



ADVENTURE TRAVEL

VOLUNTEER-LED EXCURSIONS WORLDWIDE

Culture, Hiking and Exploration on the Isle of Man May 11-18, 201 AT# 1904



Come and join us on an epic journey into a gorgeous part of the world! Here in the land between Ireland and England, there are countless ways to have fun and enjoy the outdoors.

In March 2016 the Isle of Man was awarded status as a **UNESCO World Biosphere Region**. The Island is the only entire jurisdiction in the world to be awarded this prestigious title and this status recognises the way in which the Island's population exists alongside a plethora of diverse natural habitats.

With such a prestigious award comes the promise of wonderful scenery and views as well as a mass of marine life, birdlife and wildlife which can be seen across this Island's landscape all year round. The Island's heritage sites showcase the roots of the Isle of Man and cover more than 10,000 years of fascinating **Manx history**.

The Isle of Man is extremely proud of this status and welcomes visitors from around the world to discover the Isle of Man's undeniable tranquility and beauty.

A visit to the Isle of Man will be a voyage of discovery and will present the chance to explore Celtic Crosses and ancient Viking burial grounds, as well as a number of other heritage landmarks which tell the

story of Mann. The island is a walkers paradise, where familiar experiences are made extraordinary by the Island's landscape. The diverse terrain ranges from winding coastal pathways to woodland walks along quiet rivers to challenging hikes. Wherever we go we'll find culture and heritage around every corner, along with captivating stories and customs that maintain the "Manxness" throughout the many towns, villages and national heritage sites.

The Island's capital, **Douglas**, will be our base for the trip. As well as the main shopping area and entertainment complexes, it is the starting point of the **Steam Railway** and **Manx Electric Railway**, which lead south and north respectively. The **Story of Mann trail** also starts in Douglas and will act as our guide to the heritage attractions located around the Island.

Detailed Itinerary:

All hikes listed in the itinerary below have been taken from the Cicerone Guide: Walking on the Isle of Man by Terry Marsh 2015 edition. **Although we may have a hike planned, anyone can take a day**





off at any time during the trip as long as it is not a “transfer day”. However any of these activities would be at participants own risk.

Day 1- May 11, 2019
Depart USA on overnight flight to the Isle of Man

Day 2 – May 12, 2019
Arrival day Isle of Man

Upon your arrival to the Isle of Man, we will transfer to our hotel by local bus. Relax and get over jet leg or wander along the streets of our lovely seaside town of Douglas. We’ll visit the Manx Museum and learn about the Island’s past, and stroll along the 2 mile promenade. As we gaze out to sea we’ll admire the Tower of Refuge,

a small castle like structure built by Sir William Hillary to house shipwrecked sailors.

Overnight: 3 star hotel in Douglas
Meals: - Welcome Dinner at local restaurant
Hike: - none scheduled other than exploring Douglas

Day 3 – May 13, 2019
Maughold, Port Mooar and Port e Vullen (Walk # 10 in Cicerone guide)

We’ll travel by electric tram to Port Lewaigue for an outstanding coastal walk in the north of the Island which provides spectacular views and the opportunity to spot plenty of wildlife, returning via a quiet country lane through rolling farmland. A short diversion to St Maughold’s church in the village in order to view the large collection of wonderful ancient crosses.

If time allows we may add a second walk in the afternoon (Walk # 12 in Cicerone Guide to Dhoon Glen 1.5 miles) on the way back to our hotel in Douglas.

Overnight: 3 star hotel in Douglas
Meals: breakfast, dinner
Hike/walk: Distance 4.5 miles with elevation gain of 950’

Day 4 – May 14, 2019
Laxey, Agneash and King Orry’s grave (Walk #15 in Cicerone guide)

Magnificent views of Snaefell (the highest point on the Island) and surrounding hills, the historic Great Laxey Wheel, the mythical King Orry’s Grave and the charming village of Laxey all combined in one beautiful walk.



Overnight: 3 star hotel in Douglas
Meals: breakfast, dinner
Hike/walk: Distance 4.5 miles with elevation gain of 853’

Day 5 – May 15, 2019
Kirk Michael and Slieau Freoaghane (Walk # 5 in Cicerone guide)

Today we travel by bus to the western side of the Island for our hike. This is truly a splendid walk, best reserved for a clear day, when the views over the western side of the island and across the Irish Sea to the mountains of Northern Ireland and northwards to southern Scotland are outstanding.

Overnight: 3 star hotel in Douglas
Meals: breakfast, dinner
Hike/walk: Distance 9 miles with 1750’ elevation gain

Day 6 – May 16, 2019
Port Erin to Peel (Walk #31(part of it) in Cicerone guide)

This is an outstanding walk which, taken in full, demands a good deal of stamina as it involves three significant ascents, two from sea level. The walk can be shortened by taking a bus in Dalby (eliminating one ascent) to Peel and then on to Douglas. The coastal scenery throughout is of the highest order, the birdlife diverse and the wild flowers gorgeous.

