

your guide to **walking**

in the Causeway Coast and Glens



THE CAUSEWAY
COAST & GLENS
NORTHERN IRELAND



This brochure represents the best of the walking on offer in the Causeway Coast and Glens. There are walks to suit all tastes, from easy beach walks in fresh sea breezes to more rugged coastal terrain and inland to the rolling Glens of Antrim.

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Some important information

Equipment

Most of the walks need no specialist equipment and where it is required this has been noted. Walking shoes or stout footwear with good gripping soles should be worn. You should also take something to eat and drink (hot or cold, depending on weather). It is always a good idea to carry a light waterproof or windproof suit in case weather protection is needed.

Maps

Maps have been provided to give detail of the routes and the numbers on maps refer to sections of accompanying text. Full size Ordnance Survey (OSNI) maps at 1:50,000 scale will increase your enjoyment of this area. These are available through Tourist Information Centres and most local bookshops and news agents in the area. Discover series OSNI maps that cover the area are:

Sheet 4	Coleraine
Sheet 5	Ballycastle
Sheet 7	Londonderry
Sheet 8	Ballymoney
Sheet 9	Larne
Sheet 15	Belfast/Carrickfergus

Transport

A car is helpful in reaching the start of routes, but public buses can reach the start and finish of many of the walks. For up to date service details and times from Translink, telephone 028 9066 6630 or www.translink.co.uk. Local taxis are often competitively priced and can help in returning to the car or starting point.

Access to Countryside

The routes that have been chosen for inclusion on the cards are all on public rights of way, or have permissive access of some kind, or are traditionally used with no objection from landowners and access may be restricted without notice. For this reason it is important to stay on the routes as shown.

Emergencies

Telephone 999 (free emergency call) for help from any of the emergency services. You can ask for coastguard or mountain rescue through this number in addition to the normal fire, ambulance and police services. Before setting out, let someone know where you are walking and when you expect to return.

Accommodation

Arrangements can be made through any of our local Tourist Information Centres. More information is available in a variety of local interest publications. These are available through Tourist Information Centres.

Northern Ireland Countryside Code

Please observe the Northern Ireland Countryside Code whilst you are out and about, the main points of this are:

- Respect the people who live and work in the countryside;
- Know where you are allowed to go;
- Keep to paths across farmland;
- Use stiles and gates to cross fences, hedges and walls;
- Leave gates as you find them;
- Do not interfere with livestock, machinery and crops;
- Keep dogs under control;
- Protect wildlife, plants and trees;
- Keep all water sources clean;
- Take your litter home;
- Guard against all risk of fire;
- Make no unnecessary noise;
- Respect all other recreational users;
- Take special care on country roads;
- Consider your personal safety.

Ordnance Survey of Northern Ireland

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EU Programme
for Peace and Reconciliation



Northern Ireland
Tourist Board

Orra More / Slieveanorra

Walking Tour 1 (Moyle Way)

Enjoy spectacular scenery and panoramic views over the unspoiled landscapes of the Antrim Glens from Slieveanorra.

Distance	11.8 km / 7.3 miles
Duration	4 hours
Starting Point	Altarichard Road
Ascent	Orra More: 170 metres. Steep to the summit of Slieveanorra

From the Altarichard Road a forest lane leads up a steep ascent to the summit of Slieveanorra or Orra More (the summit is marked by a transmitter station used by a mobile telephone network). While the site of Hugh MacPhelim O'Neill's grave is marked on the OSNI map, little if any traces remain at the top today. From the top, the route runs down over open country in a South/SouthEast direction to Slieveanorra Forest and then on to a forest track to Pollan Burn that leads to the Glendun Road.

From the Glendun Road, leave the road, cross the footbridge and continue over the open moorland for Trostan Mountain (the ground is generally uneven and boggy here and it is important to follow the waymarked posts carefully as there is no formal track). Although the route does not go right to the summit, it offers unspoiled landscapes and beautiful views.

Heading away from the summit in a South/SouthEast direction, enter Glenariff Forest and descend through the rough Essathothan Glen past the impressive waterfall on the right. The route then crosses the B14 Ballymenon Road at Essathothan Bridge where it re-enters the forest and joins the track leading to the Glenariff Road (A43). Again, the route crosses the carriageway and the forest road ahead leads to the end of the walk at Glenariff Forest Park.



