



Photo: Dave Keenan

An abundance of unspoiled countryside, beautiful views and fresh air make the Isle of Man a perfect mountain biking destination. Whether you're looking for a personal challenge, competitive events or just an opportunity to explore, the Manx landscape has it all. Where else can you enjoy such diverse trails and be rewarded with magnificent countryside and coastal views in just one ride?

A wide range of trails cater for riders of all levels of ability and fitness and help you make the most of the island's variety, from short plantation circuits which offer great terrain for time trials to all-day routes combining steep climbs and fast downhill stretches.

Want a leisurely off road ride suitable for the whole family? The 10.9 mile Heritage Trail from Douglas to Peel, along the former steam railway line, makes a great day out. The South Barrule Mountain Bike Trail, meanwhile, offers short but exciting two-way routes through plantation ground - an exciting way to test your abilities.

For something more testing, try the 'Witches Barrel' - a 12.6 mile loop trail in the west of the island with technical climbs and flowing descents. 'Hell's 8' is a more gruelling route with over 2,800 feet of climbing, designed to test even the most seasoned riders.

Every year, the Isle of Man welcomes hundreds of visiting mountain bikers from far and wide for a number of cycling events, including the prestigious End 2 End Mountain Bike Challenge. This highly popular event sees entrants race from one end of the island to the other over a 75km course made up of moorland, country lanes, forest singletrack and 1,500m of climbing. Ultimately, mountain biking in the Isle of Man can be as challenging or as relaxing as you want it to be, but you're always guaranteed to have a fun and exhilarating experience.

## Get on your bike

## Travelling to the Isle of Man

**By Air**  
Flights operate from airports all over the British Isles to the Isle of Man. Please check with individual flight operators for timetables, fares and bookings. For an up-to-date list of airlines serving the Isle of Man, please refer to [www.visitisleofman.com/travel](http://www.visitisleofman.com/travel).

**By Sea**  
Ferry Services run from five ports to Douglas - Heysham, Liverpool (Birkenhead during winter season), Belfast and Dublin (during the spring-summer season). Please check with Isle of Man Steam Packet company for timetables, fares and bookings. [www.steam-packet.com](http://www.steam-packet.com)

**Outdoor Leisure Map**  
Each of the maps displayed in this guide are produced from the Outdoor Leisure Map. The Outdoor Leisure Map can be purchased from a number of outlets on the Isle of Man including the Welcome Centre at a cost of £7.00.

**Bus & Rail**  
Bus Vannin offers a comprehensive public transport service around the Isle of Man. Individual journey tickets are available from the bus driver.

The Heritage Railway Transport System, comprising the Manx Electric Railway, Steam Railway and the Snaefell Mountain Railway, runs on a regular basis between the months of March and October.

Four or more, advance warning is required - please telephone 01624 697457 if travelling South (from Douglas) and 01624 834332 if travelling North (from Port Erin). They can also be cared on the Manx Electric Railway by prior arrangement. Please telephone 01624 697415. Please note that no bikes can be taken on the Snaefell Mountain Railway and only small fold up bikes are allowed on local buses.

Get your tickets and timetables from the main bus and railway stations. For more information visit [www.ionbusandrail.info](http://www.ionbusandrail.info).

**Where to Stay**  
The Isle of Man has a wide range of quality hotels, B & B and self-catering accommodation. Search online at [www.visitisleofman.com](http://www.visitisleofman.com) or order your free copy of the Isle of Man Visitor Guide. Please note not all places can store cycling equipment, so we recommend checking this prior to your arrival. Many of the island's campsites are situated in scenic surroundings and all are close to local amenities. Motorhomes are welcome but trailer caravans require permission, if you do not wish to bring your own camping gear, a hire service is available from [www.ionrents.com](http://www.ionrents.com).

**Eating Out**  
You're never far away from somewhere good to eat in the Isle of Man; most of our recommended trails lie in with cafes, pubs and restaurants. Pick up your free copy of the Taste Isle of Man directory for a complete list of quality-assured eating out establishments. Available at the Welcome Centre or go to [www.visitisleofman.com/taste](http://www.visitisleofman.com/taste).