Overnight: 3 star hotel in Douglas
Meals: breakfast, dinner
Hike/walk: Distance about 9-10 to Dalby with 2500' elevation gain to Dalby



Day 7 - May 17, 2019
Sulby and the Millennium Way (Walk # 2 in Cicerone guide)
This is an exhilarating walk, beginning beside the Sulby River and climbing high onto the gorse uplands to the south. We'll hope for a clear day and enjoy the airy freedom of mountain heath patrolled by hen harriers, kestrels and short eared owls.

Overnight: 3 star hotel in Douglas
Meals: breakfast, farewell dinner
Hike/walk: Distance 6.25 miles with elevation gain of 1175'

Day 8 - May 18, 2019
Fly back to USA
Meals: breakfast

Leaders' right to change itinerary:

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.



Required Gear:

- Gortex (or equivalent) rain jacket & pants
- Wide brimmed hat for sun protection
- Sunglasses
- Sunscreen
- Camelbak or bottles sufficient to hold at least 2 liters of water
- Personal first aid kit
- Fleece or down jacket
- Polypro, polyester, nylon or coolmax tops and pants for hiking; NO COTTON!
- Trail shoes or boots; NO SNEAKERS or CROSS TRAINERS
- Hiking socks
- Warm hat and gloves
- Electrolyte powder, tablets, gel or "gummy blocks"
- Pack with waist strap/belt sufficiently large to carry all of the above items plus your lunch, camera and personal items

Price includes:

- 6 nights' accommodations at 3* hotels based on double occupancy
- Breakfasts and dinners as stated in itinerary
- Welcome and Farewell dinners plus other dinners as stipulated in itinerary



- In/out airport transfers via public transportation
- 5 Day Go Explore Heritage Card
- All group land transportation
- Medical Evacuation Insurance
- AMC Overhead fee
- Luggage Tag
- Costs for 2 AMC tour leaders (accommodation, bus pass, transfers)

Price does not include:



- Lunches, snacks and 2 dinners
- Travel Insurance
- Flights to/from Isle of Man
- Items of a personal nature
- Beverages other than tap water at included dinners
- Tips for housekeeping in hotels

Required Gear:

- Gortex (or equivalent) rain jacket & pants
- Wide brimmed hat for sun protection
- Sunglasses
- Sunscreen
- Camelbak or bottles sufficient to hold at least 2 liters of water

Personal first aid kit

Fleece or down jacket

Polypro, polyester, nylon or coolmax tops and pants for hiking; NO COTTON!

Trail shoes or boots; NO SNEAKERS or CROSS TRAINERS

Hiking socks

Warm hat and gloves

Electrolyte powder, tablets, gel or “gummy blocks”

Pack with waist strap/belt sufficiently large to carry all of the above items plus your lunch, camera and personal items

AMC Adventure Travel trips are led by volunteers on a non-profit basis. Any monies left over after trip expenses are covered will be refunded to the participants. As leaders our goals for the group are to have fun, stretch your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group’s experience. We expect you to participate as part of a group and abide by the leaders’ decisions, and work towards the group having a good time. Be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum. **Leaders have provided a list in this prospectus of the required gear. In the interests of group safety, trip leaders retain the right to deny participation in any hike if participants are not properly equipped.**

SAFETY, RISKS AND HAZARDS: As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, by boat, or on a bike. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites, dehydration, sun burn and other heat or cold related problems. You should regularly use sun screen, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves. The terrain is similar to the White Mountains of NH in that it can snow at the higher elevations during any month of the year. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Participants’ understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

RESERVING A PLACE AND PAYMENT SCHEDULE:

The land cost of the trip is \$1930, plus estimated airfare of \$1500-1700. To reserve your place, please contact the trip leader or co leader for an application, the Confidential Medical Form and the Acknowledgment & Assumption of Risks & Release and Indemnity Agreement, then send to the leader these forms along with deposit of **\$1000.00** made out to: **Appalachian Mountain Club (AMC)**. \$200.00 of this initial \$1000.00 deposit is a non-refundable administration fee. Once we receive your application and other forms and have approved you for the trip, we’ll send you additional information on the trip, including planned hikes, equipment lists, and travel tips. The maximum number of participants is 16, so apply early to reserve your place.

The cost of the trip is based on price quotes given in the summer of 2017. Our cost estimates are conservative, and so a trip refund is more likely than a price increase. Note that we will use your deposits to lock in the price quotes as early as possible.

Airfare is not included in the cost of the trip. It is impossible to predict prices a year in advance. For this trip we estimate a range of \$1500-1700. Sometimes there are bargains, depending on the airline and when you book, or you may want to use frequent flier miles. You should note that the trip begins on a Friday. You may wish to arrive early and/or stay later to have more time in the area. We will give participants a time and place to meet the group. Please do not book a flight before conferring with the leaders, who need to coordinate arrivals.

