



OUTDOOR ETHICS: LEAVE NO TRACE

1. Plan Ahead and Prepare
2. Be Considerate of Others
3. Respect Farm Animals and Wildlife
4. Travel and Camp on Durable Ground
5. Leave What You Find
6. Dispose of Waste Properly
7. Minimise the Effects of Fire

Practising a Leave No Trace ethic is very simple: Make it hard for others to see or hear you and LEAVE NO TRACE of your visit.

Remember we all have a part to play, whether walking your dog, fishing, hiking, biking or visiting your local park - please Leave No Trace and be an advocate for the message.

leavenotraceireland.org

CCGHT and the Heart of the Glens LPS team have worked in partnership with the following organisations to produce this events programme:

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| Far & Wild | NIEA |
| Geological Survey N.Ireland | DCAL |
| Rathlin Island Development and Community Association | Ballymoney Borough Council |
| RSPB | Northern Ireland Amateur Astronomy Society |
| Ulster Wildlife | Limavady Borough Council |
| Coleraine Borough Council | Ballymena Borough Council |
| Moyle District Council | NI Water |
| Larne Borough Council | |

IMPORTANT POINTS

- Organised walks over private land are only possible due to the kind permission and cooperation of the landowners concerned. Please respect their property at all times and observe the country code.
- Walking boots plus waterproofs recommended for all walks; training shoes not suitable
- No dogs permitted on any of the walks, except guide dogs. (unless stated otherwise)
- All children under 16 must be accompanied by an adult at all times. (unless stated otherwise)

Grade 1: Expect mostly flat terrain and surfaced paths

Grade 2: Expect off road sections and varied gradients

Grade 3: Expect varied terrain, steeper gradients and rough underfoot conditions

Keep up to date with events across the Causeway Coast & Glens through our interactive online calendar at www.ccght.org

Follow and like us

You can like our Causeway Coast and Glens Heritage Trust page on facebook and follow CCGHT on Twitter. For further information visit our website at ccght.org



CAUSEWAY COAST & GLENS
HERITAGE TRUST

**Causeway Coast & Glens
Heritage Trust**
"The Old Bank" 27 Main Street,
Armagh, BT53 8SL
Tel: 028 2075 2100
Email: info@ccght.org



Causeway Coast and Glens Heritage Trust is a Worldhost Recognised Business.

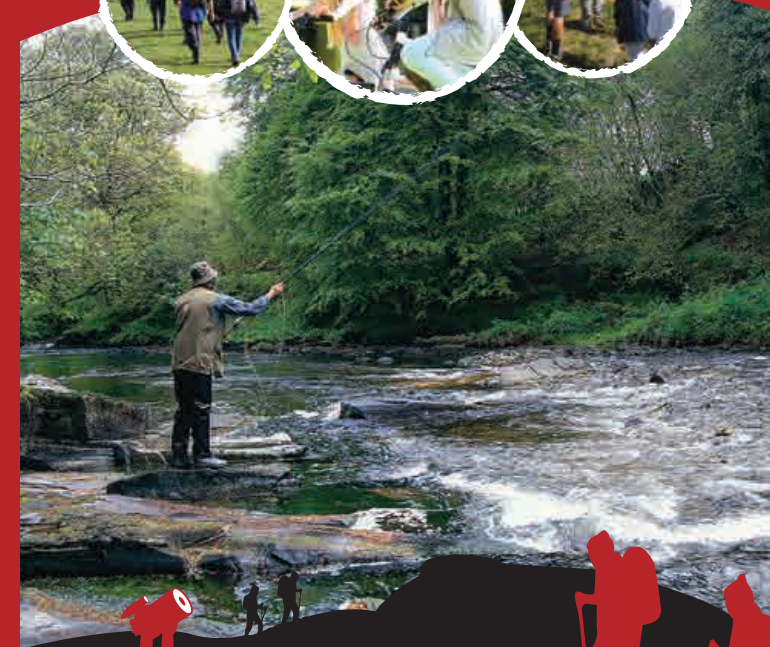
The trust is presently supported through funding from:



Photo credits: Outdoor Recreation NI, Far & Wild, RSPB, Roger O'Doherty, Brian McCullough, Teddy Roughan, Ballymoney Borough Council, Jonathan Bingham, Kerri Whiteside



CAUSEWAY COAST & GLENS HERITAGE TRUST



**FREE EVENTS
2014**
ccght.org



EVENTS 2014

MAY 2014

FREEWHEELING AT DOWNHILL SEA GOD CYCLE

Tuesday 6th May 2014

Assembly point: 6pm Car Park at Downhill Beach beside toilet block

The Bishops Road and Downhill Forest, nestled within Binevenagh Area of Outstanding Natural Beauty is one of the most spectacular downhill cycles in N. Ireland. Passing the statue of Manannán mac Lir, an Irish Sea God, on the slopes of Binevenagh, it combines a magnificent vista for the majority of the route with the comfort of a forest track, ending on a glorious golden sanded beach. Limited Numbers. Bicycle hire included.