## Getting Around

**8. Heritage Trail (Old Railway Line)**

Distance	Approximately 11 Miles (22 miles return)
Max Elevation	183 ft
Time taken	1 Hour (one way)

**GREEN EASY**

This is a simple trail following the old steam railway line from Douglas to Peel and is suitable for all the family. You can choose to ride the whole route as a return trip or in one direction only, or perhaps just a section of the trail, stopping off at any of the villages on the way. It's a popular trail over a hard-pack surface and you will often encounter young cyclists, walkers and dogs. Please respect these users, give plenty of warning when approaching and keep your speeds low when passing.

**TOP TIP**  
On reaching St John's, take a short diversion to see Tynwald Hill, site of the ancient Manx Parliament. You will also find parks and gardens to explore in the village.

Your starting point is the National Sports Centre in Douglas. Look for the outdoor arena entrance just off the New Castletown Road where parking is available. This route crosses the main road here, opposite the Quarterbridge public house and follows the TT tarmac access road as far as a kissing gate where you join the old railway line. The trail then follows the route of the old railway line from Douglas to Peel passing close by to Union Mills, Crosby, Greeba and St John's where you can detour to find refreshments and pub grub. Finish on Peel quayside which offers refreshments, bar meals and splendid views of Peel Castle. Follow the quayside round to the beach for some famous Manx ice cream.

Location	Central
Parking	National Sports Centre in Douglas, Harbourside in Peel.
Facilities	Spar at Union Mills, St John's Post Office, pubs at Crosby, Greeba, St John's, shops in Peel.
WC	Public toilets are located at the National Sports Centre, Crosby, St John's and Peel.

## Plantations

There are over 50 plantations on the island, ranging in size from a few acres to several hundred. More detailed maps and downloadable files are available from the website of the Manx Mountain Bike Club ([www.manxmtb.com](http://www.manxmtb.com)). The plantations most popularly used by riders are as follows:

- 1 Archallagan
- 2 Arrasey
- 3 Axnfell
- 4 Chibbanagh
- 5 Cohnenny Plantation
- 6 Corlea
- 7 Cringle
- 8 Earystane
- 9 Kerrowmoor
- 10 South Barrule
- 11 Stoney Mountain

## 7. South Barrule Trails (Purpose-Built MTB Trails)

Distance	0.75 Miles - 3.25 Miles
Max Elevation	300 ft
Time taken	15 Mins +

**BLUE MODERATE** **RED DIFFICULT**

A great introduction to mountain biking for first time visitors, new riders and children. These trails through the plantation at the foot of South Barrule were created by the local mountain bike clubs and local companies, together with the Department of Environment, Food and Agriculture. Both trails start from the main car park, are fully signposted and feature hand-built single-track sections.

The 1km Blue Kipper Trail is ideal for young children and beginners, providing a small loop without any real climbing that winds its way round the foot of the plantation.

Meanwhile, the 5km Red Viking Trail is a more advanced route for fitter riders and features boardwalks and some short but steep climbs. The first half of the route is covered mainly on fast, wide fire track before steadily climbing up to the top of the plantation. The extra effort is rewarded by a longer descent that takes you back to your starting point via a longer single track course that includes a number of purpose-built features including boardwalks and rock gardens. This is a fun section that rewards riders who attack it with speed. With the full loop taking around 20 minutes for fit riders, you have plenty of opportunity to do it all again and perfect that descent!

Advanced riders can extend their stay at South Barrule by using the fire tracks to the south and west, taking in the tracks and trails around Cringle and Corlea plantations.

