

2018 YEAR OF OUR ISLAND SEAS & SHORES



   - @ourisland2018



**2018 YEAR OF
OUR ISLAND**
a special place to live & work

EXPLORE MORE

Whether it's a whole new adventure, a place you thought you knew, or a path you've never walked, our Island has so much to offer.

We want to get everyone out discovering the spaces that make our Island so special.



SHARE MORE

Use our social media tags and share with the Island and the rest of the world your favourite spaces, activities, food and people.

Let's get connected – and together we can celebrate all of the best things about our Island.



#OURISLAND2018
@OURISLAND2018



DO MORE

'There's nothing to do here'... unless you're interested in sports, hiking, well-being, community events, festivals, music, film, literature, heritage, museums, food, water sports, walking, adventures, adrenaline experiences, family days, picnics, photography, cycling, rallying, racing, wildlife, parks and glens...



WHAT IS 2018 YEAR OF OUR ISLAND ALL ABOUT?

2018 Year of Our Island is about bringing our community together to highlight and celebrate the things that make our Island such a special place to live and work.

The Island provides us with a unique environment and a wealth of opportunities - with naturally beautiful amenities on our doorstep and an abundance of vibrant community activities and events that everyone can enjoy. This year, we're encouraging everyone to get out and immerse themselves in some of our culture, history and our great outdoors. We'd also like people to get involved with looking after these amenities for the future. Each month has a different theme to celebrate something about Our Island – this booklet makes up part of our seas and shores celebrations.

SEAS & SHORES

With 160km of coastline, beautiful beaches, fantastic footpaths, marine nature reserves and

some spectacular scenery, it's no surprise that our Island has been hugely influenced by the sea.

From Vikings, to fishing villages, from smugglers to wrecks - the sea continues to shape our arts, our cuisine,

our lifestyle and our culture – we still refer to being protected by the Celtic god of the sea – Manannan's cloak! We're very lucky to be surrounded by a diverse seascape that gives us the opportunity to enjoy sports, wildlife and angling, diving and breath-taking



Why not share some of your favourite sea scenes with us? Where's your favourite place for an ice cream or for skimming stones?

Upload your photos to Facebook, Instagram or Twitter and tag us

@ourisland2018 - #ourisland2018



OUR BEACHES



PARKING



DISABLED



SHOPS



TRAM

NORTH

RAMSEY – A sandy beach close to the town centre, flanked by the Victorian Queen's Pier on one side and two stone piers on the other. Ramsey beach is part of the Ramsey Marine Nature Reserve, established to protect specific habitats of conservation importance – in this case protecting maerl beds and kelp forests.



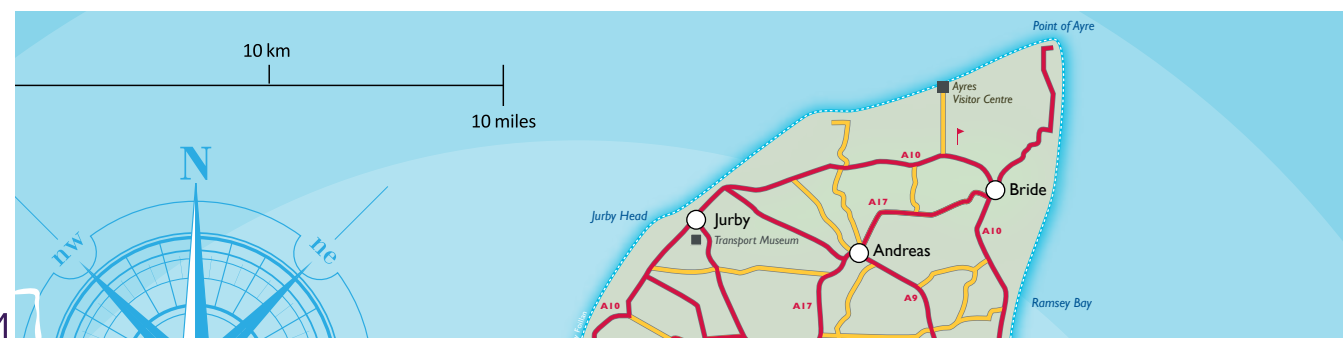
JURBY – A soft golden sand beach that stretches for miles. Bordered by grassy dunes and sandy cliffs. Time your visit with low tide and you might stumble across a submerged shipwreck slowly being revealed again.



