THE ecos CYCLE TRAIL

This map covers the 17 mile cycle route between Ballymena and Glenarm on the Antrim Coast. The Trail, which forms part of Route 97 of the National Cycle Network (NCN), follows mainly quiet minor roads over the Antrim Plateau. It also includes sections of on-road cycle tracks and traffic-free paths within parkland at the ecos Millennium Environmental Centre. The route to the coast passes through the village of Broughshane and Buckna then descends towards the Irish Sea via Glenarm, one of the nine Glens of Antrim. Throughout the trail the distinctive shape of Slemish dominates the skyline.

ATTRACTIONS ALONG THE ROUTE

The ecos Millennium Environmental Centre is set in a developing country park and nature reserve near Ballymena, where you can have fun exploring the natural world and discover how we use it. The riverside pathways provide an ideal opportunity for family groups to enjoy some traffic-free cycling in pleasant surroundings.

Slemish Mountain. Rising to over 400m this volcanic plug is a historical site of pilgrimage where St Patrick, the Patron Saint of Ireland, once tended sheep and pigs as a young boy. A link route from Buckna enables cyclists to visit the site and savour the views from the summit after a walk from a small carpark.

Broughshane. Nestling in the valley of the Braid River at the foot of Slemish Mountain, Broughshane is famous for its award-winning floral displays. In summer hard work by the villagers transforms the gardens, roads and village centre into a colourful spectacle. Houston's Mill has been renovated as a community resource and conference centre.

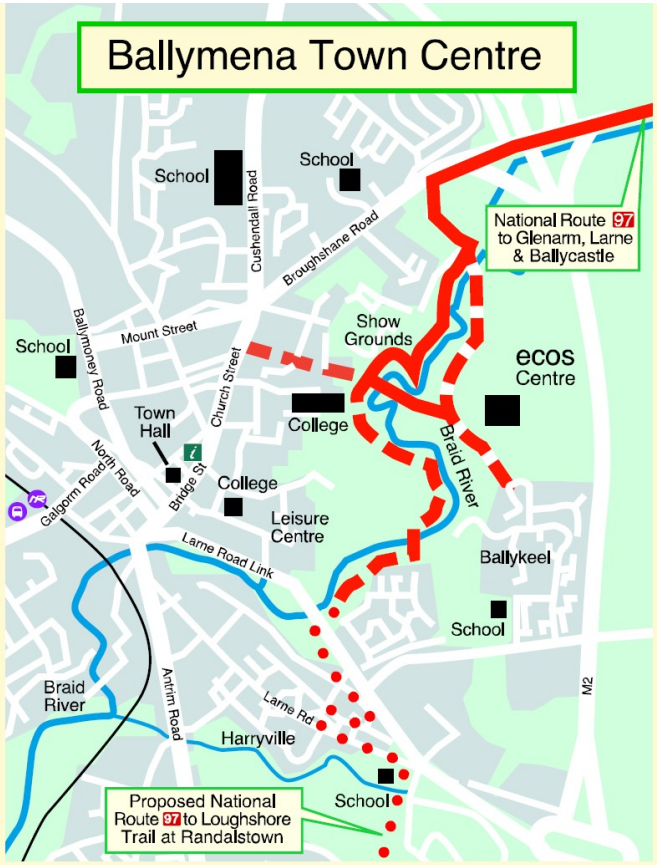
Glenarm and the nine Glens of Antrim. Glenarm Glen is one of nine Glens of Antrim. These glens, spilling down to the sea from the Antrim Plateau, stretch from Glenarm to Ballycastle and display a wide variety of flora and fauna. The people of the glens are famous for their hospitality and rich cultural heritage.

Glenarm Village and Forest. Claiming to be the oldest town in Ulster, this coastal village is known as the Gateway to the Glens. Nearby Glenarm Forest straddles Glenarm (Glen of the Army) and offers walkers opportunities to spot a variety of wildlife and some of Glenarm's industrial heritage.

Additional cycling opportunities can be enjoyed by continuing south from Ballymena towards Randalstown. Here NCN Route 94 takes cyclists on a 115 mile trip around Lough Neagh. At Glenarm the trail meets National Route 93 which links Larne and Ballycastle along the spectacular Antrim Coast Road.