Location	South-West
Parking	Parking available at the main plantation car park, signposted from the A3
Facilities	Wessex convenience store / petrol available in Foxdale, just north on the A3
WC	None

## Top Tips for Manx Mountain Biking

- Ride Responsibly**  
Please respect that many routes are shared with other users. Riders are asked to respect the other user-groups and slow down when approaching. Keep control of your bike and try not to startle other riders, runners or walkers.
- Leave No Trace**  
Be sensitive to the terrain beneath you and aware that wet and muddy trails are more vulnerable to damage. You may need to consider alternative routes to maintain the sustainability of our route network.
- Never Scare Animals**  
An unannounced approach, sudden movement and loud noise can startle animals, which can be dangerous. Please pass horses with care, do not disturb wildlife and leave gates as you found them, or as marked.
- Country Code**  
The Department of Environment, Food and Agriculture, welcomes mountain bikers to many parts of their estate. However, some areas remain out of bounds for reasons of ground and environmental protection, as well as for the safety and enjoyment of other riders and walkers. Some points to bear in mind are:
- Plan Ahead**  
Know your equipment, your ability, and the area in which you are riding and prepare accordingly. Be self-sufficient at all times, keep your equipment in good condition, and carry necessary supplies for changes in weather or other conditions. Check your bike before setting off on a trail, wear a properly fitting helmet, carry a mobile phone or tell someone where you are going, check the weather forecast and carry spares.

## 6. The Camel's Back (Cross Country Route)

Distance	Approximately 16 Miles
Max Elevation	1000 ft
Time taken	4 - 5 Hours

**BLUE MODERATE**

Cross the TT Course at The Raven Hotel and continue up the Ballaugh Glen road towards Ballaugh Plantation. Ignoring the left turn at the T junction, continue up through the car park and enter the plantation. Follow the main fire track, which winds it's way up the valley via a couple of hairpin turns before emerging from the trees. Keep on this stony track until you reach a crossroads with the narrow Druidale Road.

Turn left here and follow the road north for half a mile. As this road swings sharply left, you will see a Green Lane on the right which will take you past Mount Karrin, steeply descending into Sulby Glen. Turn left when you hit the tarmac and follow the road north through Old Sulby, taking the first right into the Sulby Claddaghs campsite. Follow the road keeping left at the humpback bridge and head towards the Ginger Hall pub.

Turn right on to the TT Course, and at the top of the rise you will find another Green Lane on the right (Kerrowmoor). This road climbs steeply and becomes rough in places before joining the moor. Go straight ahead with the wall to your left and then turn left before the gate to join the Millennium Way at Sky Hill. This is a very fast descent over a stony surface which will take you the 1.5 miles down through the trees back to the TT Course. There are two more gates that you must close behind you. Look out too for livestock, walkers and fellow bikers who can all appear suddenly as you descend at speed. Turn left at the bottom and head back to Ballaugh via Sulby to where you started.

Location	North
Parking	Parking available on Station Road, Ballaugh outside Spar/public toilets.
Facilities	Ballaugh Spar (Ballaugh Village), Caley's General Store (Sulby Village).
WC	Public toilets are located opposite Ballaugh Spar, Sulby Claddaghs (seasonal only).

A number of plantations can easily be combined into a longer day out: all the plantations south of Douglas and Peel are separated by just two or three miles of Manx countryside. Some - like Corlea, Cringle and South Barrule - actually connect through a series of forest 'fire roads' providing miles of unbroken trails to enjoy!

**TOP TIP**

**Trail Gradients**

GREEN	Easy - suitable for beginner/ novice riders. Basic bike skills required
BLUE	Moderate - Immediate cyclist/mountain bikers with basic off road riding skills
RED	Difficult - Proficient mountain bikers with good off road riding skills
BLACK	Severe - Expert mountain bikers used to physically demanding routes

## Isle of Man Mountain Biking Guide

8 complete self-guided routes

[www.visitisleofman.com/mountainbiking](http://www.visitisleofman.com/mountainbiking)

## Bike Hire, Servicing & Repairs

**Bike Hire Companies**  
Cycle Hire Isle of Man: Cycle Hire Isle of Man are based in Peel and offer a flexible and affordable bike hire service on the Isle of Man for adults and children aged 12 and over. To make a booking go to [www.cyclehire.im](http://www.cyclehire.im), where you can complete a booking form or phone 01624 842472. A collection service is also available.

**Erin Bike Hut:** Based in Port Erin, Erin Bike Hut offer a cycle hire service that includes everything from road bikes to 27ers to kids bikes and trailers. There is also local delivery and collection service from £5 per bike. Visit [www.erinbiketohut.im](http://www.erinbiketohut.im) or phone 01624 835484 to book.

