



---

# Raad ny Foillan

## Coastal Footpath

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





*The Sloc*



*Maugheld*

## The Raad ny Foillan

---

The Raad ny Foillan, Manx Gaelic for 'Way of the Gull', is the Isle of Man's premier long distance footpath. At almost 160 km / 100 miles in length it provides the opportunity to walk around a complete Nation!

Explore some of the best coastal walking in the British Isles on cliff footpaths, quiet sandy beaches, wooded glens and farmland as you travel through a whole variety of landscapes. Each part of the Island has its own character as you move from one landscape to another in what is sometimes called 'Britain in miniature'. The Gulls may almost be ever-present! But so are many other species of birds, animals and marine life to accompany you along the route. The coastal paths, glens and farmland are rich in flowering plants and shrubs.

The Raad ny Foillan can be split into as many stages as you like, from a 4-day very strenuous challenge right through to a more gently-paced 12-day walk. Those with less time or looking for a greater challenge could combine some of the stages. It can be completed in any order, with any starting point and clockwise, anti-clockwise or a mix to suit the walker.

This guide describes the route in the 'traditional' way: starting (and finishing) at Douglas harbour and walking 'with the sun'!

You don't need to be a competent walker to enjoy the Raad ny Foillan. As the path winds its way along the Island's coastline you will find a wealth of places to go and things to see and do; discover castles, enjoy unexpected encounters with local wildlife, take part in the many activities or explore the beaches you will find along the way.

**Look out for this sign when out exploring the coast:**



# Other ways to enjoy the Raad ny Foillan

## Family Fun

The Island's coastline is a great place for families with castles near to the coast, nature trails, places to picnic and boat trips you won't be disappointed.

## Heritage

The Island's landscape is rich in ancient monuments from Viking burial sites to the earliest stone Celtic crosses and Neolithic tombs, the coastal path takes you alongside some of the most fascinating aspects of Manx history.

## Wildlife

See rare species of sea birds, seals, basking sharks and even the occasional dolphin, walk through glens and on beaches where wildlife abounds.

## Adrenalin Seekers

From coasteering to kayaking, diving to gorge walking the Island's coastline has everything to offer those seeking adventure and an adrenalin buzz.



## Eating Out

You're never far away from somewhere good to eat along the Raad ny Foillan. For a complete list of quality-assured eating out establishments pick up your free copy of the Taste Isle of Man directory at the Isle of Man Welcome Centre and other Visitor Information Points. Look out for the establishments signed up to the walkers welcome scheme which guarantee that walkers will receive a warm welcome even with muddy boots; for more information go to [www.visitisleofman.com/walking](http://www.visitisleofman.com/walking)

# Places to stay

There is an abundance of accommodation on the Isle of Man. Whether you choose to base yourself in Douglas for the duration of your visit or travel from place to place during your journey along the Raad ny Foillan you won't be disappointed. All accommodation on the Isle of Man is subject to compulsory registration and grading and with the added reassurance of the walkers welcome scheme which many providers have opted to be a part of you will be sure that your every need is met.

To view serviced properties situated along the Raad ny Foillan which are part of the walkers welcome scheme go to [www.visitisleofman.com/raadnyfoillan](http://www.visitisleofman.com/raadnyfoillan)



# Public Transport



Bus Vannin offers a comprehensive transport system around the Island, whether you choose to travel on the extensive bus network or step back in time and hop aboard the Victorian rail networks, you will find getting around the Island easy and most importantly cost effective.

Get your Go Cards and timetables from the main bus and railway stations or at the Isle of Man Welcome Centre. Tickets can be purchased from the bus driver for single journeys. For more information visit [www.bus.im](http://www.bus.im)

## WALK GRADINGS



**LEISURELY** - walks for reasonably fit people with at least a little country walking experience. The route will include un-surfaced rural paths and tracks. Walking boots and suitable clothing are recommended.



**MODERATE** - walks for people with country walking experience and a good level of fitness. The route will include some steep paths and open country. Walking boots and suitable clothing are essential.

