



For more information about visiting the Isle of Man, log on to www.visitisleofman.com or call 08457 686868

www.VISITISLEOFMAN.com

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The Manx landscape can be challenging but riders are rewarded with stunning views!



Mountain biking on the Isle of Man means accessing the most spectacular landscapes.



The numerous forest trails on the Island provide great terrain for time trials.



A group of Mountain Bikers take in the views from the hills overlooking the south.

Welcome to Mountain Biking Mann

your essential guide to mountain biking in the Isle of Man.

We believe there is no better place in the British Isles for Mountain Biking! Where else can you scale the peaks and brush the rugged, beautiful coastline in one trail?

All the beauty and diversity of the British Isles can be found on our Island, and there's plenty on offer for Mountain Bikers. Whether its competition you seek or just an opportunity to explore this amazing place, you will always find a warm Manx welcome here.

TOP TEN TRAILS

We have put together an initial ten trails suitable for all, from the entire family up to the most experienced riders. Detailed maps for each route will be available from various outlets.

1. HELLS 8 (15.3 mile figure of eight)

This gruelling route on the West of the Island will test even the most seasoned riders with over 2800ft of climbing.

2.A GRAND DAY OUT (18.6 mile loop)

Based in the centre of the Island, this long route offers a variety of climbs and descents with some of the most beautiful views.

3.WITCHES BARREL (12.6 mile loop)

Based in the West of the Island, this route has some tricky technical climbs and descents.

4.ST LUKETO CREG NY BAA (11.1 mile loop)

In the East of the Island with some technical climbing and flowing descents.

5.THE LEG BURNER (12.4 mile loop)

This gruelling loop on the West of the Island has over 1800ft of climbing with some very technical ascents and descents. Not for the faint hearted!

6. CONRHEENY / BARROOSE (8 mile loop)

A nice little loop with a fairly technical climb and a couple of fast flowing descents.

7. HERITAGETRAIL (10.9 miles each way)

A simple trail following the old steam railway line and suitable for all the family. Can be ridden as a return trip or one way.

Follow the Forest Cycle Code...

- Expect the unexpected.
- Keep your speed down.
- Remember other vehicles use the forest.
- Footpaths are for walkers only.
- Give way to walkers and be friendly towards other forest users.
- Be aware of horses.
- DANGER: Keep away from forest operations. Do not pass any vehicle loading timber until you have been told to do so.



For further details on the trails listed, visit www.manxmtb.org.



8.SOUTH BARRULE (2 mile loop)

This route is for reasonably fit cyclists capable of riding a bike on unfinished roads with some loose surfaces. Mainly shallow / moderate gradients with a few short sections of steeper climbs.

9.SOUTHERN COMFORT (13.5 mile loop)

Based around the hills in the south of the island, this route is for the more experienced mountain biker.

10. CAMELS BACK (16 mile loop)

This gruelling route in the north takes in two major climbs and descents. Deffinitely for the more experienced rider.

South Barrule Demonstration Trail

This newly established route (see map overleaf) is an ideal introduction to Mountain Biking on the Isle of Man. Based in the picnic area, this short loop can be ridden by all the family.

For further details on the trails listed, please visit our website: www.manxmtb.org.

The End to End

The End to End race has grown every year since its inception and now attracts a high proportion of visitors from accross the water. The course runs from the Point of Ayre at the northern tip of the Island to the Calf Sound at the southernmost tip. Top riders have completed the course in a breathtaking 3 hours, though most mortals will take between 4 and 6 hours - this is a route for the serious mountain biker!

The route is fully waymarked and has 3 marshalled checkpoints that offer support and refreshment. In addition, we also offer a transport service of coaches and trucks to transport riders from Douglas to the start and from the finish back to Douglas.

Further news and details will regularly appear on the website: www.end2end.manxmtb.org

Manx Mountain Bike Events

There are many events staged over the year, including a downhill series, events for juniors, time trials, social events, hill climbs and the famous 'End to End'. A full list of events and dates can be found on the Manx Mountain Bike website: www.manxmtb.org

In addition, every Tuesday and Thursday there is a club ride starting at 6.00pm. See the forum for details of starting points.



The Isle of Man plays host to a full series of challenging downhill events.



Mountain biking on the Isle of Man can be as relaxing as you want it to be!



A more experienced rider tackles one of the hill climbs in the North.



Mountain bikers out for a social ride enjoy the descent towards Port Erin.