Come along and learn about the ecology and history of this unique area. Pre-booking is essential.

Duration 3 Hours Distance 5 Mile Grade 2

Surface Minor road sometimes with steep downhill & forest track

Clothing Suitable clothing for cycling- sports clothing with a light waterproof layer and trainers.

Contact: tierna@ccght.org or call 028 2075 2100

SCAWT HILL- ROCKY RAMBLE

Saturday 24th May 2014

Assembly point: 11:00am
Coast Road car park, Glenarm

Scawt Hill, located just outside Glenarm is along the Antrim Hills Way and offers walkers excellent views of the Antrim coastline, across the North Channel and Glenarm Bay. Scawt Hill has a volcanic past as it was the site of one of many volcanoes that would have been erupting violently along the Antrim Coast around 60 million years ago. The resulting lava 'cooked' the surrounding rocks at Scawt Hill and produced a vast array of minerals, many of which were first discovered here.

But it's not just the geology that is fascinating along the walk. Standing stones, megalithic tombs, ancient homesteads, as well as a delightful array of birdlife, are all found along the walk, many of which are a direct result of the unique geological conditions. Pre-booking is required.

Duration 3.5 Hours Distance 7 Mile Grade 3

Surface Uneven, hilly and usually wet

Footwear Suitable clothing/walking boots/sturdy shoes

Advice No dogs please. When walking on minor roads please walk on the right hand side facing oncoming traffic.

Contact: tierna@ccght.org or call 028 2075 2100

RATHLIN ISLAND ROONIVOOLIN WALK

Friday 30th May 2014

Assembly point: 11:00am
Manor House, Rathlin Island

Take the route less travelled on this beautiful walk to the Rue, the most southerly point on the island and then on to the RSPB Roonivoolin reserve before returning to the Harbour area. This is a varied and leisurely walk and is also one of the great activities offered as part of this year's exciting Rathlin Sound Maritime Festival. Look out for Northern Ireland's only family of cough, as well as buzzards, shags, ravens, razorbills and the rarer black guillemot with its white wing patches and bright red legs. Seals, Eider ducks, Common gulls and Rathlin's strong population of Irish hare may be spotted along the way. Enjoy stunning views of the Rathlin cliffs, Church Bay and the North Antrim, Donegal and Scottish coastlines. This beautiful walk is a great introduction to the unique and beautiful island of Rathlin. Pre-booking is required. We recommend you contact Rathlin Island Ferry Ltd 028 20769299 to arrange ferry travel.

Duration 3.5 Hours (approx) Distance 5 mile Grade 2

Surface Tarmac laneway, established tracks and open fields

Clothing Strong/solid footwear and waterproof clothing recommended. Sunscreen may be necessary and a bottle of water. No dogs.

Contact: tierna@ccght.org or call 028 2075 2100

JUNE 2014

MAKE YOUR GARDEN SING AT WATERTOP FARM

Saturday 7th June 2014

Assembly point: 10:30am
Watertop Farm carpark

Birds and bugs need homes, just like the rest of us. As the countryside and gardens have become tidier, we've lost some of the nooks and crannies that shelter birds and insects, as well as the food they need to thrive. Learn how to give nature a home in your garden at this interactive workshop, where you'll make your very own bird box and bug hotel. RSPB staff will be available to answer questions you might have, from creating garden ponds to choosing the same plants your feathered friends and busy bees would. So come along to this free family fun event and help wildlife flourish in your garden. Pre-booking is required.

Duration 2.5 Hours

Surface Forest tracks, country roads & grass tracks

Footwear Weatherproof Clothing

Contact: tierna@ccght.org or call 028 2075 2100

GUIDED WALK AT DOWNHILL FOREST "A FORT, A FIGHT, A FOREST & FIFTY TREE SPECIES"

Wednesday 11th June 2014

Assembly point: Downhill Forest 6:30pm
(Opposite Bishops Gate)

Join us to explore Downhill Forest, a small mixed woodland originally part of the estate of Frederick Harvey, the 4th Earl of Bristol and Bishop of Derry. Home to one of Ireland's oldest and fattest Sitka spruce, over 30 different types of conifers and over 20 species of deciduous broadleaved trees.

An Early Christian Promontory Fort, and an old disused water powered sawmill with its lade running round the small lake can be found nestled within this woodland. The lake was originally designed as a fishpond; it is now home to a number of Mallard ducks and Moorhens who have taken up residence on the pond. Pre-booking is required.