GLEN WYLLIN – This quiet and sandy spot is a beautiful backdrop for family activities. There are a wide variety of walks and points of interest nearby – including the Raad Ny Foillan, Spooyt Vane waterfall and Cooldarry nature reserve.



AYRES – Our northernmost beach, this pebbly wonder is the closest point on the Island to the UK. It is part of the Ayres National Nature Reserve, and is a popular place for spotting rare wildflowers and bird watching. A nature trail winds away from the shingle beach through sand dunes and lichen heath. The Ayres is also one of our dark skies discovery sites.



TOILETS



CAFE



BUS



TRAIN

WEST

PEEL BEACH – Where is one place on the Island you can sit on a beach, eating an ice cream, watching seals and fishing boats, while having a castle and red cliffs framing your photos? Peel, that's where. It's also famous for its stunning sunsets. This golden sandy beach is popular with families and photographers, and there are plenty of facilities in Peel.



FENELLA – Lying next to Peel Beach, overlooked by Peel Castle is the sheltered bay of Fenella. Perfect for picking up some shells or basking in the sunshine – or why not jump in and take part in some of the water and coastal activities that make use of this area? A picturesque starting point for some adrenaline fuelled water sports.



NIARBYL – The dramatic coastal area of Niarbyl is like something straight from a Jules Verne novel. Rugged and rocky- it's perfect for rock pooling and exploring, or checking out some heritage and geology. If you're feeling more adventurous why not take the coastal footpath round to the secluded White Beach – where you will find mini waterfalls, hidden caves and stunning views. As you head on to Niarbyl Bay, if you follow the cove south towards Peel then you will find a line of quartz running in the rock and up the shore. This marks the spot of the explosive joining of two ancient supercontinents and the closure of the Lapetus Ocean. You can visit two continents in one place!





EAST

LAXEY BAY – A beautiful pebble and sand beach, nestled in the bay - this is a great spot for families. A village steeped in history and heritage, there are plenty of other activities in Laxey too, why not take a picnic and make a day of it? Laxey is also a popular spot for pier fishing.



GARWICK BEACH – Uncover the sheltered cove of Garwick Beach, bordered by rolling green hills plunging into the clear emerald waters. Take the winding slope as it trawls through Garwick Glen before revealing the hidden bay of Garwick. Explore the short stretch of rocky cove and uncover the secrets of the Island's smuggling past. This beautiful bay has a distinctly tropical feel to it - the name Garwick is derived from the Celtic for 'pleasant bay'.



DHOON – Relax upon the sheltered pebble beach of Dhoon Bay and bask in the sun's rays. Getting to the bay is an adventure in itself, however, don't let the 190 steps down put you off from visiting this hidden gem! Take in the sights and sounds of the wonderful Dhoon Glen and Innenn Vooar waterfall, and pack a picnic full of Manx produce to make a day of it.



SOUTH

DEBRYHAVEN – This secluded and contrasting stretch of coastline is home to pebbly beaches and grassy walks. It's a stone's throw from Fort Island – over a short causeway, where you can visit an old 17 th century fort and a 12 th century chapel – it's also one of our dark skies discovery sites. Derbyhaven bay is protected by a breakwater, and it's a popular spot for windsurfing, sailing and diving.



PORT ERIN – This iconic beach is an Island favourite – and it's easy to see why. With Milner's Tower rising on the headland, the sheltered sandy beach makes the perfect spot for families and friends to relax or enjoy some activities. Rock pools, ice creams, water sports and sunsets are waiting for you.



PORT ST MARY – Chapel beach is a pretty, sandy, sheltered beach. From here you can stroll along and join GANSEY BAY, a popular spot for water sports. The ledges at Port St Mary are formed from the mud at the bottom of a 340 million year old sub- tropical sea. They contain fossils such as solitary corals and crinoids (feather stars), both of which can be found in Manx waters today. This area is great for open-water swimming, snorkelling or diving and pier fishing – it's also a Blue Ways Walk.



