



**HOSPICE
RACE THE SUN**

RACE GUIDE 2026



Saturday
27th June 2026

TEAMS OF UP TO 10

£400

PER TEAM



Raad Ny Foillan
100 miles



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LEG 1: Douglas to Port Grenaugh

Distance: 9mi / 14.5km
Height Gain: 1700ft / 518m

After crossing the lifting bridge runners will make the climb up Douglas Head; a steep accent up the steps leading on to Marine Drive. The majority of this road is now closed, so with tarmac under foot and no traffic to worry about the going is fast. After a brief period on a main road turn left and follow signage which will see you rejoin the footpath and enjoy this unspoilt part of coastline to Port Grenaugh.



LEG 2: Port Grenaugh to Chapel Bay Port St Mary

Distance: 10.8mi / 17.4km
Height Gain: 682ft / 208m

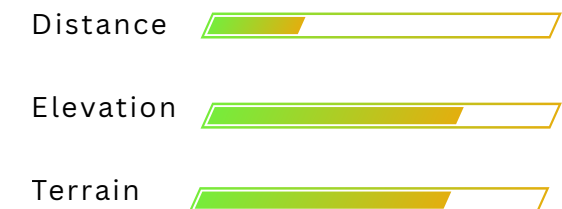
The route continues along a stunning cliff top path with little height gain. There's some fun to be had negotiating Santon Gorge around to Café Bar Two Six. Avoid the Langness loop and follow the path past KWC into and through Castletown towards Scarlet and the lime stone slabs. The final stage on pavement is along past Gansey sea front, around Gansey head to the finish at Chapel Bay.



LEG 3: Chapel Bay Port St Mary to Port Erin Prom

Distance: 7.5mi / 12km
Height Gain: 1607ft / 490m

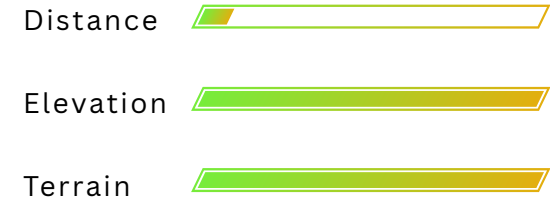
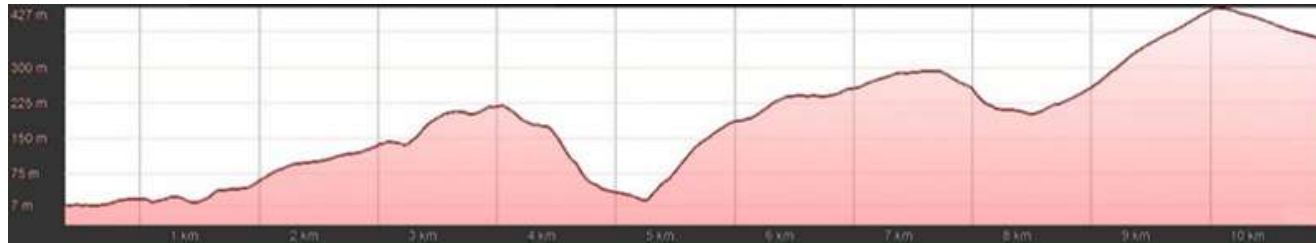
What this section lacks in distance it unquestionably makes up for in height gain. The majority of the route follows the dramatic cliff top path which in parts can be hazardous. After the steep decent past the old Marine Biology Station and finishes along the promenade by the ice cream parlour.



LEG 4: Port Erin Prom to Top of the Sloc

Distance: 6.5mi / 10.5km
Height Gain: 2486ft / 758m

This one of the shortest sections route soon joins the footpath and begins the first of the three relentless climbs, each one longer, wilder and more remote. To the west side of each hill sheer cliffs plunge vertically to the sea below. (In the event of poor visibility the course will be diverted to follow lower safer level route through Surby). At 1434 ft Cronk ny Arrey Laa marks the highest point on the entire route. From here its downhill to the Top of the Sloc transition.