**Isle of Man Cycle Hire:** Isle of Man Cycle Hire offers a wide range of quality bikes and equipment including road bikes, mountain bikes, tag-a-long's, trailers, child seats and more. Go to [www.ioncyclehire.co.uk](http://www.ioncyclehire.co.uk) where you can complete a booking form and pre-arrange delivery if required or telephone 01624 422843. Weekend hourly cycle hire is available at the booking desk located at the Isle of Man Sea Terminal in Douglas.

**Outdoors Ramsey:** Outdoors Ramsey are based in Ramsey and offer an all island drop off and collection service available at an additional cost. Bikes are available from £10.00 per day. To make a booking phone 01624 819032. [www.outdoorsramsey.co.uk](http://www.outdoorsramsey.co.uk)

## Key Contacts

- Bikes'lye, Douglas (01624 673761). Offers servicing and repairs.
- Cycle Life, Castletown (01624 823698). Offers a cycle repair service.
- Erin Bike Hut, Port Erin (01624 835484). Offers servicing and repairs.
- Eurocycles, Douglas (01624 624909). Offers servicing and repairs.
- Outdoor Ramsey, Ramsey (01624 815501). Offers servicing and repairs, guiding and coaching.

## Legs of Mann

Legs of Mann organise extreme endurance events, often covering 15,000 feet of ascent over gruelling courses that can take in 100 miles or more of tough Manx trails. Route maps are handed out just before the event so expect the unexpected! Strictly for tough and adventurous competitors. For more information, keep checking the news pages on [www.manxmtb.com](http://www.manxmtb.com).

Isle of Man Forestry Directorate - 01624 801263  
Isle of Man Weather - 0900 6243 300  
Isle of Man Welcome Centre - 01624 686766  
*Open Monday to Saturday (round)*  
Nobles Hotel, Douglas - 01624 650000  
Ramsey Cottage Hospital - 01624 818111  
Manx Mountain Bike Club: [www.manxmtb.com](http://www.manxmtb.com)  
Loaghtan Loaded Club: [www.loaghtanloaded.com](http://www.loaghtanloaded.com)  
Travel and Accommodation: [www.visitisleofman.com](http://www.visitisleofman.com)  
Bus and Rail: [www.ionbusandrail.info](http://www.ionbusandrail.info)  
Eating Out: [www.visitisleofman.com/taste](http://www.visitisleofman.com/taste)  
Visit [www.visitisleofman.com](http://www.visitisleofman.com)



## Long Distance Events

**End 2 End Mountain Bike Challenge**

Your chance to ride from one end of a country to the other whilst conquering some sizeable peaks along the way. The 75km route of the End 2 End Challenge incorporates 1500 metres of climbing with a thrilling mixture of fast fire roads, sweeping moorland paths, country lanes and technical forest tracks. You'll also experience stunning views and great support from the local spectators.

*"The End 2 End is a superb event. Lots of challenging climbs and technical descents, and the atmosphere out on the course is brilliant."*

- Conor Cummins, International Motorcycle Racer and TT star

A small number of top riders make the trip but most of the field is made up of weekend riders just looking to complete the challenge and enjoy themselves. Please be aware, however, that checkpoints enforce a strict cut-off time, so a good level of fitness is encouraged. The course is usually completed within 3 hours for the leaders and anything up to 6 hours for the more relaxed riders. The event is a challenge but finishers are rewarded with a real sense of achievement and satisfaction. For more information, go to [www.manxe2e.org](http://www.manxe2e.org).

**Longest Day, Longest Ride**

Loaghtan Loaded, a local mountain biking club, organise this annual fun-yet-gruelling event for charity. The 24 hour endurance mountain bike event held at Conrheny Plantation is held each June and offers the chance to ride solo or in relay format as small groups. The aim is simple; complete as many laps as you can in the 24 hours. The ride will test physical fitness, stamina and mental toughness on a technical but achievable route. There are plenty of laughs along the way and the marquee-come-HQ provides sandwiches and homemade cakes along with energy drinks, gels and bars. Entry is secured by pledging a minimum amount for the year's chosen charity. For more information, go to [www.ldlr.im](http://www.ldlr.im).