SCARLETT – A visit to Storm Bay is a must for budding adventurers. The limestone and pebble beaches are great for rock pooling, geology lessons and history. See the wildflowers, the lime kilns, fossils, volcanic rocks and lichen – once used for dye. This beach makes up part of the Scarlett Nature Trail – there's a visitor centre on site for more information or maps if you want to extend your walk around the coast.



BEACH ACTIVITIES

Beaches aren't just great places for swimming and ice cream. Some of our Island's beaches have football and volleyball nets, or swimming rafts placed in the bay, just waiting for you to take the plunge! There are also plenty of companies providing some wonderful water sport opportunities, from diving under the waves to paddling on them. Beaches are a brilliant playground, so why not try adding one of our beach activities to your day out?



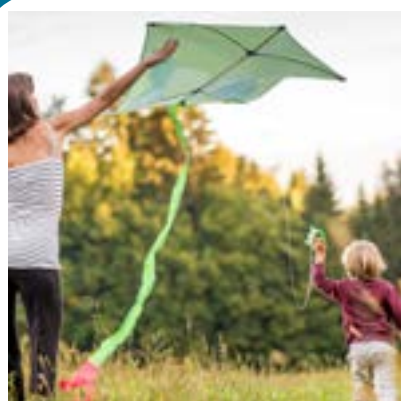
SANDCASTLES

Who in your group has the creative flair? You don't have to stop at castles – why not try sand sculpting, building your very own sand city or seeing who can build the most effective moat?



FRISBEE

Soft sandy beaches make the perfect spot for those awkward landings



KITE FLYING

Flying a kite in the vast open spaces of our beaches can be great fun as you master the power of our coastal winds.

BEACH IN A JAR

Collect sand, pebbles, seashells or sea glass in a mason jar. When you get home, paint the name of the beach and year to commemorate the trip on the jar



STONE SKIMMING

See who can find the best stones for this, and who's got the technique? How many bounces can you get to?



SEA GLASS ART

Why not collect some of the beautiful pieces of sea glass that wash up, these can be made into pictures and keepsakes.



BEACH TREASURE HUNT

Get your wellies on and paddle your way along a shoreline to discover some of the weird and wonderful things to put in your bucket. Can you find them all?

SHELL

SEA WEED

BUCKET

BIRD

SUNCREAM

BEACH TOWEL

SEA GLASS

FEATHER

SOMETHING
ORANGE

A KITE

DRIFTWOOD

ROPE OR NET

A DOG

SOMETHING
ROUGH

SOMETHING
GREEN

BOAT

ICE CREAM

LIGHTHOUSE

CAMERA

SOMETHING
RED

OUR WILD SHORES



Harbour Porpoises

Dark grey, small triangular dorsal fin, 1.5m long

Port St. Mary and the Sound

All year round



Rissos Dolphin

Up to 4m long, dark grey to white in colour, blunt head with no beak

East, South and West coasts

April to October



Basking Sharks

Up to 10 metres long, large triangular dorsal fin, dark grey

West coast

May to August



Beadlet Anemones

A reddish brown blob. If you find one still in the water then its tentacles will be out, feeding on small plankton

Low shore rocks

All year round



Bottlenose Dolphin

Up to 4m long, sickle shaped dorsal fin, long bottle shaped beak, very active

East coast

October to March



Short beaked Common Dolphin

2.5m long, yellow hourglass pattern on flank, long pointed beak. Very fast

South and west coasts

June to September



Hermit Crabs

They use the shells of gastropods (sea snails) as their homes. As they grow they need to change shell. If you look into a rock pool and see a coiled shell (like a winkle or whelk) moving quickly and with long antennae sticking out then it's probably got a hermit crab in it

All year round



Cushion Starfish

There are two common species, a red one that lives in deeper water and only visible by diving. In rock pools look for a small greenish cushion star called *Asterina gibbosa* – up to 4-5 cm across

Rock pools and when diving

All year round



Minke Whale

7-9m long, small curved dorsal fin, dark grey with white bands on pectoral fins

May to August on west and south coast

September to November on east coast



Grey Seals

Up to 4m long, dark grey to white in colour, blunt head with no beak

East, South and West coasts

April to October



Guillemot

They come to land only to nest, spending the rest of their life at sea

Sugarloaf/ The Chasms

All year round – nesting April to July.



