 7th annual 9-mile fundraising walk from Castletown to Port Erin in association with Dandara. This year's route will see walkers leave Castletown Market Square, out onto the main road via Arbory Road, before turning down to meet the coastal path via Pooil Vaash. It will then follow the coast through Port St Mary, cutting inland to Port Erin via Glen Chass. Take in the views of the southern coastal paths whether it's for charity or just for fun! Four-legged friends are also welcome!

More information:

www.facebook.com/harbour2harbour/

Cycle 360 2 Day Enduro – 9th- 10th July 2022

The Manx MTB 2-Day Enduro consists of two 36km loops, spread across 10 unique stages, over two days. BEMBA British National Enduro Series – Round 4. The Cycle 360 Manx MTB Enduro 2 Day Enduro consists of two 32km loops, spread across 10 unique stages, over two days. Ideal for the experienced mountain biker looking for a new challenge. The race is comprised of the best natural and manmade trails the Isle of Man has to offer. Riders complete five stages each day and are set off in small groups at one-minute intervals. Transition times are not included but stamina is essential, a daily cut-off of five hours is enforced for safety. All stages are marked out 2 days ahead of the event so you have an opportunity to practice. Both days finish at the finish field in St Johns, where we are equipped for your every need with live result timing, good tunes, beer and burgers!

Please note: You must finish both days for BNES championship points."

More information at www.manxmtbenduro.com



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Gran Fondo Isle of Man – 16th - 17th July 2022



Gran Fondo Isle of Man comprises four separate cycling challenges, featuring extensive closed roads riding experiences for all ages and abilities starting and finishing at the idyllic Mooragh Park in Ramsey.

Four routes cover distances of 85 miles, 40 miles, 20 miles and ½ mile ensuring that all ages and abilities are catered for. It doesn't matter if you are a seasoned professional or an out and out beginner; We have a Fondo for you.

The UCI individual Time Trial on 16th July takes in the climb of the Snaefell Mountain on the infamous TT racing circuit. The parcours covers just 9 km but should not be underestimated, with a total of 400 meters of climbing to overcome.

More information
at www.granfondoisleofman.com/

Manx Telecom Manx International Stage Race-

22nd-24th July 2022

A round of the British National Road Series for Elite Men & Women. The race will consist of 4 stages, starting with a fast and furious Kermesse on a 1.1km circuit around the IOM Business Park. When the race was last held in pre-Covid 2019, the stage was won by Olympic Gold medallist Ed Clancy, who then went on to take another stage, before losing out on the mountainous last day to overall winner Matt Holmes. Holmes will not be defending his title as the Manx win helped him win a contract with World Tour team Lotto Soudal. 2022 also sees the return of Elite Women's racing to the Island competing over the same 4-stage format.



Manx Middle Distance Triathlon- 31st July 2022

This distance (70.3 miles) will test both your mental and physical strength as you swim 1.2 miles (1.9K), bike 56 miles (90K), and run 13.1 miles (21.1K). The race is open to both Solo & Team competitors.

More information at www.manxtriathlon.com

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Aquathlon – 13th August 2022

This event is to tempt swimmers who fancy having a go at a multisport event at the end of their swimming season (you may even find you like it!). Open to ages 11 and over.

More information at www.manxtriclub.com



Isle of Man Marathon and Half Marathon – 14th August 2022



If you're looking for the ultimate challenge in 2022, then the Isle of Man Marathon could be the answer. Stunning scenery and an undulating route await those who enter with one lap completing the half and 2 laps for the full marathon.

The 26.2 mile route has been voted in 'Runners World' as one of the top 10 races in the UK, labelling it as 'A Little Gem'. Both races finish at the Ballacluan football stadium in Ramsey where a rousing welcome and a superb buffet await!

More information at www.isleofmanmarathon.com/

No Rest for the Wicked – 14th- 19th August 2022

The "No Rest for the Wicked" running series consists of 6 races in 6 days in different locations on the beautiful Isle of Man. The races range between 6 and 26 miles on various terrains. Complete the series to be one of the lucky recipients of a much sought after "No Rest for the Wicked" t-shirt. A buffet and presentation follow each individual race.

