



RAILWAY WALKS

Port St Mary, The Sound to Port Erin

A spectacular section of the *Raad ny Foillan* between Port St Mary and Port Erin. This outstanding coastline boasts a varied selection of marine and bird life. Don't forget your binoculars.

2

MODERATE

Distance:	7.61 miles
Start:	Port St Mary Station (<i>Outdoor Leisure Map Ref: 281 699</i>)
Finish:	Port Erin Station (<i>Outdoor Leisure Map Ref: 266 671</i>)
By Steam Railway:	Take the steam train starting from Douglas or Port Erin, alight at Port St Mary Station.
By Bus:	Services 1, 2, 10, 10A, 11, 11A, 12, 12A connect Douglas or Port Erin with Port St Mary.

Facilities (subject to opening hours)

Port St Mary:	Public toilets, public houses, restaurants, cafés, general stores
The Sound:	Café and Visitor Centre and public toilets
Port Erin:	Public toilets, public houses, restaurants, cafés, general stores

Route

1. Turn right out of Port St Mary Station, straight across the crossroads and through Port St Mary village to the harbour.
2. Continue on this road with the sea on your left joining a grassy track along the edge of a golf-course as the houses finish. You are now on the *Raad ny Foillan* (coastal footpath). Continue along the path as it heads through a small estate.
3. Turn left as you join a lane. It ascends steeply and after a few houses it becomes a grassy track.
4. Continue along the well-walked track, heading towards what looks like a derelict house, but is the old Chasms cafe and is now a shelter. The Chasms are opposite the shelter, through a gated fence.
5. To visit Cregneash, take the steep footpath on the right.
6. Continue to follow the *Raad ny Foillan* onto Spanish Head as the Calf of Man comes into view. The path eventually drops to cross a small footbridge and a stile.
7. Bear left as the path climbs a low headland and goes round a small cove. Continue to The Sound.
8. After climbing a ladder stile, the footpath climbs steadily upwards, becoming increasingly narrow and rocky.
9. After another stile, the path opens out into beautiful cliff-top walking and Port Erin comes into view. The footpath descends into Port Erin by the harbour and lifeboat station.
10. Follow the road alongside the sandy beach and up through the town. Port Erin Station is on the right. There is also a bus service from the town into Douglas

Please note: No dogs are allowed between The Sound and Port Erin, even on leads.



Points of Interest

The Chasms: A remarkable series of fissures. Access is possible with extreme caution.

Cregneash: A working folk museum depicting traditional Manx life. (One mile diversion)

The Sound: One of the most picturesque points in the south of the Island this narrow stretch of water is full of wildlife. It overlooks the rocky islet, known as Kitterland, a hotspot for seals and the Calf of Man a Nature Reserve and Bird Observatory.