Eider Ducks

One of the heaviest ducks and fastest flying. It is a true seaduck, rarely found away from coasts.

Port St Mary ledges, near golf club

All year round

INVASIVE SPECIES

Invasive Non-Native Species (INNS) describes species which have been introduced to an area, through human activities or naturally, that can damage our environment. Invasive species can have a negative effect on our local species, impacting the food chain and biodiversity.

Please report any sightings of these invasive species to the Manx Wildlife Trust by email to enquiries@manxwt.org.uk or fisheries@gov.im



Wireweed – a type of brown seaweed originally from the Pacific Ocean. Can be found all around the Island, and was originally spotted in Castletown. It has long wires of olive brown weed, covered in small leaves and tiny round floats. It's very fast growing and out competes our local species and clogs propellers in harbours. Grows on hard surfaces in rock pools and shallow water.

Pacific Oyster – a type of mollusc from Asia. Currently it has only been found in Ramsey. It has a filly oval shell, around 10cm in length, with possible purple patches. Grows on the lower intertidal shore and can be found in harbours and marinas.



Oyster Thief – a brown seaweed that forms an air-filled sac. First seen in Port Erin and Peel in 2006, it has also been spotted at Fort Island and Langness. Usually 1-7cm in diameter, the air sac is a thin walled sphere which is easily torn. Grows on rocks, shells and seaweeds.

Green Sea Fingers - spongy green seaweed from Japan, first seen at Scarlett in 1960 and now at several locations around the Island. It has a felt-like texture, with cylindrical and spongy fronds. It grows in dense clumps to around 25cm in length. Grows in rock pools and attaches to exposed rocks on the lower shore.



COASTAL RESERVES

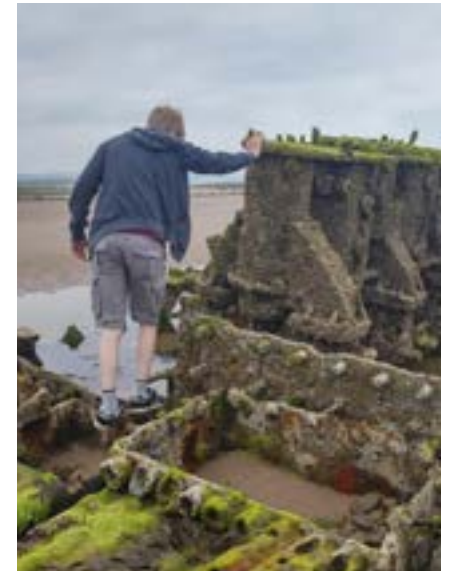
Our Island has an array of nature reserves and protected areas, we've picked out some of our spectacular coastal reserves that you might like to visit. For more information about these locations you can visit the websites listed at the back of this booklet.

THE AYRES. A raised beach with 673 acres of lichen heath and dunes. The Ayres were designated an Area of Special Scientific Interest (ASSI) in 1996. The land is owned by the Department of Environment, Food and Agriculture and Manx National Heritage.

The visitor centre is run by the Manx Wildlife Trust.

The Ayres are an important area for wildlife and wildflowers – home to terns, lizards, butterflies and has three different walking routes.

The visitor centre is open from the end of May to the end of September.



RAMSEY. Ramsey Marine Nature Reserve (RMNR) was designated in October 2011 and is the Isle of Man's first marine nature reserve. RMNR is home to kelp forests, eel grass meadows and other marine interests such as velvet swimming crabs.

CRONK Y BING. Another ASSI on the north west coast of the Island – consisting of a wide strip of sand dunes with soft cliffs on the seaward side. A great place for wildflowers and bird watching.

POYLL VAAISH COAST. An ASSI as of 2007, this rugged coastal area consists of low, rocky, carboniferous limestone and coarse shingle saltmarsh. Great for an afternoon walk and admiring the wildflowers.