Looking towards Lurigethan



View over Glenariff Glen

OSNI Discoverer Series Sheet 5/9



Altarichard

Walking Tour 2

At Altarichard both walks consist of a mixture of open hillside, marshy upland and forest track.

Distance	Milibern Walk 4.8 km / 3 miles Breen Forest Walk 8.7 km / 5.5 miles
Duration	Milibern Walk 1.5 hours Breen Forest 2-3 hours
Starting Point	Located at the car park/viewing area on the Orra Scenic Drive between Magherahoney and Cushendall/Cushendun, at the edges of the Glens of Antrim
Ascent	120 metres to top of Croaghan
Facilities	Interpretation sign and picnic area

Leaving the car park, turn left and follow the Altarichard Road until you reach the marker on the right hand side of the road (1). Follow the right hand bank of the small stream on an indistinct path. There is one stile to cross before arriving at the top of Croaghan (417m) (2). The view here is splendid, north to Knocklayde and across Islay to the Paps of Jura. Kintyre and Glenariff are visible on a fine day, as are the Sperrins, Lough Foyle and Inishowen to the west. The two walks separate at this point:

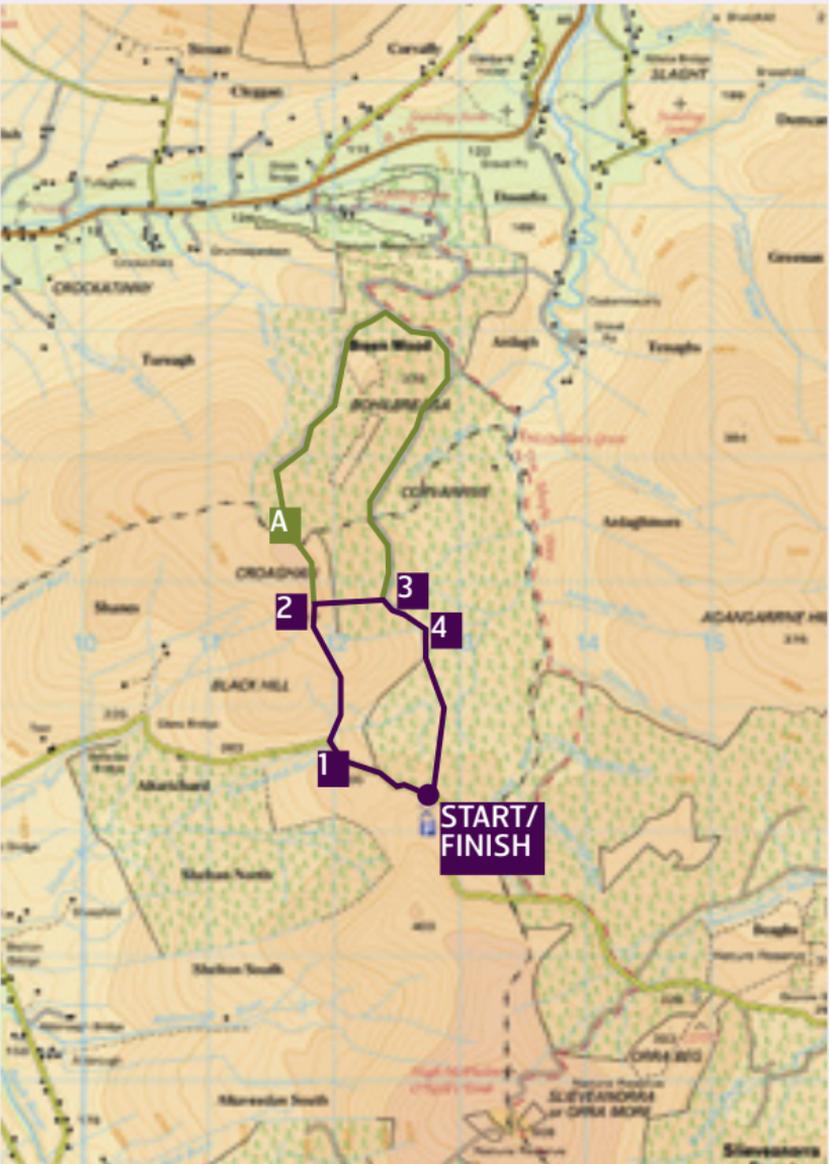
Milibern Walk: Head east to the forest and follow the riding. Follow the markers until you reach a good track where you turn right (3). Both walks rejoin here. At the end of this track turn right into the riding until you emerge from the forest. Take a left here until you reach a small wooden footbridge, cross over the stile and take a left. Turn right at the track (4). Take the left track when you reach a fork. You will have a fire dam on your left. At the T-junction turn right and continue until you reach the end of the road. Turning right, a short walk leads back to the starting point.

