

Users of this map follow the mountain bike routes entirely at their own risk. The routes follow a mixture of public roads, byways, greenway roads and paths which may be sealed or unsealed, with steep sections and cross gradients in places. Routes may be subject to change, road closures and seasonal access restrictions may apply. For further details and to help plan your ride, see the advice sections below.

DTA manages many of the island's commercial forests and upland areas so access may be restricted at times due to forestry activities and/or sporting events and visitors should always arrange at all times. Please ride responsibly and respect other outdoor users, keep control of your bike and slow down when approaching horse riders, runners or walkers and try not to straddle them.

GENERAL ADVICE FOR RIDERS

Plan ahead. Before you ride, check the status of the routes to be used. Tell someone where you are going and approximately when you will be back. Ideally, ride with someone else who could summon assistance in the event of an accident.

Keep your bike in good working order. Wear a helmet and take some refreshment with you when you ride, but be aware that reception can be poor or even non-existent in certain areas of the island.

Carry a mobile phone, but be aware that reception can be poor or even non-existent in certain areas of the island.

Ride within your own ability and always follow the Countryside and Forest Cycle Code.

Don't ride on private land. Respect the wishes of land owners and comply with any signage.

COUNTRYSIDE CODE OF ADVICE FOR THE PUBLIC

Leave gates and property as you find them.

Be safe – wear your seat belt and always use your seat belt.

Protect plants and animals, and take your litter home.

Keep dogs under control.

Consider other people.

USEFUL CONTACTS

King 999
IN AN EMERGENCY

VISITOR INFORMATION
www.visitman.com

DEPARTMENT OF ENVIRONMENT FOOD AND AGRICULTURE
www.gov.im/defa

MANX MOUNTAIN BIKE CLUB
www.manxmbc.com

LONGFATHAN LOADED MOUNTAIN BIKE CLUB
www.longfathloaded.com

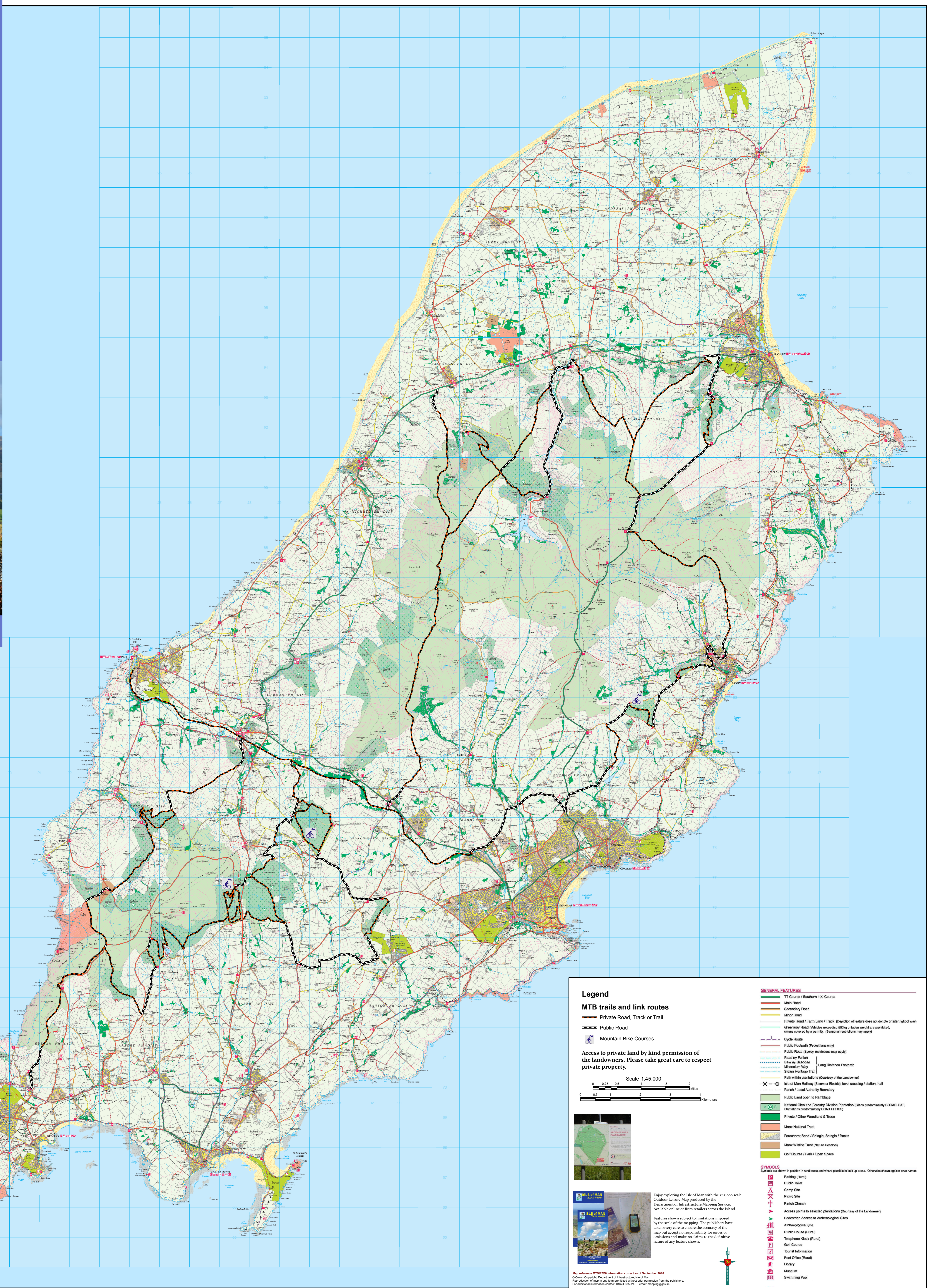
The permanent way-makers found along the cycle routes are maintained by the Manx Mountain Bike Club with support from the Department of Economic Development (Dunnet).