## 1. A Grand Day Out (Cross Country Loop)

Distance	Approximately 18.5 Miles
Max Elevation	1,431 ft
Time taken	4 - 5 Hours



Starting from the Tram Station at the Bungalow (foot of Snaefell), head north on the TT Course around the Verandah and past the Black Hut car park on the left. After a couple of miles you will come to the Mountain Box - a right-hand bend with a stone Marshal's hut guarding the entrance to the moors on the left.

Go through the gate and ride straight ahead following any of the rutted tracks north. Over the brow you will veer to the right and drop down a fast bumpy descent to the Narradale boardwalk. Take care as this descent is potted with mini holes, lumps and bumps. Step up on to the narrow board walk and follow this over the bogs.

Continue straight ahead keeping the wall on the right, go through the next gate and carry on north. This track takes you to the top of Sky Hill (see the Camel's Back) where you can make an alternative route, descending Sky Hill to join the TT Course or using the track down Kerrowmoar to Sulby just off to the left.

For this route, however, you need to look for another track north. A few hundred yards north from the gate, look for a rough track that veers off to the left. This rutted track takes you down the moor to the top of Narradale - a single track road that leads down to Sulby Village. Turn left here, and keeping the wall to your right, enter the farm lanes that lead you through a series of gates and public rights-of-way before eventually finding Ohio Plantation. A super-fast descent brings you out on a narrow tarmac road by a farm.

Turn right here and keep left at the hump-backed bridge to find the Claddaghs campsite. Go through the campsite, over the bridge and over the next set of crossroads in Old Sulby. At the TT Course head west (left) for the short distance to the Wildlife Park. Turn into the Park's car park and find the old railway line just in front of the main entrance. Turn left into this track and keep heading west towards Ballaugh, taking care at any road crossings.

Cross over Station Road at Ballaugh and carry on heading south for a few hundred metres until you reach a surfaced lane. Turn left here to rejoin the TT Course in a northerly direction and shortly take a right hand turn into the narrow road (Ballacob). This road winds its way up the hill, very steeply in places (over 20%) and soon gives way to a rough stoney track. A level section gives you a well-earned breather before it kicks up again through the steepest section towards the cattle grid. Don't be ashamed if you have to get off and walk here - only a few of the End 2 End competitors have managed to ride all the way up!

Before you enter the open moorland, be sure to take a few minutes to soak up the magnificent view. Carry on up the grassy track that clings to the side of the valley until you join a stoney green lane that forms an elongated junction. Take the main left hand track past the cattle grid and continue south over the next rise. The rough descent to the road makes up part of the End 2 End Course and should be tackled with care. At the B10, turn left and follow this road through the cattle grid and on towards the TT Course. As you join the TT Course at Brandywell, you will see your starting point just half a mile to the north.



Location	North-West
Parking	Parking available at Bungalow Station.
Facilities	Caley's General Store (Sulby), Ballaugh Spar (with short detour at Station Road).
WC	Public toilets are located opposite Ballaugh Spar, Sulby Claddaghs (seasonal only).

## 2. Southern Comfort (Cross Country Loop)

Distance	Approximately 13.5 Miles
Max Elevation	1,180 ft
Time taken	2 - 3 Hours



This loop provides an exhilarating taste of the Island's southern landscape. Start and finish in Colby village, between the Spar convenience store and the Colby Glen Hotel.

Head along the road east towards Ballabeg where you take the second turning on the left after Ballabeg Church, and then the first right toward Grenaby along a quiet road offering splendid views of the south. At Grenaby turn left and head north until you reach a crossroads with a rough road ahead. Follow this rough road which is, in fact, the infamous smugglers' route of the Whisky Run.

