

Best of the Isle of Man Guided Trail

Tour Style: Guided Trails

Destination: England

Trip code: ZMLDW

Trip Walking Grade: 3



HOLIDAY OVERVIEW

Enjoy cliff top walking, quaint seaside villages, high peaks and sandy beaches following the best of the Raad ny Foillan or Way of the Gull. Enjoy spectacular sections including Port St Mary to Port Erin. Visit Castletown and Peel and enjoy dramatic cliff coastal scenery. Optional trip up the highest mountain Snaefell either by foot or train.

WHAT'S INCLUDED

- Full board en-suite accommodation
- Experienced HF Holidays Walking Leader
- All transport to and from the walks

HOLIDAYS HIGHLIGHTS

- Walk the best sections of The Raad ny Foillan or Way of the Gull Trail
- Climb or take the train up Snaefell
- Visit Castletown - old capital of The Isle of Man - and Port Erin's picturesque bay

- Dramatic coastal scenery and quaint seaside villages

TRIP SUITABILITY

This Guided Walking /Hiking Trail is graded 3 which involves walks/hikes on well defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough and steep in sections and will require a good level of fitness. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. Coastal paths such as this one often feature a considerable amount of ascent and descent due to the nature of the coast, so you should be prepared for this. A sustained effort is required to complete this holiday and provision cannot be made for anyone who opts out. Please be sure you can manage the mileage and ascent in the daily itineraries. The walking day is normally 6 to 7 hours. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace. It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina



ITINERARY

Day 1: Arrival Day

Check in at The Ascot Hotel is available from 1500 hours and you will meet your trail leader prior to your evening meal for a welcome meeting.

Day 2: Glen Mona To Ramsey

The first part of the walk is a delightful descent through Glen Mona to Port Cornaa. Our second point of interest is the Ballafayle Cairn and a Quaker Burial ground. This section, and down to Port Mooar, is on a narrow minor road with delightful displays of flowers at most times of the year. You now head for Maughold Head and its associated church, where it's well worth stopping to look at the historically important Celtic crosses. The headland and onward path to Ramsey provide coastal scenery, giving you views over to the Lake District and Scotland on a clear day. At Ramsey you'll have time to explore, before taking the tram back to Douglas. 10 miles (16km) with 800 feet (240m) of ascent.

Day 3: To Ancient Castletown

This section of the coast path skirts around coves and follows beaches, to end at Castletown, the old capital of the Isle of Man, with winding narrow streets, medieval castle and harbour. Taking in Santon Head, Port Soldrick and passing the airport, we head to Derby Haven, once the island's chief fishing port, before we explore the peninsula of Langness and St Michael's island; a small grassy appendage with Derby Fort and ruins of St Michael's chapel. 10½ miles (16.5km) with 800 feet (240m) of ascent.

Day 4: Port St Mary To Port Erin

We leave Port St Mary with its pretty harbour and climb through patchwork pastureland with great views ahead and behind. We pass The Anvil and Sugar Loaf and The Chasms with breathtaking scenery unfolding as we head towards the Calf of Man and Spanish Head, the most southerly point on the Raad ny Foillan. Dropping down into Calf Sound, where if we're lucky we might see some seals, we continue on the undulating coastal path with views of Braddha Head and Port Erin. Port Erin had its heyday in Victorian times and has a picturesque bay and refreshments and shops. 8 miles (13km) with 1,300 feet (390m) of ascent.

Day 5: Free Day

Today no walks are organised allowing you to explore on your own. However there is an option to walk or take the mountain railway to the top of Snaefell.

Day 6: West Coast To Niarbyl

From Fleshwick Bay we will have a couple of significant climbs today but the dramatic coastal cliff scenery should make it worth every step. Cronk ny Arrey Laa with its prehistoric burial mound on top, and Millennium Cross is the highest point on the Raad ny Foillan at 1,434 feet above sea level. We are heading for Niarbyl Bay with its pretty thatched cottage used in various film sets, and its welcoming café. 7½ miles (11.5 km) with 2,500 feet (750m) of ascent and descent.