Breen Forest (A): The extended walk continues in a northerly direction across the heather moorland. Taking your direction from the summit cairn of Knocklayde ahead of you across the valley should make route finding easier. At one point the route crosses over a deep ditch by a grassy bridge. Turn left immediately on crossing the bridge and descend into a second grassy ditch and out the other side to continue in the direction of the Knocklayde cairn to reach the edge of the forest. The route passes into Breen Forest and after a few metres reaches a forest ride. Follow this downhill for about ten minutes to reach the upper terminus of a forest road. From this point the rest of the walk is straightforward. Follow the road to the next T-junction and then right until you rejoin the Milibern walk (3).



Breen Forest

OSNI Discoverer Series Sheet 5



Slemish

Walking Tour 3

The distinctive shape of Slemish Mountain makes it a landmark for many miles. Enjoy a circular walk over Slemish and appreciate the summit views of the Antrim and Scottish coasts.

Distance	1.5 km / 0.9 miles
Duration	1 hour
Starting Point	Slemish car park
Ascent	87 metres
Facilities	Picnic and toilet facilities at Slemish car park

The whole of the Braid valley is associated with Ireland's Patron Saint, Patrick. The main focus of interest is Slemish mountain (438 metres) where the boy slave is said to have herded swine for his master Miluic in the 5th Century.

For centuries this solitary extinct volcano has been a place of pilgrimage on St. Patrick's Day (17th March). It can be seen across the plateau for a great distance. To get to it, go first to Broughshane, take the B54 (signposted Ballyclare and Slemish) turn left after 0.9 miles, turn right after 2.9 miles (signposted), right again after 0.4 miles. Here the road runs up between dry stone walls to Slemish car park, with a picnic site and toilets adjacent.

Wild flowers, some rare, grow on the grassy slopes. From the top (a steep and rocky climb of 180m), look north to the ruins of Skerry Church on a hilltop where Miluic's fort (rath) once stood. This was the ancient burying place of the O'Neill's of Clandeboye.



Mists over Slemish Mountain



Slemish Mountain

OSNI Discoverer Series Sheet 9



Dunluce Castle to the Giant's Causeway

Walking Tour 4

Walk from Dunluce Castle to the Giant's Causeway along the North Coast via Portballintrae and Runkerry.

Distance	6 km / 4 miles (one way) 12 km / 8 miles (return)
Duration	2 hours (one way) 4 hours (return)
Starting Point	Dunluce park car park
Ascent	Minimal

Leave the car park and turn left (heading eastwards) onto the Dunluce Road. Follow this footpath until reaching the Bayhead Road. Turn left and follow this road into the village of Portballintrae, passing the site of a former World War 2 firing range on the left. Alternatively, on reaching the Bayhead Road junction, continue along the Dunluce Road (A) for a further 500m until reaching a kissing gate on the left. Follow this public right of way, known locally as the Port Hedge Path, down through the fields and through the kissing gate into the housing development. Care should be taken due to underfoot conditions and the likely presence of livestock in the fields.