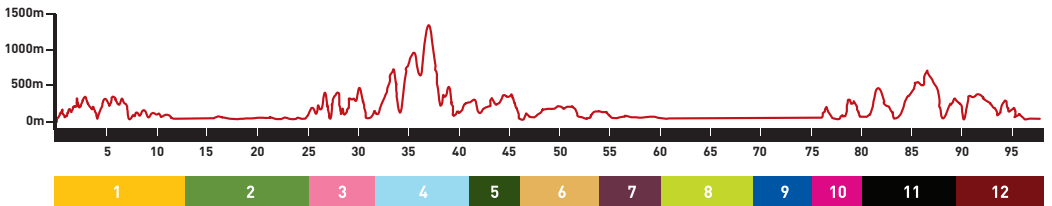
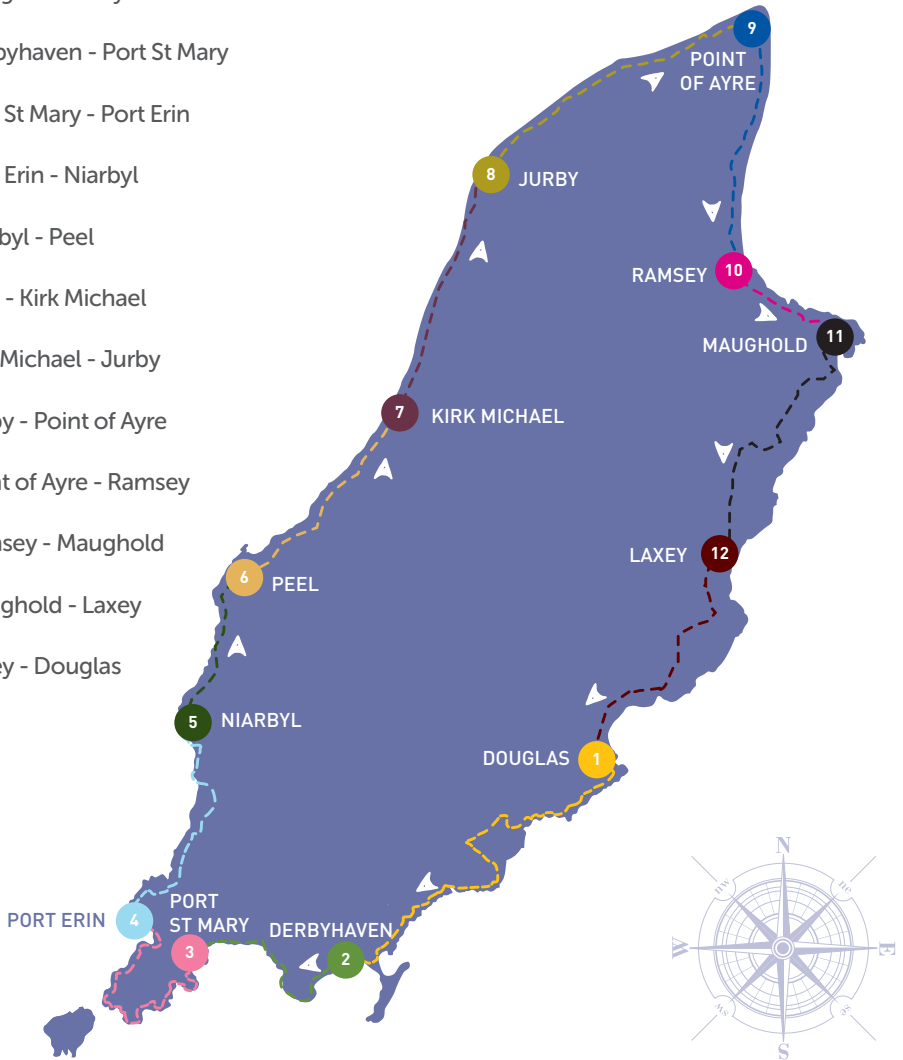


**STRENUOUS** - walks for experienced country walkers and a very good level of fitness. The route will include some hills and rough country. Walking boots and suitable clothing are essential.

Please note these walk gradings are a general guide only. Bear in mind the distance of a walk, regional differences and the possibility of inclement weather may make a walk more difficult than anticipated.

# The Raad ny Foillan in 12 stages:

- 1 Douglas - Derbyhaven
- 2 Derbyhaven - Port St Mary
- 3 Port St Mary - Port Erin
- 4 Port Erin - Niarbyl
- 5 Niarbyl - Peel
- 6 Peel - Kirk Michael
- 7 Kirk Michael - Jurby
- 8 Jurby - Point of Ayre
- 9 Point of Ayre - Ramsey
- 10 Ramsey - Maughold
- 11 Maughold - Laxey
- 12 Laxey - Douglas





# Douglas - Derbyhaven

## Start

Douglas Millennium Bridge  
Grid Reference NGR SC 383 752

## Finish

Ronaldsway Flying Club  
Grid Reference NGR SC290683

## Distance

20.5 km / 12.5 miles

## Terrain

A combination of coastal and cliff walking on footpaths and roads. Undulating path with steep rock slopes beside some stretches with heavy undergrowth.

Note: One stretch of the route on main road.