Day 7: Tynwald To Peel

We start our walk with a visit to St John's Church and Tynwald Hill, where we find out about their significance in the governance of the island. The walk takes a pleasant rising traverse around the southern flank of Slieau Whallian, through pleasant pastureland down to the pretty village of Glen Maye. The descent through Glen Maye is like walking through the Hanging Gardens of Babylon. Its beautiful sheltered, fern-filled woodland include some relics of the ancient forests that once covered the island. The walk along the cliffs is followed by a spectacular descent into Peel, where we end our week. Here we should have time to explore the castle and parts of the town, as well as taking the opportunity to buy some of the famous Manx kippers as an edible souvenir of your holiday. 9 miles (14.5km) with 1170 feet (356m) of ascent and descent.

Day 8: Departure Day

ACCOMMODATION

Ascot Hotel, Douglas - Best Of Isle Of Man

The Ascot Hotel is a warm, friendly and contemporary hotel which enjoys a fantastic location just 100 yards off Douglas Sea Front and Promenade. All hotel rooms are en-suite with overhead shower, tea and coffee tray, remote control Flat Screen TV, Wi-Fi, iron and ironing board, in-room safes and hairdryer. A free tea and coffee machine for all guests can be found in the restaurant. Check-in is available from 3pm

USEFUL HOLIDAY INFORMATION

Holiday Information

Our **Best of the Isle of Man** holiday enjoys some of the most spectacular sections of The Raad ny Foillan or 'The Way of the Gull', and includes the option of a trip up the highest mountain Snaefell on your free day.

Enjoy cliff top walking, quaint seaside villages, high peaks and sandy beaches.

The Isle of Man in the Irish Sea measures 33 miles by 14 miles and is geographically part of the British Isles, although not part of the United Kingdom. You'll find evidence of the Isle of Man's fascinating history which begins with the Mesolithic times; its fascinating geology; a wealth of wild flowers; as well as the abundant birdlife.

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

Food & Transport

Dietary Requirements

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

Joining Instructions

Flying is the quickest and, for many, the most convenient way to get here. Please check with individual flight operators for timetables, fares and bookings or contact the Isle of Man Airport with any enquiries. To reach the hotel from the Airport you can make the 9-mile journey by taxi (costs around £22 per taxi) or bus to The Ascot Hotel. Bus No 1 or No 2 stops 50 metres from the hotel at the Queens Promenade bus stop number 6. Buses run approx. every 20 mins and costs around £3.60 All passengers aged 16 and over are required to provide photographic ID at the check-in desk and at the departure gate

Ferry: The Steam Packet Company operates ferry services to the Isle of Man from Heysham, Liverpool, Dublin and Belfast. Choose between the conventional ferry, the Ben-myChree, which operates all year from Heysham or the fast craft, Manannan, which runs between March and November from Liverpool, Dublin and Belfast.

What To Bring

If you have a National Trust and/or English Heritage card it is advised that you bring it, as this will give you discounts at some of the many historic or natural sights.

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Waterproof walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers

- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litres)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent and a midge hood is highly recommended for Scotland
- Sun hat
- Sunglasses
- Sun cream
- Camera

Essential Information

Travel Insurance

Travel insurance is an essential requirement for this holiday. Isle of Man has a reciprocal health agreement with the UK, which means that emergency treatment is free, but you'll have to pay to see a GP and you won't be covered for the cost of returning to the UK (repatriation) or routine monitoring of existing conditions.

Useful Information

Isle of Man has its own currency. This currency is sterling but is not accepted in the rest of the British Isles. British pounds are accepted just like anywhere else in the UK and change given can be a mixture of British and Isle of Man money. Should you need to change back any currency; notes can be exchanged at UK banks.

Suggested Reading and Maps

Your leader will carry all the necessary maps and guides. For your own interest you may consider looking at some of the following:

The Isle of Man Coastal path by Alan Cooper

Isle of Man Cicerone Guide by Aileen Evans

OS Landranger No 95 Isle of Man

Isle of Man Outdoor Leisure Maps 1:25,000 x 2. North and South

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

In The Event Of A Problem

If you become separated from the party, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your

leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works

with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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