TRAVEL TO/FROM THE ecos CYCLE TRAIL

Ballymena is well served by rail services from Belfast and Derry, which have facilities for carrying 4 bicycles except before 9:30 am Monday to Friday. Larne is also connected by rail to Belfast.



Useful Contacts

Tourist Information

Ballymena Tourist Information Centre
Tel No. 028 2563 8494
www.discovernorthernireland.com

ecos Millennium Environmental Centre
Tel No 028 2566 4400
www.ecoscentre.com

Larne Tourist Information Centre
Tel No. 028 2826 0088
www.discovernorthernireland.com

Glenarm Tourist Information Centre
Tel No. 028 2884 1087
www.discovernorthernireland.com

Broughshane & District Community Association Limited
Tel No. 028 2586 2777
www.antrim.net/broughshane

Travel Information

Translink
Tel No 028 9066 6630
www.translink.co.uk

Cycling Information

Sustrans
Tel No 028 9043 4569
www.nationalcyclenetwork.org.uk

National Cycle Network Information Line
Tel no 0845 113 00 65

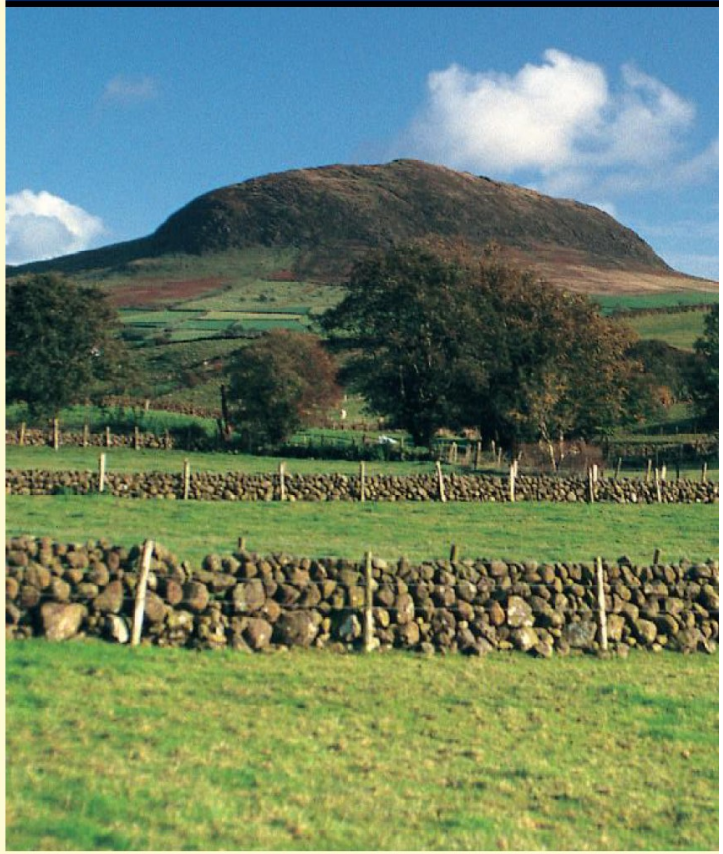
Any comments or for more information on the route email: belfast@sustrans.org.uk

National Cycle Network

97

ecos Cycle Trail

A guide to the 17 mile cycle route linking Ballymena and Glenarm passing Slemish Mountain



www.nationalcyclenetwork.org.uk

ecos CYCLE TRAIL

Irish Sea

Carnlough

National Route 93 to Ballycastle, Coleraine & Derry

Glenarm

Glenarm Glen & Forest

National Route 93 to Larne

Glencloy

The Sheddings

Carnalbanagh Sheddings

Quarrytown

Braid River

Buckna

Slemish 437

BALLYMENA

Broughshane

ecos Centre

See insert map

M2

Braid River

Kells Water

Kells

River Maine

Randalstown

M22

NCN Route 94 The Loughshore Trail

Randalstown Forest

Antrim

Lough Neagh

Legend

- ecos Cycle Trail
- Link Routes
- Future Routes
- Rail station, bus station
- National Route Number (93 97)
- 300+ metres
- 200-300 metres
- 0-200 metres

NORTH

Scale 1:125,000

0 miles 5

0 kilometers 4 8

Code of conduct for cyclists

On shared use paths be prepared to slow down or stop as necessary and don't expect to cycle at high speeds.

Give way to walkers, wheelchair users and horse riders - leaving plenty of room.

Fit a bell and use it - don't surprise people.

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