## Family Friendly Section

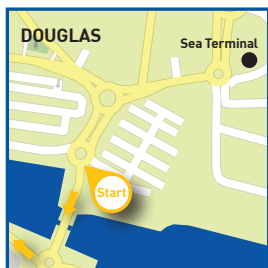
Douglas to Port Soderick

## Highest point

110 metres / 361 feet

## Public Transport links to/from Ballasalla

- Bus Services 1, 1H, 2, 2A, 11, 12 & 12A serving Douglas and Port Erin (via Castletown and Port St Mary)
- Isle of Man Steam Railway serving Douglas, Castletown, Port St Mary and Port Erin

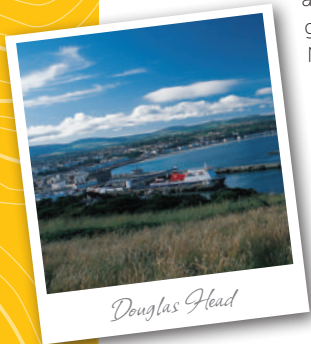


From the harbour area of Douglas, the route takes you up onto Douglas Head with panoramic views across Douglas Bay to Onchan Head. Following the old coast road (now closed to traffic for part of its length), have a look at the folding and twisting beds of rock on Marine Drive and at Keristal which provide great views down the cliffs and onto the shoreline.

Leaving the coast at Port Soderick, explore the shade of **Port Soderick Glen** before heading along the main road past Crogga and then back to the coast. The path has uneven stretches here as you head south – but the views up and down the coast, as you weave in and out of the bays at Port Grenaugh and Port Soldrick,

alongside fields and round the headlands, are a real reward as every part of the coast gives different views. At the side of the coastal path take time to explore Iron Age and Norse promontory forts at **Cronk ny Merriu** and at **Cass ny Hawin**; and an early Christian keill or chapel site at **Ballawoods** in the Santon Gorge.

Take care on the path on both sides of the Santon Gorge as it can be very muddy and slippery! The chapel and fort on **St Michael's Isle / Fort Island** across Derbyhaven get closer and closer on the other side of Derbyhaven Bay as you arrive on the edge of Ronaldsway airport: one of the richest archaeological landscapes on the Isle of Man, first settled over 10,000 years ago.



*Douglas Head*



# Derbyhaven - Port St Mary

2

## Start

Ronaldsway Flying Club  
Grid Reference NGR SC290683

## Finish

Port St Mary Alfred Pier  
Grid Reference NGR SC211672

## Distance

19.5 km / 12 miles

## Terrain

Low lying coastal footpath reasonably flat all of the way with some road and track walking.

## Family Friendly Section

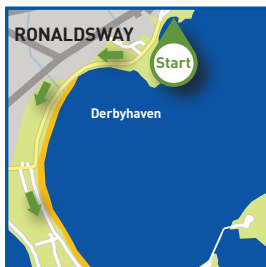
Derbyhaven and Langness, Scarlett through to Port St Mary

## Highest point

20 metres / 66 feet

## Public Transport links to/from Port St Mary

- Bus Services 1, 1H, 2, 2A, 11, 12 & 12A serving Douglas and Port Erin
- Isle of Man Steam Railway serving Douglas and Port Erin



On this stretch the footpath follows the sea's edge with views over rugged, rocky outcrops and wide sheltered bays. There are coastal plants, seabirds and ducks in abundance. Leaving the massive Norwegian granite blocks which protect the airport's runway extension, you head past the site of the Battle of Ronaldsway (AD 1275) and then round the shallow, sandy bay at Derbyhaven onto Langness peninsula. Make time to divert onto **St Michael's Isle / Fort Island** and see the 12th century chapel and civil war fort. There are often seals in the water here.

Returning to Langness follow the signs  to the eastern coast across the golf course and you'll see the ragged fingers of rock which wrecked so many ships along this shore. Passing the lighthouse on the southern end of Langness, make your way along the road and onto the shingle beach-side path which was an early horse racing course for the Earls of Derby. This whole area is full of history as you head to Castletown: **Hango Hill**, King William's College and then Castletown itself, the former capital of the Island with the **Nautical Museum**, the **Old House of Keys**, the **Old Grammar School** and at its heart – **Castle Rushen**. The bedrock here is limestone and as you head onto Scarlett Head there are also some volcanic stones. To your right are buildings from the WW2 radar station and then another Iron Age promontory fort at **Close ny Chollagh**.

If you have time take the road from Poyllvaish to Chapel Hill, **Balladoole** and its Iron Age fort, Viking ship burial and Christian keeill as well as views right round the south of the Island and to Snaefell and North Barrule in the north. Back beside the sea, follow the exposed coastline around Carrick Bay to the sheltered harbour of Port St Mary.





# Port St Mary - Port Erin

## Start

Port St Mary Alfred Pier  
Grid Reference NGR SC211672

## Finish

Port Erin Bay  
Grid Reference NGR SC190689

## Distance

11 km / 7 miles

## Terrain

Undulating coastal walk, one of the best coastal walks in the British Isles!  
Take extra care in strong winds.

