



## Mountain Course Mile Marker 8 to Mile Marker 10

Image © [www.manxscenes.com](http://www.manxscenes.com)



### Doran's Bend to Laurel Bank

After leaving **Ballig Bridge**, you approach a long left hand bend named after Bill Doran who broke his leg there in 1950, **Doran's Bend**. Beyond there, **Laurel Bank (1 and 2)** is a series of right and left hand bends. In the middle of the series of bends you pass **Laurel Bank Cottage**, seen here on the left. You can get to **Doran's Bend** whilst the roads are closed via the Poortown Road from Peel. There is limited parking at **Laurel Bank**

Image © Bepopalieuday/Creative Commons



### Black Dub

Leaving **Laurel Bank** you pass the 9<sup>th</sup> Mile Marker, **Glen Moar Mills** on the right, and **Glen Moar Garage** (now closed). You then arrive at **Black Dub** also known as **Glen Moar**. The word dub refers to the pond or bog that is situated to the left of the course, towards the exit of the corner. **Black Dub** is not accessible once the roads are closed. There is ample parking and refreshments are available there. Watch out for the midges which can be bad here and at **Sarah's!**

Image © [www.manxscenes.com](http://www.manxscenes.com)



### Glen Helen to Sarah's Cottage

After **Black Dub** you pass through **Vaish Moar**, a right hand corner. The Vaish is the plantation on the steep bank to the left overlooking **Glen Helen**. This section starts with a left hand corner, **Glen Helen 1**, and a left then right, **Glen Helen 2**. On the right hand side is **The Glen Helen Hotel** where there is plenty of parking, and also a radio commentary point. This section is only accessible when the road is open. There is a left hand corner after the hotel followed by **Sarah's Cottage**, a right hander seen here in the picture. This leads on to **Creg Willy's Hill** with the 10<sup>th</sup> Mile Marker at the top.