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.

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

Practicing 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

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 codes.
- 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 18 must be accompanied by an adult at all times (unless stated otherwise)

Grade 1: Expect mostly flat terrain and surfaced paths
Grade 2: Expect of 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 area through our interactive online calendar at www.ccght.org

We’d love to hear from you

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
Events Guide 2015

Spring / Summer

April 2015

A Real Buzz
Thursday
23rd April 2015
Assembly Point: 7pm, Roe Valley Arts & Cultural Centre, Limavady
Join members of Roe Valley Beekeepers’ Association to find out more about the role of the Association and discover the wonder and importance of bees. The evening will provide an opportunity to learn the value of bees as one of the major pollinators. Learn more about Bee Keepers and how the making of honey for beekeeping.
Pre-booking is required.
Duration: 1.5 Hours
Contact: To book email tierna@ccght.org or call 028 2075 2100

Foraging for Spring Greens
Saturday
25th April 2015
Assembly Point: 2:00pm
Dowhill Forest
Come and explore this beautiful woodland in the company of Brigid Demil-Hughes. Birds will be in song and the woodland flora will be reaching its peak. You can find out about edible plants, what’s safe to eat and what’s not.
Discover a multitude of edible goodies and learn how to make wild salads, pesto, salad soup and a whole variety of wild salads and greens - allthis, and nature too. Please note children under 18 must be accompanied by an adult. Pre-booking is required. Note when parking do not block any gates or entrances.
Duration: 2 Hours
Surface: Forest paths, Well-paved paths, though some may be steep.
Grade: 2
Footwear: Strong/solid footwear and waterproof clothing recommended.
Contact: To book email tierna@ccght.org or call 028 2075 2100

May 2015

Taste of Rathlin Island
Friday 29th May 2015
Assembly point: 12 noon, Rathlin Harbour, Rathlin Island
Why not visit Rathlin Island and meet the McNeil family that produce and distribute organic gift to specialist food retailers, distributors and restaurants. In true perfection of the cool clear waters off Rathlin you will get a premium sea vegetable of this quality for use across a range of delicious culinary experiences.
Join us on a guided tour and learn how the produce is harvested and prepared for export. Children under 18 must be accompanied by an adult. Pre-booking is required.
Duration: 2 Hours
Surface: Forest paths
Footwear: Grade: 2
Walking boots/sturdy shoes. Bring warm clothing and binoculars.
Contact: To book email tierna@ccght.org or call 028 2075 2100

Sun Set Paddle Board Trail
Saturday
6th June 2015
Assembly Point: 6:45pm
Swamms Bridge, Limavady
Flow down the River Roe on a Stand Up Paddle Board as the sun sets and the moon starts to appear as a reflection on the surface of the water. Beginners are taught the basic flat water skills and techniques to this new and fast growing sport. This is a sport which can be enjoyed at any pace but will also give you time to take in the scenes whilst hearing about the heritage of the local area from our knowledgeable instructors.
With a maximum group size of 6 this creates a sustainable service that shows respect to other water users. Minimum age of 16 years. Pre-booking is required.
Duration: 2.5 Hours
Grade: 2
Footwear: Strong/solid footwear and waterproof clothing recommended.
Contact: To book email tierna@ccght.org or call 028 2075 2100

June 2015

A Walk Back in Time
Saturday 13th June 2015
Assembly Point: 11:00am
Rathlin Harbour car park
Join archaeologist Thomas McIlcain of the University of Ulster on a guided walk to the top of Knockaderry, towering above Ballycastle and can be seen for miles around. Find out more about the prehistoric burial cairns, myths and legends, the books (summer reading list), stained glass and many other topics. Pre-booking is required.
Duration: 2.5 Hours
Distance: 4 Mile
Grade: 2
Footwear: Strong/solid footwear and waterproof clothing recommended.
Contact: To book email tierna@ccght.org or call 028 2075 2100

July 2015

Earl Bishop Trail
Tuesday
21st July 2015
Assembly Point: 10am, Castle Walk car park (opposite the Peter Thompson Community Hall)
Join us for a guided bus tour through Ninevenagh Area of Outstanding Natural Beauty following a section of the Earl Bishop Trail. The complete trail stretches 40 miles along the Causeway Coastal Route. The historic figure of Frederick Hervey, Bishop of Derry (1768-1803) and 4th Earl of Bristol (hence, The Earl Bishop), provides both a focus and a strong narrative for such a trail. This guided bus journey takes in numerous sites linked to the Earl Bishop including his Country Residence, Tamlaghtfinlagan Parish Church, the Limavady Workhouse and McIlcain’s cottage. Children under 18 must be accompanied by an adult. Pre bookings are recommended.
Duration: 4 Hours
Charge: £10 per person
Duration: 5 Hours
Footwear: Strong footwear and coat. Sunscreen may be necessary. No dogs.
Contact: To book email tierna@ccght.org or call 028 2075 2100