## Family Friendly Section

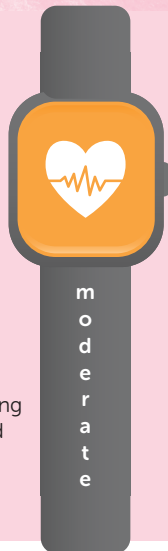
Sound to Port Erin

## Highest point

143 metres / 469 feet

## Public Transport links to/from Port Erin

- Bus Services 1, 1H, 2, 2A, 11, 12 & 12A serving Douglas (via Port St Mary, Castletown and Ballasalla)
- Isle of Man Steam Railway serving Port St Mary and Castletown from Port Erin



From the inner harbour in Port St Mary walk past the outer harbour until you get to Kallow Point.

If the tide allows, have a look at the fossilised tree stumps here and then visit the memorial to WW2 sailors on the Mona's Queen. A gentle rise takes you to Perwick Bay, through Fistard village and then onto tracks across the open fields. If you have a sure foot and a head for heights stop at the **Chasms** and explore this spectacular area.

Take your time on the footpaths and watch out for the deep splits in the rock as you head near the cliff edge to see the rock stack known as the Sugarloaf: a nesting site for kittiwakes, guillemots and razorbills.

Close by fulmars nest, and overhead you should see the acrobatic choughs. If you have time head inland on one of the footpaths leading you to the crofting village at **Cregneash** and its thatched houses. The coastal cliff top path leads around Bay Stacka, past small stream gulleys, and then on to Black Head and Spanish Head.

From Spanish Head you follow the southern coast with spectacular views over the Calf of Man, now run as a bird observatory and nature reserve. The path takes you down a steep slope and over another promontory fort at Burroo Ned to the Sound where you can enjoy the views, watch for seals at play and sometimes even see basking sharks, dolphins or porpoises. Turning onto the west coast you pick your way along the path as it rises to give a last view of the Calf of Man and then begin to see Bradda Head and **Milner's Tower**, then Port Erin Bay and the village itself. On a clear day look out to sea for the Mountains of Mourne.

**Please note dogs are not permitted on the section of the footpath between the Sound and Port Erin**







# Port Erin - Dalby

4

## Start

Port Erin Bay  
Grid Reference NGR SC190689

## Finish

Niarbyl Visitor Centre  
Grid Reference NGR SC212777

## Distance

15 km/9.5 miles

## Terrain

Hard cliff and coastal walking through rough moorland. Multiple steep slopes, walking poles are recommended.

## Family Friendly Section

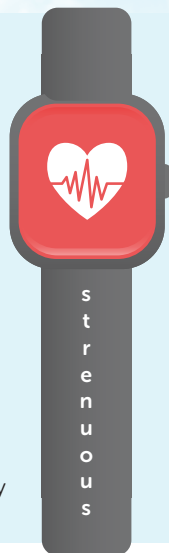
Bradda Head to Milner's Tower

## Highest point

437 metres / 1434 feet

## Public Transport links to/from Dalby

- Bus Service 4 serving Douglas via Peel.
- Bus Services 4R and 8R serving Port Erin operating on Sunday's only between May and October



This stage of the walk takes you along the west coast through some superb moorland walking. Spectacular in mid-late summer when the heather and gorse are in bloom, the route takes you up (and down!) a series of hills on coastal and cliff footpaths. Starting in Port Erin by the old Marine Biological Station follow the lovely horseshoe bay around to Bradda Glen and Bradda Head and the commemorative **Milner's Tower**. The remains of lead and copper mines are all around you and as you head on towards Bradda cairn. Catch your breath and look back for views south to the Calf of Man. A steep descent (through waves of bluebells in spring) leads you to the isolated bay at Fleshwick and across the stream at the bottom to begin a steady climb up the

footpath onto Lhiattee ny Beinnee. Turn and look back every so often to be rewarded with fine views over Bradda Head and then also over the Calf of Man. Soon the views northwards open up past Cronk ny Irreee Laa to **Niarbyl** and Peel Hill behind. To the north east is the highest peak in the south of the Island: South Barrule with an Iron Age hillfort on top. Drop down to the picnic tables at the Sloc for a welcome rest! The next stretch takes you steadily uphill to the summit cairn on Cronk ny Arrey Laa with extensive views over the centre and north of the Island, then down a steep uneven path heading northwards. The marked route takes you right down to the coast path, but in bad weather take an inland route past Eary Cushlin. (For those with plenty of time, carefully take the path to the chapel site at **Lag ny Keeilley** and then back to the Raad ny Foillan). Both paths lead you towards the lovely bay at **Niarbyl** with spectacular views down the coast back to Bradda Head and the Calf of Man. Then follow the road from **Niarbyl** to Dalby past the mounds which once housed equipment for a radar station.

