



## 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](http://leavenotraceireland.org)

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

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](http://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](http://ccght.org)



CAUSEWAY COAST & GLENS  
HERITAGE TRUST

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Worldhost Recognised Business.

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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](http://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 though 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**