

PRESS RELEASE

A walker's paradise steeped in history

ISLE OF MAN COASTAL PATH

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

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

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 Skeddan) takes a traditional route from Peel to Castletown. These cross the hills of the island's interior and can be combined.

The walks are described in easy stages and are accompanied by sketch maps and suggestions for accommodation en route. 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 a route summary table and Manx glossary.

What's inside?

- Sketch maps
- Route summary table and Manx glossary
- Accommodation list

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.

Front cover

Key information

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