MAUGHOLD CLIFFS AND BROOGHS. Designated an ASSI in March 2011 for its birdlife and coastal habitats including hard cliff and slope, coastal grassland, acid grassland and scrub.

LANGNESS. An ASSI that runs from Derbyhaven and includes the entire Langness peninsula through to Sandwick Bay. Pebbled beaches, coastal heathland and saltmarshes, it has some spectacular scenery.



COASTAL CODE

The marine and coastal areas around the Isle of Man are used by many people for recreational activities. These areas are also highly valuable in terms of plants, animals, marine mammals and birds. The code has been established to help safeguard wildlife, while allowing locals and visitors to enjoy all coastal activities. These are some of the main points of the Coastal Code.

For the full coastal code please visit www.gov.im

- Keep 100m away from nesting birds
- Keep 50m away from seals and do not approach seal pups
- Keep 100m away from basking sharks
- Keep 100m away from whales, dolphins and porpoises
- Dispose of or take home any rubbish
- Do not block public access or rights of way and use official car parks where possible
- Barbeques must be positioned below the high water mark to prevent unwanted fires
- Follow local dog bye laws, failure to do so could result in a fine (dogs are prohibited from some beaches)
- Around the Island during working hours throughout the summer)
- Clean up after your dog in order to help keep the beach
- Check the weather forecast and tide times before venturing out to sea or around the coastline. Remember some of the areas around the coastline can be cut off by the tide
- Let someone know where you are going and when you are likely to be back. Remember to let them know if you change your plans

If you get into difficulties around the coastline or at sea and require assistance dial 999 and ask for the Coastguard.

For non-emergencies contact the Marine Operations Centre (MOC) on 686628.

THE MANX PLASTIC PLEDGE



Plastic has become the environmental disaster of our generation. The Isle of Man's Beach Buddies alone collect around 160 tonnes of plastic waste from our beaches every year! This is more than two million items, most of which are single use plastic bottles. Why not give up at least one item of single use plastic from your daily life then tell us about it on social media using the hastag: **#ManxPlasticPledge**

It's really not that difficult, here are a few ideas to get you started:

- **Take a reusable bag to the shops**
- **Use a refillable water bottle**
- **Refuse a drinks straw at the bar**
- **Make your own packed lunch and keep it in a reusable container**
- **Buy fresh bread that comes in either paper bags or no bags**
- **Choose plastic-free chewing gum**
- **Use natural cleaning cloths and scrubbers instead of plastic scrubbers and synthetic sponges**



