



## Explore the Isle of Man on foot this Summertime!



Walking.im and Manx Walks are continuing to explore the wonderful Manx countryside into summer. So why not join us and partake in carefully

selected and interesting guided walks, feeling the benefits to your physical wellbeing, meet new friends and enjoy the social side of group walking.

Ken and Catriona invite you to join us for the next series of island wide walks which will be approximately 3 hrs and 6 miles long, depending on the terrain. So, come along and enjoy summer sunshine with friendly company and safe in the knowledge that Ken Harding, holds professional qualifications from the Mountain Training Association and both Ken and Catriona are experienced and knowledgeable guides who will support all participants as we enjoy the islands varied landscapes.

The walking terrain will vary from open moorland, coastal footpaths, country roads, plantations, national glens, greenways, and footpaths. Participants should be confident of your fitness and comfortable to walk the approximate distances, although the walks will not be strenuous. The routes will involve a few ups and downs but will include plenty of rest stops with time to stand and stare.

Please ensure you wear comfortable and supportive walking shoes/boots with good grip and carry suitable clothing with waterproofs in case the weather closes in. Bring walking poles if you use them, camera, and snacks to ensure you stay nourished and plenty of fluid/water. Please also bring any medication which you may require and inform us of any medical issues which we should be aware of.

All walks which start at 10:00am and finish approx. 1:00pm are as follows:

- |                              |   |
|------------------------------|---|
| Friday 18 <sup>th</sup> June | <b>Start Point: Glen Mooar Car Park</b> – The Caves of the West Coast, Starvey Road and Spooyt Vane Waterfall                       |
| Friday 25 <sup>th</sup> June | <b>Start point: Opposite Ballaugh New Church</b> – Orchids of Close Sartfield and Wallabies of the Curraghs                         |
| Friday 2 <sup>nd</sup> July  | <b>Start Point: Sartfell Plantation (Brandywell rd)</b> – Summit Sartfell, the ruins of Glion Kiark and our mining past             |
| Friday 9 <sup>th</sup> July  | <b>Start point: Black Hut Car Park</b> – Walk the stunning North Barrule Ridge for amazing views of North of the island and beyond! |
| Friday 16 <sup>th</sup> July | <b>Start Point: Point of Ayre (by the lighthouse)</b> – Explore the wildlife and flowers of the Ayres National Nature Reserve       |
| Friday 23 <sup>rd</sup> July | <b>Start Point: Port St Mary (Kallow Point)</b> – The Chasms, Black head, and Spanish Head.   |
| Friday 30 <sup>th</sup> July | <b>Start Point: Snuff the Wind</b> – Explore the beautiful Glen Rushen Valley   |

Friday 6th August	<b>Start Point: Silverdale Car Park (new car park off the A3) –</b> Silverdale Glen, Grenaby and the Silverburn River
Friday 13 <sup>th</sup> August	<b>Start Point: St Michaels Island (fort Island) –</b> Langness Peninsular and Scarlett Point
Friday 20 <sup>th</sup> August	<b>End of Gardeners Lane (opposite Milntown) –</b> The beautiful Glen Auldyn Valley – Black Dub and Sky Hill
Friday 27th August	<b>Start Point: Conrhenny Plantation –</b> The Clypse Reservoir and Beyond !!
Friday 3 <sup>rd</sup> September	<b>Santon Railway Station –</b> The stunning Raad Ny Foillan to Ballasalla and returning on the steam train (steam train fare extra)

If you would like to book on any of the walks then please send a message to Manx Walks or Walking.im through their social media to reserve a place or email [ken@walking.im](mailto:ken@walking.im) or [catriona@manxwalks.im](mailto:catriona@manxwalks.im) for more info or just turn up at the start point. Each walk is £10 pp (payable on the day). Walking.im and Manx Walks are fully insured for walking activities but will ask all participants to sign a medical and risk activity disclaimer before commencement of their 1<sup>st</sup> walk and you advise us of any relevant medical conditions.

\*\* Should the weather forecast on the day reduce safety or enjoyment of participants, a decision of the cancellation will be made at the earliest convenience, and contact will be made with all booked participants.

We look forward to taking you out on a walk soon.

Ken and Catriona