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip fee includes emergency medical and evacuation insurance coverage, as required by the AMC. This insurance does not cover travel delay, interruption, cancellation, or baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested; the AMC has a recommended vendor whose material will be sent to you if your application is accepted.

Any unspent funds resulting from negotiating better rates than planned for lodging, local transportation, etc. will be refunded to the participants. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included.

Application and Payments

To apply, you must request, complete, and submit the Application, Confidential Medical form, and Acknowledgement and Assumption of Risk and Release form, enclosing a deposit (check made out to AMC) of \$1000. All materials should be sent to the trip leader at:

Ginette Beaudoin, 66 Graham Street, Biddeford, ME 04005

The application materials are available by e-mail request to the leaders at annatp12@gmail.com and ginette4000@yahoo.com or they can be downloaded from our website:

<http://ginetteandannaamctrips.weebly.com>

You will not actually be accepted, and your check will not be deposited, until the leaders have determined by telephone conversation with you that you and the trip seem to be a good match.

The final balance of \$930 is due by Feb 1st, 2019.

Deposit checks from wait-listed applicants will not be cashed until we accept them AND they confirm continued interest. Please make payments by check payable to the Appalachian Mountain Club (AMC).



Cancellation Policy

Cancellation must be in writing and post marked prior to dates listed below:

Prior to June 1st, 2018 - All money returned except \$200 Nonrefundable portion

After June 1st, 2018----Cancellation fee is \$200 plus any additional money necessary to keep the trip cost from increasing and creating a greater expense to other trip participants. The cancellation fee will be limited to \$200, IF a qualified

replacement can be found by the trip leaders. We will establish a waiting list. If you cancel and are not replaced, you will forfeit the \$200 plus the per capita expenses already incurred and any other unpaid expenses for which the trip cannot obtain a refund. Your cancellation shall not raise the cost of the trip to any of the participants or the leaders. You may forfeit the entire trip fee. Flight tickets once purchased become your property and are generally non-refundable. We strongly recommend that you purchase travel insurance. Information on a company recommended by the AMC will be sent to you. Trip insurance is recommended, since an illness, accident or death in the family can interfere with your plans. Trip insurance can be obtained through your travel agent or the leaders will provide you with a brochure/information of a company recommended by AMC.

Experience and Risks

To fully enjoy this trip, you should be in good physical condition and able to hike/ski a minimum of 4-5 hours per day. You should have recent hiking experience. Trails on the Isle of Man can be exposed and rocky; footing may be irregular. You also need to be able to carry your luggage to and from the buses/hotels and possibly up the stairs of our hotels. Other than raingear, hiking boots, daypack and water bottles, no special equipment is needed.

Group Size and Communication

We expect a group size of 16-18 persons, including the 2 leaders. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip. We are good communicators and will try very hard to keep everyone well informed. We will be using email as our primary source of communication.

YOUR LEADERS:

LEADER: GINETTE BEAUDOIN



Ginette has been a member of the AMC since 1988 and has led several day and weekend trips in the White Mountains of NH, as well as various parts of Maine. She led an Austrain Alps adventure trip with co leader Don Parker in July of 2011, with Jenni Blumenthal in August of 2012 and co lead the same trip with Terry Peters in July 2009 with 19 participants. She has also lead Adventure travel trips to Yosemite national Park, Peru, Minnesota, Tuscany, Dolomites, Patagonia, Bolivia, Spain, Australia and New Zealand for the AMC. She has participated in numerous AMC Major Excursions to Switzerland and Austria, involving hiking and cross country skiing. She has hiked in the Stubai valley as part of a 2006 Major Excursion and hiked to 20 high Alpine Huts throughout Austria, Germany and Switzerland. She has hiked the NH 4000 footers. Her interests include hiking, photography, cross country skiing, snowshoeing, travel, information volunteer for AMC and introducing others to outdoor activities.

ADDRESS: 66 Graham Street, Biddeford, Maine 04005

PHONE: (207) 590-4431

EMAIL ADDRESS: ginette4000@yahoo.com

CO-LEADER: ANNA PANSZCZYK



Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co lead AMC Adventure Travel trips to Austria, Azores, Yosemite National Park, Minnesota, Peru, Patagonia, Bolivia, Easter Island, Australia, New Zealand and Morocco. Anna leads hiking trips in the White Mountains and most recently led an excursion to Waterville Valley and Craftsbury Vermont for snowshoeing and cross country skiing. She has also co led the Claybrook ski trip on previous years. During the summer of 2014, she and the trip leader backpacked the Haute Route from Chamonix France to Zermatt Switzerland. This is in addition to trips that she takes to all corners of the world! Anna has completed SOLO Advanced Wilderness First Aid course as well as CPR training.

ADDRESS: 22 Alfred Rd, Arlington, MA 02474

PHONE: (781)-648-2492; (617)-429-2175

EMAIL ADDRESS: annatp12@gmail.com

We look forward to hearing from you.
Ginette Beaudoin and Anna Pansczyk