**It is important to check weather forecast before setting off as visibility is poor in bad weather**





## Dalby - Peel

### Start

Niarbyl Visitor Centre  
Grid Reference NGR SC212777

### Finish

Fenella Beach, Peel  
Grid Reference NGR SC241844

### Distance

10km/6 miles

### Terrain

Initial small section of road walking followed by coastal and cliff footpaths.

### Family Friendly Section

Peel Hill


### Highest point

100 metres (or 141 metres on Peel Hill) / 328 feet (or 463 feet on Peel Hill)

### Public Transport links to/from Peel

- Services 5, 5C, 6A & 6C, Douglas via St John's, Peel, Kirk Michael and Ballaugh to Ramsey



From Niarbyl follow the main road north towards Peel past the mounds which were once housed equipment for a radar station, along the way-marked route  which takes you down a footpath and track following the coast along to Glen Maye. Take time to explore the glen, where you will find the stone wheelcase of a water wheel used in lead mining, and higher up the lovely deep wooded glen and the stunning waterfall. These are not to be missed. Then follow the north side of the glen and return to the open coast.

The rest of the route to Peel is an undulating cliff top path which winds in and out along the coast across stiles and field boundaries, with views down to each bay and inlet and with the prospect of Peel Hill and Corrin's Tower getting ever closer.

On this coast it's as if the rest of the Island doesn't exist. Passing Knockaloe on the right, with views up to St John's and Tynwald Hill, you can choose to follow the coastal path round Peel Hill and Conrady Head or head up to Corrin's Tower and over Peel Hill itself. The reward for the end of this stage is the gradually emerging view over **Peel Castle**, the harbour and to Peel and its lovely sandy beach. When in Peel explore **Peel Castle**, the **House of Manannan**, **The Leece Museum**, **Peel Cathedral**, **Moore's Kipper Yard** and lots more.





# Peel - Kirk Michael

6

## Start

Fenella Beach, Peel  
Grid Reference NGR SC241844

## Finish

Glen Wyllin Campsite  
Grid Reference NGR SC313904

## Distance

11.5km/7 miles

## Terrain

Combination of road walking and beach walking along the line of a disused railway before heading onto the beach for the final stretch.

## Family Friendly Section

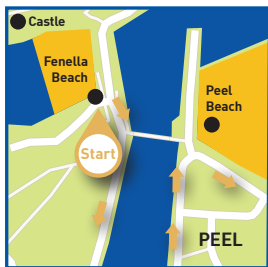
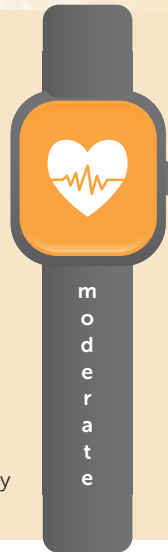
Peel to Kirk Michael

## Highest point


63 metres / 207 feet

## Public Transport links to/from Kirk Michael

- Bus Services 5,5C,6A and 6C serving Douglas (via Peel and St Johns) and Ramsey (via Ballaugh)



After enjoying Peel Harbour, Peel Castle and exploring Peel itself, head along the promenade from the bottom of Peel Hill onto the red sandstone of Peel Headlands at the north end of the bay. Look back south at the great views of Peel Castle on St Patrick's Isle and of Peel Hill itself. Follow the coastal cliff path till it brings you to a short stretch on the main road, then a track leads you off on the left past St Germain's Halt station.

For much of the rest of this stage you walk slightly inland from the steep coast along the route of the old Manx Northern Railway which ran from St John's to Ramsey. The flat course of the old railway line is an easy route... but can be soggy underfoot! When you reach the pillars of the viaduct at Glen Mooar the footpath signs  take you towards the beach, but if you have time, head up the glen to **Cabbal Pheric** (St Patrick's Chapel) and **Spooyt Vane** (the white spout) – a natural cathedral.

Once on the beach at Port Mooar, a short walk north takes you to Glen Wyllin and back inland to the imposing railway viaduct along the old railway line and then along to Kirk Michael village itself. Add a visit to **Kirk Michael Church** where you'll see a fine collection of **Norse crosses** and many more recent memorials.





# Kirk Michael -

## Start

Glen Wyllin Campsite  
Grid Reference NGR SC313904

## Finish

Sartfield Beach  
Grid Reference NGR SC352997

## Distance

11.5km/7 miles

## Terrain

After the first stretch on a footpath you will return to the coast for beach walking on sand and shingle. Check tide timetable before setting off

## Family Friendly Section

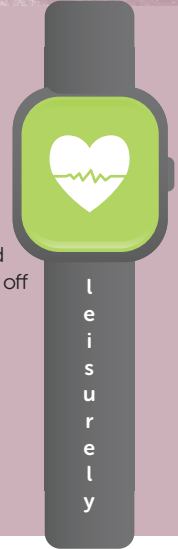
All


## Highest point

35 metres / 115 feet

## Public Transport links to/from Sartfield

- Bus Services 17, 17K (Sun), 18, 18K (Sun), 19 & 19C to Ramsey



From Glen Wyllin Campsite head north again on the old railway line through the cutting to Rhencullen. The route then tracks across small fields and lanes to Glen Trunk and the sea. Some coastal erosion may make the access hard here so take extra care and follow any changes in routing which the 'Raad ny Foillan' signs  indicate.