At the top of the road, turn right then straight over the main road at the crossroads, down the dip and up the other side. Turn left after Sleafu Moor Plantation towards Eary Cushlin and pass the Kerroodhoo Plantation to your right. Turn left at the small car park with the sea ahead and head up the gravel road for around a mile until you reach the main road again. Just before the road, you will see a gate through the wall on your right. Go through this gate, turn left, and follow the wall for 200 metres until you reach a purpose built mountain bike route.

This section makes up part of the End 2 End route. You will shortly reach a fantastic downhill single-track with stunning views - try to keep your eyes on the track rather than the vista! Join the main road again at a left hand bend and look for the next gate just 20 metres to the right. Go through this gate and follow the track south towards Port Erin along a mixture of fire road and single-track, descending all the time until you reach the tarmac road at Surby. Follow the tarmac lane down the hill where you turn left then left again. Continue straight over the roundabout and keep heading east back to where you started in Colby.

Alternatively you can turn right at the roundabout and make a diversion into Port Erin or Port St Mary for a coffee and cake reward!



Location	South-West
Parking	Parking available close by to the Colby Glen Pub.
Facilities	Colby Spar, general shops and amenities in Port Erin and Port St Mary (diversion).
WC	Public toilets are located in Port Erin and Port St Mary (diversion).

## 3. Witches Barrel (Cross Country Route)

Distance	Approximately 12.5 Miles
Max Elevation	885 ft
Time taken	3 - 4 Hours



This is a gruelling figure-of-eight route to test even the most seasoned riders, starting and finishing at the car park opposite the former Farmers Arms pub in St Johns. Be aware if you have your bike on the roof of your car as this car park has a maximum height barrier. With over 2,800 ft of climbing it's the most challenging of routes.

Begin by turning right out of the car park and then after 30 metres turn left on to the old railway track (Heritage Trail). Follow this west ensuring you take the right hand fork just after the River Neb. Shortly you will find yourself crossing a main road (A1) where the railway bridge used to be. Carry on north until you reach the A20 Poortown Road. Take yourself up on to the road from the old railway line and head east until this road swings round to the right. Take the sharp left hand turn back on yourself - this is the Switchback Road, which you will use more than once.

For this part of the route, take the first right up a steep tarmac road and follow this through the farm and along a ridge north for 1.5 miles. On a long straight look for a left turn into a farm track at Dreemlang - this can be quite muddy. Follow this track for 1.5 miles until you reach the Switchback Road again via a steep rocky descent.

Turn left on to the road and follow this south over all the humps before turning left up the same steep tarmac road you have already been on. This time, however, when you get to the top of the ridge look for a 90 degree left hand bend with an unmarked road off to the right. Take this right hand track south - a fast exhilarating descent is your reward for climbing back up to the top of the hill! Care should be taken here, especially approaching the busy road at the bottom.

When you reach the A20, go straight over and down towards the river. Continue straight on up past Tynwald Hill, across the A1 in St John's and back to the car park from where you started. You can either stop here or refuel and carry on for the rest of the figure of eight.

For the second half of this ride, follow the road south past the car park and take the first right over the bridge and immediately left up a steep tarmac road. Ignore the main entrance to the plantation opposite the lay-by, but take the next right through a gate signed as a greenway. Follow this track up over the hill through a couple of gates until you eventually arrive at two more gates with an underground water storage depot on the left.

Take the right hand gate and follow the rutted single track through a second gate. Then descend a rough stoney track (carefully as this is like a marble run!) down to the corner of the Garey Road. Turn right and immediately right again on to a gravel track. This track will take you all the way down to the valley's bottom - another great descent your reward for completing the second half of this route. Again, take care here, this track is faster than it ever was since it's surface was smoothed over.

At the bottom turn right on to the A30 Patrick Road and head east back to St John's and your starting point at the car park.



Location	West
Parking	Parking available at the main car park opposite the old Farmers Arms pub.
Facilities	Convenience stores and refreshments at St John's.
WC	Public toilets are located on the main road in St John's (opposite Tynwald Hill).