Focus on Runkerry
Saturday
29th July 2015
Assembly point: 10am
Portballintrae Village Hall Car park
Join Bird Selector/Avocet Rachel Bar and local photographer Art Ward for a guided walk along Runkerry. Enjoy stunning views and breath-taking scenery along the Causeway Coast Area of Outstanding Natural Beauty. Bring your camera along to capture the Harebells, Lady’s Bedstraw even algae on the rocks and the amazing flora and fauna. Children under 18 must be accompanied by an adult. Pre-booking is required.
Duration: 2 Hours
Surface: Distance: 2 Mile
Footwear: Grade: 1
Walking boots/ sturdy shoes. Bring warm clothing and binoculars.
Contact: To book email tierna@ccght.org or call 028 2075 2100

Rocky Ramble
Wednesday
1st August 2015
Assembly Point: 12 Noon, Dunseverick Harbour car park
As part of National Marine week why not come along and discover the Cosmos at the Bush Salmon Trust. Uncover the exciting nocturnal world of bats and their amazing acrobatics in this river upwards. Whether you’re nuts about bats or just want to find out more, then join Archaeologist Thomas McErlean of the University of Ulster or drop by to McIlcain’s cottage for a short talk and walk at the Bush Salmon Station. Uncover the exciting nocturnal world of bats and their amazing acrobatics in this river location. The guided walk will help to dispel common myths, discuss the conservation issues and explore what action we can take to help bats.
As an added bonus there will be a short tour of the salmon station. Participants should wear waders and have your own eye protection.
Duration: 3 Sessions
Surface: Rocky and slippery
Footwear: Grade: 2
Walking boots/sturdy shoes & waterproof clothing
Contact: To book email tierna@ccght.org or call 028 2075 2100

Go Fishing
Saturday
1st August 2015
Assembly Point: 12 Noon, Dunseverick Harbour car park
The Causeway Coast and Glens Heritage Trust in partnership with Causeway Coast & Glens County Council are hosting a family angling event. Why not come along and join us at Altnahinch Dam where you can try your hand at angling with guidance from this Department of Culture Arts and Leisure.
This fun family event will run from 2pm-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. Children under 12 will be accompanied by a responsible adult. Pre-booking is required.
Duration: 3 Sessions
Surface: Grass/ informal paths
Footwear: Grade: 1
Walking boots/ sturdy shoes & waterproof clothing
Contact: To book email tierna@ccght.org or call 028 2075 2100

August 2015

Go Batty on the Bush
Sunday
25th August 2015
Assembly Point: 9am, Ballycastle, Forest car park
Join the Northern Ireland Amateur Astronomy Society with the Causeway Coast Area of Outstanding Natural Beauty for a night under the stars. Always had an interest in Astronomy but struggled to tell the difference between the Ursa Major and Ursa Minor? Why not come and discover the Cosmos and the Constellation? You may even lucky to spot 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 you short talks about the sky, using a laser to point out the constellations and other interesting objects.
This event is weather dependent therefore the date above cannot be confirmed until the time. Pre bookings are recommended.
Duration: As long as necessary
Footwear: Walking boots / sturdy shoes / warm weatherproof clothing.
Contact: tierna@ccght.org or call 028 2075 2100

September 2015

Stargazing at Ballintoy
Wednesday
2nd September 2015
Assembly Point: 8:30pm
Ballintoy Harbour car park
Join the Northern Ireland Amateur Astronomy Society with the Causeway Coast Area of Outstanding Natural Beauty for a night under the stars. Always had an interest in Astronomy but struggled to tell the difference between the Ursa Major and Ursa Minor? Why not come and discover the Cosmos and the Constellation? You may even lucky to spot 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 you short talks about the sky, using a laser to point out the constellations and other interesting objects.
This event is weather dependent therefore the date above cannot be confirmed until the time. Pre bookings are recommended.
Duration: As long as necessary
Footwear: Walking boots / sturdy shoes / warm weatherproof clothing.
Contact: tierna@ccght.org or call 028 2075 2100