

# ISLE OF MAN COASTAL PATH

Raad Ny Foillan - The Way of the Gull; The Millennium and Herring Ways

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This guide describes the Raad ny Foillan, Way of the Gull, a 98 mile footpath around the island. The route description is set out as a circuit and split into stages, with the longest being 15.5 miles and the shortest 7 miles. It is mainly coastal walking with short ups and downs. Walking on the Isle of Man is best in spring, summer and early autumn, but walkable year round and milder than the UK mainland.

Splendid scenery is encountered throughout, from the rugged sea cliffs and mountain moorland in the south to the glens, beaches and dunes of the north. The path passes sites of historical interest, colourful fishing villages, historic towns and peaceful havens. Two other walks are described – the 23 mile Millennium Way (Bayr ny Ree) follows the ancient route of the kings from Ramsey to Castletown, while the 14 mile Herring Way (Bayr ny Skeddán) takes a traditional route from Peel to Castletown. These cross the hills of the island's interior and can be combined to give an interesting route.

The route descriptions are accompanied by sketch maps. The guide also provides information on the history and geology of the island, as well as all the detailed practical information needed for a successful trip, including accommodation details and a route summary table.

## Key marketing points

- Includes The Way of the Gull, The Millennium Way and The Herring Way
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## About the author

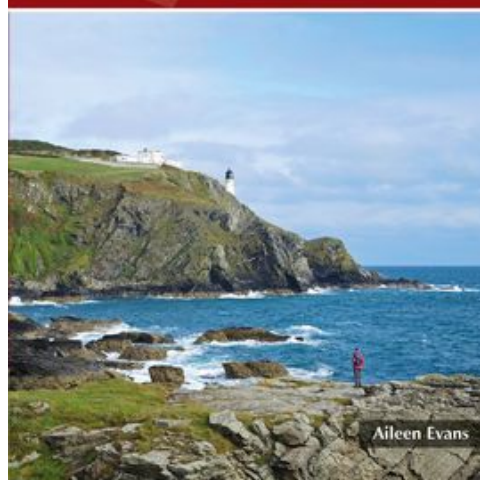
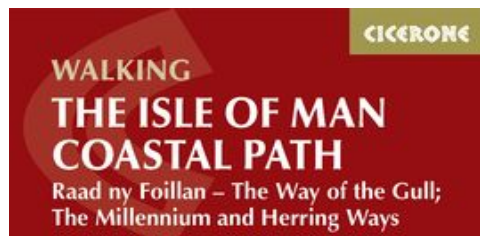
Aileen Evans has spent all her life enjoying climbing, walking and travel. She is author or co-author of several Cicerone guides, mainly to the Lake District, where she and her husband Brian have spent many years walking and climbing.

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