## 4. St Luke's & Windy Corner (Cross Country Loop)

Distance	Approximately 17 Miles
Max Elevation	1,484 ft
Time taken	4 - 5 Hours



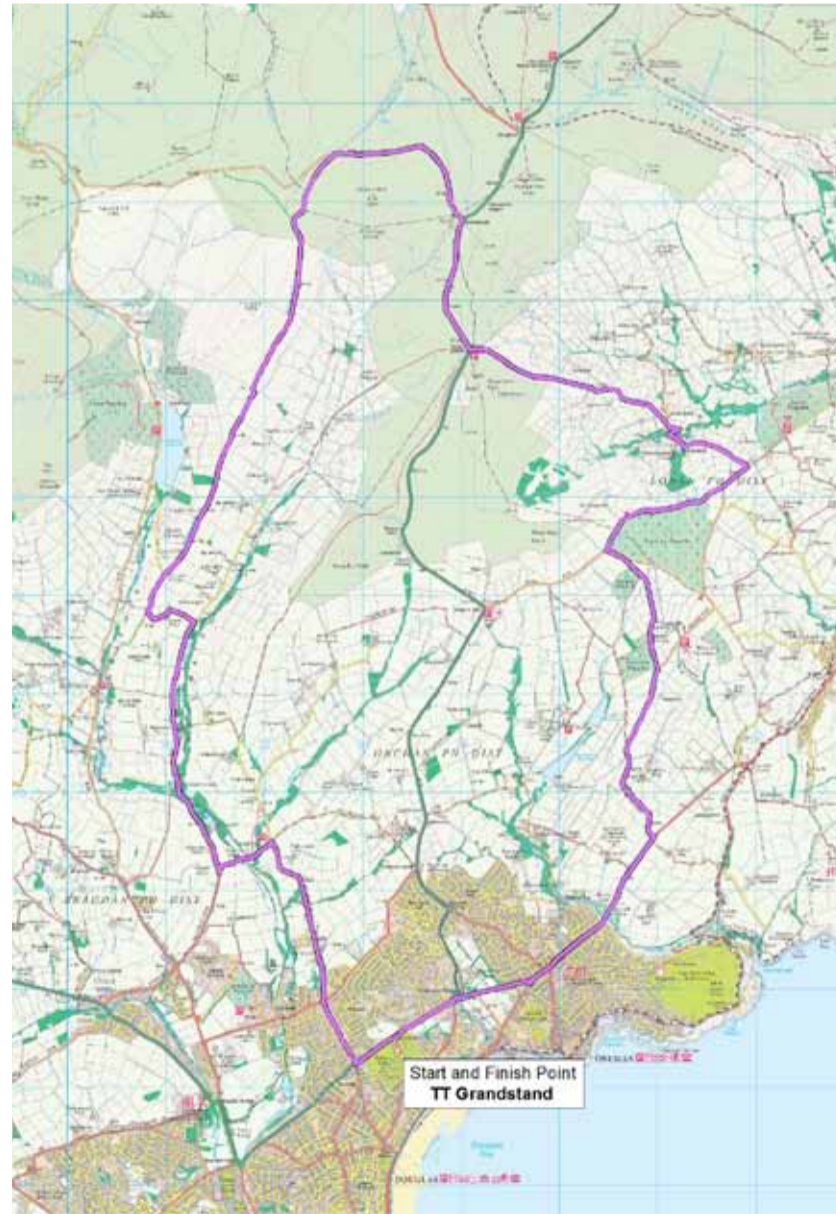
This route starts and finishes at the TT Grandstand in Douglas, ideal for anyone staying in the capital. This tough eastern course combines parts of the Millennium Way with the famous TT Course and some wild landscapes.

From the Grandstand follow the TT Course down to the traffic lights and then turn right at the petrol Garage at the top of Bray Hill, opposite the School and Church. Go straight across at the mini roundabout and continue for a mile or so before taking a left at the crossroads. Go down the dip, over the bridge and up the other side, taking the next right up the B21 through East Baldwin.

After two miles on this lovely tree lined road, take the left up a steep hill. At the T junction turn right towards St Luke's Church. At the church take the track on its right hand side and head north on this section of the Millennium Way. This is a long and steady climb that eventually brings you out on to the B10.