ISLE OF MAN

MOUNTAIN BIKE ROUTES



1:45,000 scale map also includes links between off-road mountain biking routes. Based on the Isle of Man Outdoor Leisure Map First Edition 2016



Legend

MTB trails and link routes

- Private Road, Track or Trail
- Public Road
- Mountain Bike Courses

Access to private land by kind permission of the landowners. Please take great care to respect private property.

Scale 1:45,000

0 0.25 0.5 1 1.5 2 Miles
0 0.4 0.8 1.2 1.6 2 Kilometers

GENERAL FEATURES

- TT Course / Southern 100 Course
- Main Road
- Secondary Road
- Minor Road
- Private Road / Farm Lane / Track (Objection of feature does not denote or enter right of way)
- Greenway Road (Vehicles exceeding 100kg unladen weight are prohibited, unless covered by a permit) (Seasonal restrictions may apply)
- Cycle Route
- Public Footpath (Pedestrians only)
- Public Road (Sign restrictions may apply)
- Road by Follies
- Bay by Sheddin
- Museum Way
- Stann Heritage Trail
- Long Distance Footpath
- Path within plantations (Courtesy of the Landowner)
- Isle of Man Railway (Steam or Electric), level crossing / station, halt
- Parish / Local Authority Boundary
- Public Land open to Hire/Lease
- National Glen and Forestry Division Plantation (Glen predominantly BIRCH/SLAUR, Plantation predominantly CONIFER/SLAUR)
- Private / Other Woodland & Trees
- Manx National Trust
- Forenorse, Bard / Brings, Brings / Rocks
- Manx Wildlife Trust (Nature Reserve)
- Golf Course / Park / Open Space

SYMBOLS

Symbols are shown in position in rural areas and where possible in built up areas. Otherwise shown against town names.

- Parking (Plans)
- Public Toilet
- Camp Site
- Picnic Site
- Parish Church
- Access points to selected plantations (Courtesy of the Landowner)
- Pedestrian Access to Archaeological Sites
- Archaeological Site
- Public House (Rural)
- Telephone Kiosk (Rural)
- Golf Course
- Tourist Information
- Post Office (Rural)
- Library
- Museum
- Swimming Pool

Map reference MTB/1235 Information correct as of September 2016

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Enjoy exploring the Isle of Man with the 1:45,000 scale Outdoor Leisure Map produced by the Department of Infrastructure Mapping Service. Available online or from retailers across the island.

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