If you are taking the beach route check the state of the tides to ensure safe access.

For the rest of this stage your feet are on sand and shingle, which can be soft and hard-going in places, but wet sand near the sea's edge usually gives the best grip.

Watch out for stream crossings especially at high tides. There are naturally sculpted patterns in the layers of sand in the eroding cliffs and the clay lying at their base. Apart from occasional dog walkers your main companions will be oystercatchers and gulls.

Leaving the beach at Sartfield gives access to Jurby – where **St Patrick's Church** and the nearby **Isle of Man Motor Museum and Jurby Transport Museums** are well worth visiting.



**Please check tide timetable before setting off as access is restricted in high tide**



# Jurby - Point of Ayre

<b>Start</b>	Sartfield Beach Grid Reference NGR SC352997
<b>Finish</b>	Point of Ayre Lighthouse Grid Reference NGR NX467049
<b>Distance</b>	13.5km/8.5 miles
<b>Terrain</b>	Beach walking on sand and shingle with the option to walk on heathland around the Ayres
<b>Family Friendly Section</b>	All
<b>Highest point</b>	8 metres / 26 feet
<b>Public Transport links to/from Bride</b>	<ul style="list-style-type: none"><li>• No direct public transport links - closest bus stop is in nearby Bride Village.</li><li>• Infrequent bus services 17, 17K, 18, 18K &amp; 20 from Bride to Ramsey</li></ul>



From Sartfield you head along the beach on sand and shingle for virtually the whole route. If that is too hard going for you, then at the Ayres it is possible to come a little inland and then follow one of the many paths which run parallel with the beach amongst the lichen heath – an unusual mix of heather and lichens. This whole area is rich in birdlife and care should be taken to avoid disturbing birds during the nesting season (especially the arctic terns!). The sands and gravels you see were deposited by retreating glaciers at the end of the last ice age and are now being eroded by the waves and then redeposited to the north and east of the Island.

Take care crossing the Lhen Trench, especially near high tide as the flow of water can be strong. The Point of Ayre lighthouse at the northernmost tip of the Isle of Man is a real landmark with the rounded ridges of shingle banks all around it.



**Please check tide timetable before setting off as access is restricted in high tide**



# Point of Ayre - Ramsey

## Start

Point of Ayre Lighthouse  
Grid Reference NGR NX467049

## Finish

Ramsey Harbour  
Grid Reference NGR SC454945

## Distance

9 km / 5.5 miles

## Terrain

Beach walking on sand and shingle.  
Check tide timetable before setting off.

## Family Friendly Section

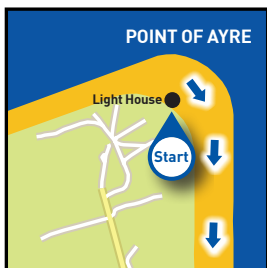
All

## Highest point

5 metres / 16 feet

## Public Transport links to/from Ramsey

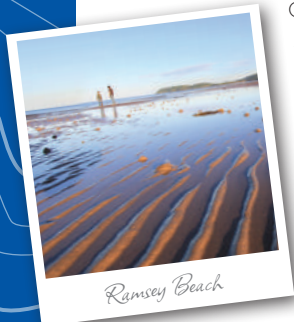
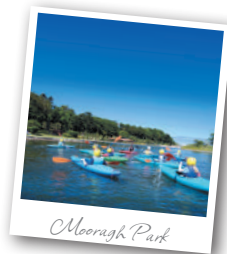
- No direct bus service – nearest point is Bride which is served infrequently by Services 17, 17K, 18, 18K & 20 to Ramsey



Before starting out, check that the tides allow safe passage for walking this stage on the beach.

The whole route is mainly on sand with some shingle, birds and the occasional seal as your companions. You will be walking near the foot of the impressive sand cliffs of Bride and Shellag Point, deposited thousands of years ago by

glaciers of the ice age. Don't go too close as they are actively eroding but enjoy the patterns in the sand and the underlying clay.



On the beach you will find water-worn lumps of granite, sandstone, limestone, small pieces of flint and other rocks carried here from Ireland, Scotland and England by the glaciers. Gradually Maughold Head, Ramsey and North Barrule come closer into view and you reach Ramsey and its North Promenade.

Take time to explore **Mooragh Park**, Ramsey Harbour and the town itself.

