



### 5 Steps to the Countryside Code

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
  - Keep dogs under close control
  - Consider other people

## GRADES OF WALKING

Walks are graded according to the degree of difficulty and type of conditions visitors can expect.



**EASY** - Muscle Loosener



**MODERATE** - Muscle Stretcher



**STRENUOUS** - Muscle Builder

Surfaces may be worn, uneven or slippery, wear suitable outdoor footwear. If you have any pre-existing health conditions please check with your own Doctor before commencing any new or increased activity. It is recommended that, if you are unsure of your ability, you should try one of the easy routes first.

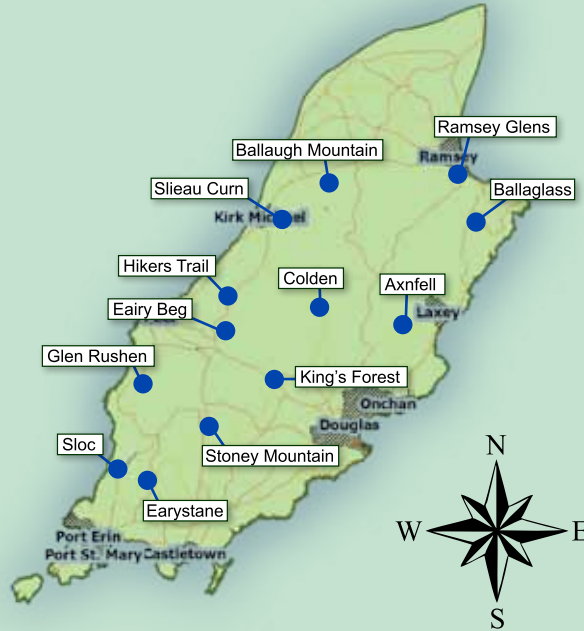
## NAVIGATION



*Whilst Warden's Walks are not sign-posted, way-markers have been used, on some of the routes, to offer reassurance to the walker.*

*GPS users can use the eight figure grid references which are listed on this leaflet alongside each of the WayPoints. The distance between WayPoints is shown after each description. GPS reception may be variable under trees.*

# Explore the beautiful Isle of Man



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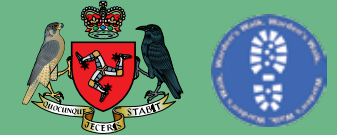
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Map extracts taken from the latest 1:25,000 scale Outdoor Leisure Map, available from bookshops on the Island

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# WARDEN'S WALKS



*A series of walks in the Manx countryside, created by the Island's Forestry Warden*

**Department of Environment, Food and Agriculture**

Supported by



**20p**  
WHERE SOLD

# GRADES OF WALKING

Forestry Division walks are graded according to the degree of difficulty and type of conditions visitors can expect.

## Explore the beautiful Isle of Man

Hi, my name is Peter Knowles and I am the Forestry Warden for the Isle of Man Government. Walking in the countryside is a great form of physical activity that does not require much in the way of "equipment", apart from a good pair of boots and a waterproof jacket.

I have put together this collection of some of my favourite walks on the Isle of Man. All of them are based on locations managed for the benefit of the general public. In the main they are moderate walks intended as an introduction to the delights of walking on the Island. Many of them will take you to places not ordinarily found by the casual visitor, but are not too far from civilisation!

The Isle of Man is, by nature, a hilly place and the walks do tend to reflect this. The routes have been chosen so that any climb occurs early on in the walk and is rewarded with fine views followed by a descent back to the starting point.

Each walk has a simple route description and is accompanied by a large scale map. For those of you who prefer GPS navigation, eight figure OS grid references are included. The durations quoted assume a leisurely pace with time to take in the scenery.

After all there is no rush - "Traa-dy-Liooar" (Time Enough).

If you have any (pre-existing) health conditions please check with your own Doctor or health care worker before commencing any new or increased activity. It is recommended that, if you are unsure of your ability, you should try one of the easy routes first.

Warden's Walks are listed here in order of increasing challenge. If you were to tackle one per week, by week twelve, you could be ready for a full day Hikers Trail.

So go on, get your walking boots on!

Warden's Walks are available as a series of leaflets, each with a detailed map and route description. They are also available on our website. They should be used in conjunction with the Outdoor Leisure Map 1:25,000 series.

Supported by



- |    |  |  |
|----|--|--|
| 1  | Ballaglass. Distance - 4Km, Duration - 1 hour. Rating - <b>EASY</b> Muscle Loosener                |  |
| 2  | Stoney Mountain. Distance - 6km, Duration - 1 - 1.5 hours. Rating - <b>EASY</b> Muscle Loosener    |  |
| 3  | Sloc. Distance - 5km, Duration - 1.5 - 2 hours. Rating - <b>MODERATE</b> Strenuous at start.       |  |
| 4  | Earystane. Distance - 5km, Duration - 2 hours. Rating - <b>MODERATE</b> Muscle Stretcher           |  |
| 5  | Eairy Beg. Distance - 4Km, Duration - 1.5 hour. Rating - <b>MODERATE</b> Muscle Stretcher          |  |
| 6  | Ramsey Glens. Distance - 6km, Duration - 2 - 2.5 hours. Rating - <b>MODERATE</b> Muscle Stretcher  |  |
| 7  | Glen Rushen. Distance - 8km, Duration - 2 - 2.5 hours. Rating - <b>MODERATE</b> Muscle Stretcher   |  |
| 8  | Axnfell. Distance - 4Km, Duration 1.5 hours. Rating - <b>STRENUOUS</b> Muscle Builder              |  |
| 9  | Ballagh Mtn. Distance - 9km, Duration - 2.5 - 3 hours. Rating - <b>STRENUOUS</b> Muscle Builder    |  |
| 10 | King's Forest. Distance - 10km, Duration - 2.5 - 3 hours. Rating - <b>STRENUOUS</b> Muscle Builder |  |
| 11 | Slieau Curn. Distance - 12km, Duration - 3 - 4 hours. Rating - <b>STRENUOUS</b> Muscle Builder     |  |
| 12 | Hiker's Trail. Distance - 17km, Duration - 6 - 7 hours. Rating - <b>STRENUOUS</b> Muscle Builder   |  |
| 13 | Colden. Distance - 4.3km, Duration - 1 hour. Rating - <b>EASY</b> - Muscle Loosener                |  |