

## 4. Castletown Cycle Route

Distance	13 Miles / 21 Miles
Terrain	Mainly A roads
Time Taken	None
Traffic	The main roads in and around Castletown tend to be busy. Exercise caution on country lanes: due to bends and high hedges, approaching traffic can appear with little warning.
Facilities	There are various shops, cafes, restaurants and public toilets in Castletown and Ballasalla.
Points of Interest	Castle Rushen; Nautical Museum; Old Grammar School; Hango Hill; Derbyhaven; St Michael's Fort and Chapel, Steam Railway; St Marks Church; Rushen Abbey; the 14th Century Monks Bridge at Ballasalla; Silverdale Glen.



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' Iliam 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.

