



**HOSPICE**  
RACE THE SUN

# **RACE GUIDE** **2026**



TEAMS OF UP TO 10  
**£400**  
PER TEAM



Saturday  
**27th June 2026**



Raad Ny Foillan  
**100 miles**



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## LEG 1: Douglas to Port Grenaugh

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



Distance

Elevation

Terrain

## 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.



Distance

Elevation

Terrain

## 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.



Distance

Elevation

Terrain

## LEG 4: Port Erin Prom to Top of the Sloc

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



## 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



## LEG 8: Point of Ayre to Maughold

Distance: 10.50mi / 16.9km

Height Gain: 1059ft / 323m

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.

Distance 

Elevation 

Terrain 



## LEG 9: Maughold to Laxey

Distance: 8.98mi / 14.5km

Height Gain: 1328ft / 405m

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).

Distance 

Elevation 

Terrain 



Distance 

Elevation 

Terrain 

## 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.



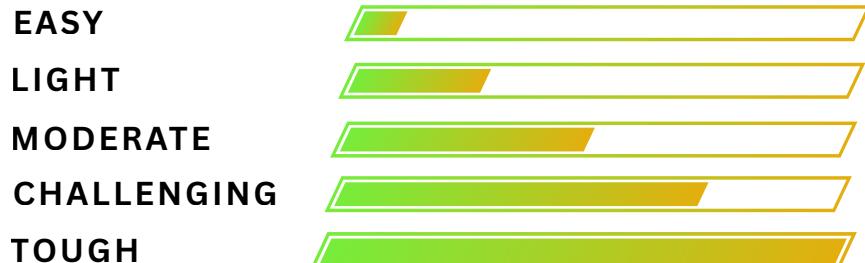
## Key Information

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

RUNNING DIRECTION: CLOCKWISE

[VIEW ONLINE COURSE MAP](#)

## Difficulty Key



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