More information and entry details at www.isleofmanmarathon.com/



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Isle of Man Triathlon Championships – 4th September 2022

Set in the beautiful surroundings of the Mooragh Park in Ramsey, the Triathlon Championships is an event suitable for all abilities to try an open water event in a safe location. It offers the opportunity to race over both sprint and standard distances as an individual or as a team. As the lake is shallow it is therefore ideal for those new to open water swimming and first time triathletes. The bike course is mildly undulating and the run course is pan flat.

Sprint distance consists of a 750m swim, 20k cycle and 5k run. Standard distance consists of a 1500m swim, 39k cycle and 10k run. The facilities at the event include electronic timing and results, changing rooms, hot showers, and refreshments.

More information at www.manxtriclub.com



Isle of Man Orienteering Championship – 10th September 2022

Embrace the Seven Kingdoms and experience superb Manx hospitality at the Isle of Man Orienteering Championship. Navigate in sequence between a set of control points (orange and white flags) and decide the best route to complete the course in the quickest time.

The Championship has at least 3 course levels; Novice, Intermediate and Senior, and is a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves the outdoors.

More information at www.orienteeing.im/



Isle of Man Kayak Festival – 17th - 18th September 2022



Explore - Excite - Learn

Based from Port Erin, with easy access to several areas of spectacular paddling, we look forward to introducing you to our adventure playground! Kayakers from around the world meet to experience the Isle of Man by Kayak!

For improvers to moderate water paddlers. Additional - Performance, Rescues & Leadership Development workshops.

More information

www.adventurexperiences.com/kayak-festival

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Granite Mann – Off-road Triathlon – 18th September 2022

Located at Cringle Plantation, the event consists of running, swimming and a cycle route. The swim will take place in the reservoir over a 400m course, followed by a 10km bike ride using the awesome trails around the plantation. The final element will be a 5km scenic run using the tracks in the plantation.

Prizes will be awarded to the grittiest male, the most courageous female in the individuals, and the fearless 1st in the mixed, ladies and men's team events. The sponsorship challenge is for you or your team to raise as much as you can for The Children's Centre.

More information at www.thechildrenscentre.org.im



End2End Walk – 18th September 2022



The End2End walk offers the opportunity for competitors of any age to race walk the length of the Island from the Point of Ayre in the north to the Sound in the south. There are numerous water stations and toilet facilities en-route. Certificates of achievement are given to all competitors as well as category awards and trophies at the prize presentation evening.

More information at www.ramseybakeryendtoendwalk.org

Isle of Man Cycling Challenge – 25th September 2022

Cycle the world-famous Isle of Man TT Course at the Isle of Man CC (Cycle Challenge) sportive, now in its 9th year! We offer one, two or three laps of the TT Mountain Course (37.7, 75.5 and 113.2 miles respectively), starting and finishing at the TT Grandstand with a closed road over the mountain from Ramsey to Creg ny Baa, marshals and vehicle support. Finishers' medals, certificates and massage included!

More information at www.isleofmancc.com



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Walk the Isle of Man – 25th September – 1st October 2022



Whether it's scaling the Island's spectacular hills, exploring the prettiest glens, or marvelling at the magnificent coastal scenery – there is never a shortage of places to walk on the Isle of Man. Now, some of the best 25 walks the Island has to offer have been brought together to create an invigorating early Autumn festival.

Accompanied by experienced walk leaders and supporters, each walk varies in length. Participants simply select one of the five daily walks on offer, encompassing a mix of flat paths and roads, as well as more challenging coastal and hillside trails.

More information at www.iomevents.com

Manx 100 – 4th October 2022

The Manx 100 is a 100-mile single-lap endurance mountain bike event with 4725m of climbing on classic mountain bike trails. Choose between 50km (1300m of ascent), 100km (3250m of ascent) or 160km.

The event is run on swooping single-track with lung-busting climbs, fantastic gravel roads and beautiful views.

More information at www.manx100.com



Manx RLT Reliability trail 29th-30th oct 2022



Brought to you by the Manx 100 team, you know it will be challenging, fun, exhilarating and a full-on day in the saddle. With four routes, ranging from 50km to 200km, there's a route to challenge all abilities. Each one is a tough challenge and all have some gravel terrain.

Starting and finishing at the iconic TT Grandstand in the heart of Douglas, the trial will take riders to some lesser known roads and tracks around the Island.

More information at www.manx100.com/manx-rlt

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