Turn right and follow the B10 east towards the Mountain Road (TT Course). At the Mountain Road turn right and head south for ½ a mile to 'Windy Corner' where a chevroned bend swings round to the right. Here, look for a track through the wall on your left, but don't take too long as its not called Windy Corner for nothing! Descend on this track before joining a tarmac lane which you follow south, bringing you out at the B12 Creg-ny-Baa to Laxey road.

Turn right and head up on to the old motorcycle Clype Course, ignore the road to the left and continue up hill on the B12 past Cohnrenny Plantation. Just as the plantation ends take the left hand track (signposted Cohnrenny) followed by a right hand branch down to the B20. When you reach the B20 follow this road down hill (south) before reaching the A2. Turn right and follow the road straight through Onchan village (keep right at the petrol station) and eventually back to where you started at the TT Grandstand in Douglas.



Location	East
Parking	TT Grandstand.
Facilities	Bray Hill filling station, general shops in Onchan village.
WC	Public toilets are located at rear of the Grandstand and main road Onchan.

## 5. Hell's 8 (Cross Country Route)

Distance	Approximately 15.5 Miles
Max Elevation	1,337 ft
Time taken	4 - 5 Hours



This is a tough-but-rewarding route taking you high up into the hills overlooking the north-west of the Island. This scenic figure-of-eight starts and finishes at Glen Wyllin campsite just south of Kirk Michael village on the Peel coast road. Park at the campsite if you are staying there, otherwise find somewhere to park safely in Kirk Michael village.

Begin by heading north through Kirk Michael from the Mitre pub, turning right up the narrow 'Baltic Road' (follow the signs for the Rovers Ritz boarding kennels and cattery). This tarmac road climbs steadily before giving way to a rougher and steeper track that leads you up over the ridge and on to the moorland. At the top you will find yourself on an elongated crossroads. Take the second left - and follow this grassy track around the shoulder of the valley. Once over the next ridge you will descend the heavily rutted track towards a stone wall. Here you will find a wider, smoother track running north to south along the edge of the wall.

Turn left and follow this track north, over the brow and down through a gate to the singletrack tarmac road. Follow this road north for 50 metres or so and take the left hand fire track which heads north-west down through Ballaugh Plantation. Go through the first gate with the trees to your right and just follow the main track downhill through the valley. At the next junction you can either head straight ahead down a narrow, rocky path or continue on the fire track by turning right through the gate. This will lead you down the valley via a left hand hairpin, following the river to the plantation exit at Ravensdale - also joined by the narrow, rocky path.

Follow the road north to the TT Course at Ballaugh Village. Turn left over Ballaugh Bridge (a Spar shop is situated on Station Road should you need supplies) and head west on the A3 before taking the first left hand tarmac road (signposted Ballacob). This road winds it's way up the hill, very steeply in places (over 20%) and soon gives way to a rough stoney track. A level section gives you a well-earned breather before it kicks up again through the steepest section towards the cattle grid. Don't be ashamed if you have to get off and walk here - only a few of the End 2 End competitors have managed to ride all the way up!

Before you enter the open moorland, take a few minutes to soak up the magnificent view. Carry on up the grassy track that clings to the side of the valley until you eventually find yourself back at the elongated crossroads. This time, however, take the stoney left hand track past the cattle grid and continue south over the next rise. The rough descent to the road makes up part of the End 2 End Course and should be tackled with care.

Once you have reached the B10 at Sartfell Plantation it's fast tarmac all the way downhill to the crossroads at Barregarrow Chapel (please take extra care on the final descent from the left hand junction at Sartfield - this is very steep and a tight left hand bend awaits!)

Go straight over this busy road and follow the narrow road round until you reach a tight left hand bend. Straight ahead is newly-surfaced lane that will give way to a rougher track. This track will take you down the valley and through the trees back to Glen Wyllin.



Location	North-West
Parking	Glen Wyllin, Kirk Michael village.
Facilities	Convenience stores in Kirk Michael, Ballaugh Spar on Station Road.
WC	Public toilets are located at Glen Wyllin, Kirk Michael and Station Road Ballaugh.