Duration 2 Hours Distance 2 Mile

Grade 2 Surface rough paths and steps, some grass

Footwear Stout walking boots

Contact: tierna@ccght.org or call 028 2075 2100

JULY 2014

MARTELLO TOWER

Sunday 20th July 2014

Assembly point: 12 noon Point Bar/
Magilligan Point Car Park

Come along and join us as we step back in time to 1812 at Martello Tower, Magilligan. Built to guard against a possible French invasion it was one of seventy four constructed in Ireland. In its day Martello Tower would have included a cannon platform and living quarters for twelve men and an officer. You will also have time to take in the stunning views of Greencastle, Lough Foyle and even the Causeway Coast. Pre-booking is required

Duration 1.5 hours

Surface Access to tower via steps

Footwear Walking boots/sturdy shoes

Contact: tierna@ccght.org or call 028 2075 2100

COLOURS OF THE CAUSEWAY

Saturday 26th July 2014

Assembly point: 1:00pm
Whitepark Bay car park

Join the local Biodiversity Officer for a guided walk along the Causeway Coast from Whitepark Bay to picturesque Ballintoy harbour. The Causeway Coast Area of Outstanding Natural Beauty has a wide range of habitats highlighting the diversity of wild flowers found. Whitepark Bay has extensive and dynamic habitats with fore-dunes, mobile dunes and fixed dunes evolving into grassland and scrub. You will also have the opportunity to learn about the rich coastal heath, unimproved/species rich grassland. Pre-booking is required.

Duration 2-3 Hours Distance 2.5 Mile

Grade 2 Surface Duneland/Beach

Footwear Walking boots essential

Contact: tierna@ccght.org or call 028 2075 2100

AUGUST 2014

GEOLOGY ROCKS

Sunday 10th August 2014

Assembly point: 10:30am
Dunseverick Harbour Car Park

As part of National Marine week join Ulster Wildlife's Kerri Whiteside and Geologist Kirstin Lemon for some adventurous rock-pooling and an insight into the fascinating geology at Dunseverick. This is a great site for family rockpooling with dozens of different seaweeds, beautiful beadlet and dahlia anemones and plenty of opportunity to hunt for shore crabs hiding between the rocks. Learn about the Causeway Basalt and the past volcanic activity on the site. Pre-booking is required.

Please note: Children under 16 must be accompanied by a responsible adult due to the slippery underfoot conditions.

Duration 2 Hours

Surface Rocky and slippery surface.

Grade 2

Footwear Walking boots/sturdy shoes

Contact: tierna@ccght.org or call 028 2075 2100

GO FISHING

Saturday 23rd August 2014

Assembly Point:
Altnahinch Dam Car Park

The Causeway Coast and Glens Heritage Trust in partnership with Ballymoney Borough Council and the Department of Culture, Arts and Leisure are hosting a fun family angling event. Why not come along and join us at Altnahinch Dam where you can try your hand at angling. This fun family event will run from 10am-4pm and will be split into three sessions. Numbers are limited for the event and pre booking is essential. Equipment and fishing license will be provided. Please note children under 18 must be accompanied by an adult.

Duration 3 Sessions 10am-12pm, 12pm-2pm & 2pm-4pm

Clothing Walking boots/sturdy shoes & waterproof clothing

Contact: tierna@ccght.org or call 028 2075 2100

BAT NIGHT

Thursday 28th August 2014

Assembly point: 7:30pm O'Harabrook Estate
stable yard, Ballymoney (approx. 10pm finish)

Join local Biodiversity Officer Rachel Bain on a family fun bat talk & walk in O'Harabrook Estate. Uncover the exciting nocturnal world of bats and their amazing acrobatics in these exquisite grounds. The guided walk will help to dispel common myths, discuss the conservation issues and explore what local action we can take to help bats. Please wrap up warm and bring your own torch. Pre booking is required.

Duration 2.5 Hours Distance 2 miles

Surface Grass/paved paths Grade 1

Clothing Comfortable walking/training shoes

Contact: To book call 028 2766 0227

SEPTEMBER 2014

BUSHMILLS VILLAGE WALK

Tuesday 2nd September 2014

Assembly Point: 6:00pm Park and Ride car park

Bushmills is steeped in history and based on the River Bush. Several mills were sited on the River Bush processing everything from spades to flax and corn to timber. Join us on a leisurely stroll through the village whilst learning all there is to know about this conservation village. Pre-booking is required.

Duration 2 Hours Distance 2 Mile

Grade 1

Clothing Walking boots essential

Contact: tierna@ccght.org or call 028 2075 2100

STARGAZING EVENT

Join the Northern Ireland Amateur Astronomy Society within the Causeway Coast Area of Outstanding Natural Beauty for a night under the stars. Always had an interest in astronomy but struggle to tell the difference between the Ursa Major and Ursa Minor? Why not come along and discover the Cosmos and the Constellations? You may even be lucky to witness a shooting star on the night, and if we are really lucky, we may spot the Northern Lights. There will be several large telescopes available, and plenty of opportunities to ask questions. Members of the society will give short talks about the night sky, using a laser to point out the constellations and other interesting objects. This event is weather dependent therefore a date has not been confirmed, but will be in September, as the skies start to darken earlier in the evening. Register your name for this event and we can provide further information.

Duration TBC

Clothing Walking boots/sturdy shoes/warm weatherproof clothing.

Contact: tierna@ccght.org or call 028 2075 2100