LEG 5: Top of Sloc to Peel

Distance: 7.5mi / 12km
Height Gain: 1079ft / 329m

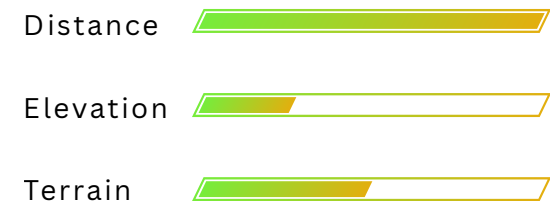
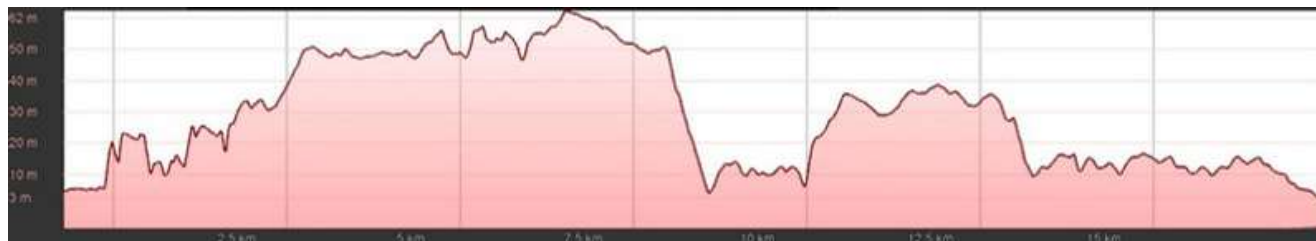
The initial part of this leg is down-hill through Kerroodhoo plantation and then the route takes you along Dalby road (A27), but after this it's happily back to the footpath as the route descends right into the rocky cove of Glen Maye before the final section to peel around the castle and then on to the finish!



LEG 6: Peel to Cronk car park

Distance: 11.45mi / 18.4km
Height Gain: 820ft / 250m

Leaving Peel the route heads up along the cliff top path, followed by a short road section before meeting the old railway track. The route continues to chop and change between the exposed rocky coastline, lush green glens of Glen Moar & Glen Wyllin, the disused railway and the beach.



LEG 7: Cronk car park to Point of Ayre

Distance: 10.45mi / 16.8km
Height Gain: 223ft / 68m

From the Cronk the route continues along the beach (approx. 9km) and is a bit of a trudge in the soft sand. Reaching Blue point heralds a welcome change underfoot, as the route leaves the sand and goes on to a grassy path. Follow this and your final destination, the Point Lighthouse, will come into view like a mirage.



LEG 8: Point of Ayre to Maughold

Distance: 10.50mi / 16.9km
Height Gain: 1059ft / 323m

Stay on the grassy path as long as possible before having to join the beach - at 5 miles this is the longest and most challenging beach section. From Ramsey the route is predominantly on well made cliff paths (leave the beach and continue along the road avoiding the short section around Port E Vullen where there are slippery rocks Gr 469930) This section finishes in the dead centre of Maughold village which is easy to find (next to church).



LEG 9: Maughold to Laxey

Distance: 8.98mi / 14.5km
Height Gain: 1328ft / 405m

The route descends steeply and again meets with the sea, contouring in and out of beautiful little bays before reaching Port Moar. From here the majority of this section is made up of minor roads and bridle tracks. The highlight is passing the idyllic Salmon pool at Port Cornaa - a great place to cool off.



LEG 10: Laxey to Douglas

Distance: 9.60mi / 15.5km
Height Gain: 1138ft / 347m

A real mix of paths, roads, and bridle tracks. Starting from sea level the route out of Laxey up the main road is tough and perilous. The route continues along the main road for 1 mile until reaching Baldrine. Here the route leaves the road and rapidly descends to Garwick Beach before ascending up and over Clay Head Coastal Path. After negotiating Groudle and Onchan it's all on path downhill to Douglas and the bright lights of the Capital.



Key Information

SUNRISE: 4:47AM **SUNSET: 21:55PM**

RUNNING DIRECTION: CLOCKWISE

[VIEW ONLINE COURSE MAP](#)

Difficulty Key



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