**Please check tide timetable before setting off as access is restricted in high tide. Please note dogs are not permitted on the section of the footpath between the Sound and Port Erin**



# Ramsey - Maughold

10

## Start

Ramsey Harbour  
Grid Reference NGR SC454945

## Finish

Maughold Church  
Grid Reference NGR SC494916

## Distance

7km/4.5miles

## Terrain

Combination of road walking followed by excellent coastal cliff walking.

## Family Friendly Section

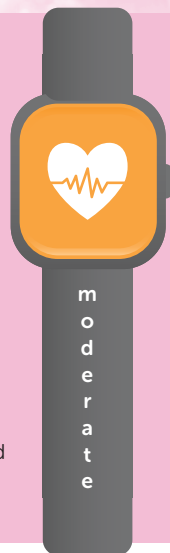
Maughold Brooghs to Maughold Village

## Highest point

103 metres / 338 feet

## Public Transport links to/from Maughold

- Bus Services 16, 16A and 16B to Ramsey
- Manx Electric Railway serving Ramsey and Douglas (via Dhoon and Laxey)



From the harbour or the south promenade in Ramsey head south and past Ballure. The route now follows the main road until you reach the A15 road to Maughold on the left. Follow this down over the electric railway line at Bellevue and you reach Port Lewaigue and Gob ny Rona. It is well worth spending time here looking back at the sweep of Ramsey Bay and the route that you have come along the coast from the north.

Continue on the coastal path – but be aware that the coastal route at Port-e-Vullen is restricted at high tide and you may need to continue along the A15 towards Maughold to take an inland path across Gob ny Rona.

At Port-e-Vullen there is a short stretch on the road and then you follow a path back to the coast via a kissing gate. From here you are on some of the Isle of Man's best coastal cliff walks as you head onto Maughold Brooghs, and in spring when the gorse and the bluebells are blooming it is breathtaking.

You walk past mining remains and a view point on the top of Maughold Brooghs, then on towards Maughold Head and to the edge of **Maughold Village**. Take time here to explore **Maughold Church, Churchyard, Ancient Keeills** and the **Cross House** which has the largest collection of the Island of decorated stones and memorials from the Island's Celtic and Norse Christian past.





# Maughold - Laxey

## Start

Maughold Church  
Grid Reference NGR SC494916

## Finish

Laxey Promenade  
Grid Reference NGR SC442837

## Distance

14 km / 8.5 miles

## Terrain

Undulating coastal walk with some stretches inland on country roads.

## Family Friendly Section

Heritage Trail in Laxey

## Highest point

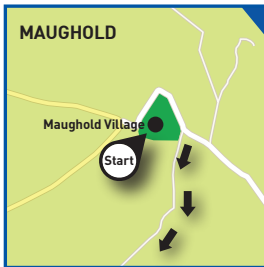
210 metres / 689 feet

## Public Transport links to/from Laxey

- Bus Service 3, 3A to Ramsey and Douglas
- Manx Electric Railway to Ramsey and Douglas (via Dhoon and Laxey)



m  
o  
d  
e  
r  
a  
t  
e

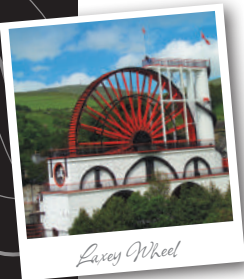


If you didn't take the opportunity to explore **Maughold Village, Church, Churchyard** and **Crosshouse** have a look before you start today. Your route then takes you on a farm track, past a lime kiln and then down to the coast near where mining for iron ore took place. Follow the path right by the coast and enjoy views back to Maughold Lighthouse.

As you make your way into Port Mooar, heavy erosion makes the path hard to find and sometimes very wet. From Port Mooar you come inland to follow country roads that rise up above Ballafayle.

Take time here to explore the **Neolithic Burial Cairn**, the **Quaker Burial Ground** and the memorial to Sir Charles Kerriuish which gives stunning views back over Maughold Head and beyond to the Lake District and Cumbria. As you head downhill take in the view of North Barrule and the ridge that leads to Snaefell. Head down the Cornaa valley, passing the bellite works, to the shingle banks at Port Cornaa then follow the country road towards Dhoon Glen and if time allows explore the glen – or look for the electric trams which run on the track beside you.

Climbing up and across the railway and main road you reach the Ballaragh Road heading for Laxey. Views across Laxey Bay, and then of Snaefell, begin to appear. A steep descent leads you to Laxey harbour: a small fishing harbour from which the lead and zinc of the Great Laxey mines was shipped to South Wales for smelting. There is a heritage trail following the Laxey river which leads from the harbour up to the **Great Laxey Wheel**: the largest working waterwheel in the world.