BEACH BUDDIES

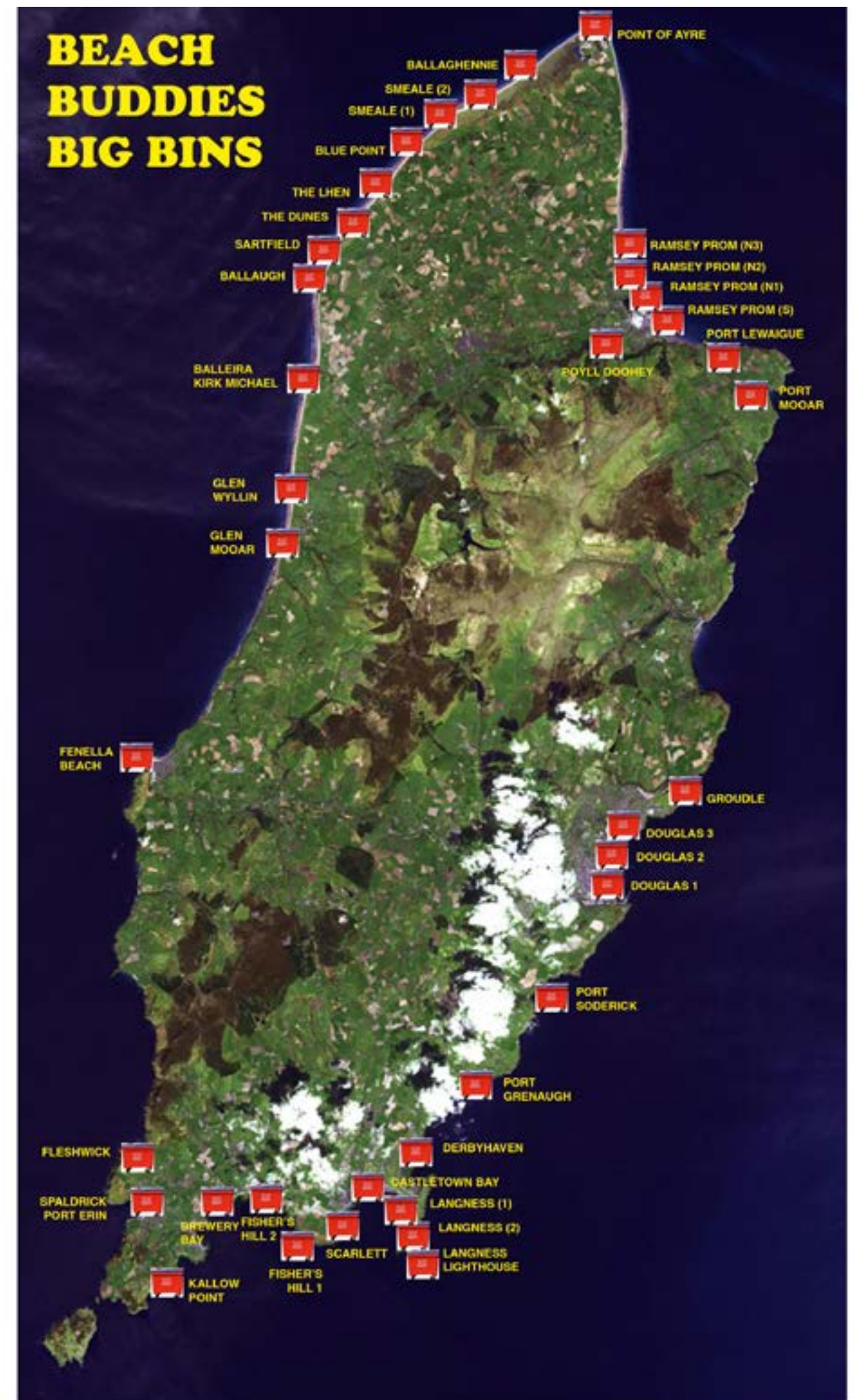
Our seas and shores aren't just a beautiful backdrop to everyday life – they're an important environment for wildlife, flowers and recreation, and we should do our best to respect and protect them. So we've also included some hints and tips from Beach Buddies about keeping our shores clean.

We can all do our bit to help with the problem of pollution of the seas and litter on our beach – it's easy to be involved in your own way every time you go to the beach for a walk, or to exercise the dog. When you travel to the beach you will find one of the Beach Buddies bins, usually in the car park alongside the beach. These are emptied regularly, and Beach Buddies encourages everyone to "fill a bag and make a difference" – why not try it and collect one or two items in the plastic shopping bags you will find attached to the bins?

You can help – everyone can help. It's not enough to just stand and stare.

Visit www.beachbuddies.net for more information on how you can help, or when their next beach clean session is.

- If you can, take gloves
- Make sure to supervise children – make sure they don't handle anything that could be sharp or harmful
- Be careful of sharp edges on any glass, plastic or metal that you collect
- Be aware of your surroundings – try not to disturb any nesting birds or other wildlife
- Beach Buddies recycles as many items as possible, including plastic bottles, hard plastics (fish boxes, buckets etc.)





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a special place to live & work

FURTHER INFO

Weather: www.gov.im/weather

Tide Timetables: www.gov.im/categories/travel-traffic-and-motoring/harbours/tides-and-flap-gates

Beach Buddies: www.beachbuddies.net

Manx Wildlife Trust: www.manxwt.org.uk

Manx Whale and Dolphin Watch: www.mwdw.net

Coastal Code: www.gov.im/categories/home-and-neighbourhood/emergency-services/coast-guard/isle-of-man-coastal-code/

Further Information: www.visitisleofman.com

For Bus times or advice

please call the Welcome Centre on 686801.

For official guide maps, leisure maps and walking or activity leaflets please call into the Welcome Centre located at the Sea Terminal on Douglas Promenade.