*Laxey Wheel*





# Laxey - Douglas

12

## Start

Laxey Promenade  
Grid Reference NGR SC442837

## Finish

Douglas Millennium Bridge  
Grid Reference NGR SC383 752

## Distance

15 km / 9.5 miles

## Terrain

Some road walking leading to undulating coastal paths with some stretches inland on country roads.


## Family Friendly Section

Groudle Glen, Douglas Promenade

## Highest point

112 metres / 367 feet



Start your journey on Laxey Promenade following the Raad ny Foillan signs  which lead you steeply up the footpath to the narrow road joining the main road south.

As you come towards Baldrine the path leads you right down to the sea at the isolated cove at Garwick Bay. The route then takes you through part of Baldrine and through the Ballanette Reserve which you are welcome to explore for its wildlife and views over the sea and up to Snaefell.

Heading south, the road leads you near Lonan Church, St Adamnan's, a lovely little chapel with the only 10th century decorated cross in its original position on the Island, a stone with intricate interlaced decoration. The route drops down into **Groudle Glen** and then follows the route of the electric railway before passing beside the modern homes on Onchan Head with their extensive views over Douglas Head and Douglas Bay.

After Port Jack the path leads down onto Douglas Promenade itself and a return to the traditional starting point of the Raad ny Foillan at Douglas harbour. Look out for the Manx Electric Railway Line and station and the horse tram lines. Many of the buildings you pass were built as 19th and 20th century hotels, guest houses, places of entertainment or the more modern redevelopments all sitting alongside this glorious sweep of a bay. Look out into Douglas Bay for the Tower of Refuge: built in 1832 as a place of safety for sailors shipwrecked in the entrance to Douglas Harbour.





# Enjoy your walk!

**A coastal walk should always be a safe and enjoyable experience and you should leave the environment as you found it.**

- Stay on the path and away from cliff edges
  - Always supervise children, especially near cliff edges
  - Wear or carry warm and waterproof clothing
  - Check the tide timetable before setting off
  - The coastal footpath is for walkers only, it is not suitable or safe for cycling or horse riding
- 

## **Please follow the Countryside Code:**

- Keep dogs under close control and on a lead
  - Leave gates and property as you find them
  - Follow the way marked route at all times, do not trespass on private property
  - Protect plants and animals and take your litter home
  - Consider other people
  - Be safe – plan ahead and follow any signs
- 

## **Dog Walking Code**

The countryside is a great place for you and your dog to explore and enjoy. In order to maximise your enjoyment of the countryside and safety of livestock and wildlife please adhere to the following code:-

- Control your dog and keep it within your sight at all times. Please keep your dog to existing tracks and away from livestock, nesting birds and other wildlife
  - Please prevent your dog from fouling footpaths and around car parks. If it does foul, remove the waste
  - If you cannot control your dog to heel, please keep it on a lead
  - Please prevent excessive barking from your dog
  - Please be considerate to other countryside visitors particularly children at play and picnickers
  - Dogs are not permitted on the coastal path between The Sound and Port Erin
  - On the sections of the footpath between the Purt and Ramsey dogs must be on a lead between April and July. Please adhere to any notices which may be present.
- 

If you do come across any problems when exploring the Island's coastline please let us know via our 'Report a Problem' webpage - [www.reportaproblem.im](http://www.reportaproblem.im)

# Official Guidebooks and Maps

It is recommended that you use this guide in conjunction with one of the official guide maps and the **Outdoors Leisure Map**



## Isle of Man Coastal Path: Raad ny Foillan

Aileen Evans, Cicerone, 2004, ISBN 1852844000



## The Isle of Man Coastal Path

Alan Cooper, Lily Publications, 2016, ISBN 9781907945953



## Outdoor Leisure Map

1:25000 scale map including the route which the Raad ny Foillan follows, available for purchase at the Isle of Man Welcome Centre and other suppliers.

---

## Useful Links and Contact Telephone Numbers

Eating Out: [www.visitisleofman.com/taste](http://www.visitisleofman.com/taste)

Isle of Man Tide Timetables:

[www.gov.im/categories/travel-traffic-and-motoring/harbours/tides-and-flapgates](http://www.gov.im/categories/travel-traffic-and-motoring/harbours/tides-and-flapgates)

Isle of Man Weather: [www.gov.im/weather](http://www.gov.im/weather)

Travel and Accommodation: [www.visitisleofman.com](http://www.visitisleofman.com)

Visitor Information Centres: [www.visitisleofman.com/iom/visitorinformation.xml](http://www.visitisleofman.com/iom/visitorinformation.xml)

---

**Tell us about your journey around the Coast:**

**Please share any images and videos which you took along the coastal footpath with us [#raadnyfoillan](https://twitter.com/raadnyfoillan)**

**Take a few minutes and share your experience on our Road of the Gull Trip Advisor page to help other visitors plan their journey.**