The route is signed to give access onto Bayhead Road, opposite a restaurant/bar complex. Turn right and continue past Portballintrae Bay, following the footway past the harbour round to a car park from where spectacular views of Runkerry and the Causeway are afforded. Proceed along the footpath adjacent to the River Bush and cross the pedestrian footbridge at the end of the path. At this point two options exist:

- 1:** Either turn right and follow the river until reaching the tramway and shared use path. Turn left and proceed along the path towards Runkerry and the Giant's Causeway.
- 2:** Alternatively turn left and proceed along the beach (check weather and tide conditions) towards Runkerry. At the end of the beach walkers can either turn right and rejoin the tramway and shared use path and proceed towards the Causeway or alternatively turn left and follow the track around the headland, eventually arriving at the Causeway.

On the return journey keep to the shared path adjacent to the tramway. Having crossed the new footbridge over the River Bush care should be taken while crossing the golf course - observe the signage! Follow the path for approximately 300m and then turn right onto a laneway leading towards Bushfoot Golf Clubhouse. On reaching the carpark turn left and follow the road to a T-junction. Turn right onto the Bayhead Road and then left at the next T-junction. Retrace your steps to the starting point at Dunluce Castle using the roadside footways.



Giant's Causeway

OSNI Discoverer Series Sheet 4



Glenullin

Walking Tour 5

The name Glenullin is derived from the Gaelic Gleann An Iolair 'the eagle's glen'.

Distance	4 km / 2.5 miles
Duration	1.5 hours
Starting Point	Errigal Bridge, Temple Road, Glenullin (Lay-by at bridge)

Locals hold to the belief that the valley got its name from Ulleran, son of Fionn Mac Cumhail, who was killed here. A cairn in the townland of Coolcoscreaghan marks his grave.

Enter Errigal Glen using the kissing gate beside Errigal Bridge. This site was recorded in the Ordnance Survey Memoirs of the 1830's as being an ancient woodland, although today it would be described more accurately as a semi-natural, mixed deciduous woodland. Public access has kindly been granted by the landowner. Please respect his property and privacy at all times. Taking care underfoot, follow the waymarkers through the wooded glen, viewing Ballintemple House on the left, and proceed on to Churchtown Road through the kissing gate. Turn left and after approximately 700m, having reached a cluster of roadside dwellings, turn right on to Ballyrogan Road. Take time to stop and explore the ruins of Errigal Old Church, graveyard and adjoining souterrain. This important early Christian site is said to have been founded by Saint Adamnan in the 7th Century.

Continue along Ballyrogan Road for a further 500m, turn left on to Gortnamoyagh Road and after approximately 300m turn left into Gortnamoyagh Forest. Follow the forest road for approximately 430m until reaching a flight of wooden steps on the right. Take time to ascend the steps leading to an 'inauguration site' known locally as 'The Saint's Track', 'Shane's Leap' or 'The Giant's Track'. Observe underfoot two footprints and several circular hollows making a roughly cruciform shape carved in a small basalt outcrop. It is reputed the local O'Kane Clan Chief or Taoiseach would have stood in them as part of his inauguration ceremony symbolising his right to follow in his forefathers' footsteps.

Return to the forest road, turn right and proceed to the edge of the forest. Using the steps provided, pass through the forest until reaching a small footbridge and stile. Having crossed on to the open hillside turn left and follow the waymarkers to Churchtown Road, keeping the field boundaries on your right. On reaching Churchtown Road turn right and proceed to the next T-junction. Turn left on to Temple Road and return to the starting point at Errigal Bridge.



Bluebells



Forest path

Advice: The route is waymarked and a number of interpretation panels have been installed. Where necessary stiles and footsticks have been constructed. Given the terrain and underfoot conditions (woodland trail, forest road and open hillside) walking boots are recommended. Extra care should be taken while walking on country roads and the Highway Code should be observed.

In the interests of health and safety the Errigal Glen section should not be used during high winds, due to the risk of falling branches or trees.



Black Head

Walking Tour 6

This is a short but delightful circular walk from the picturesque seaside village of Whitehead, at the southern end of Islandmagee, around Blackhead, the most easterly point of Co. Antrim.

Distance	5 km / 3.1 miles
Duration	1.5 hours
Starting Point	Coastal car park in Whitehead
Ascent	100 metres. A short steep ascent up steps at the lighthouse
Facilities	Public toilets opposite the car park

The walk is on a coastal path and country road, finishing along a footpath on the B150 road. From the car park follow the coastal path north eastwards to Black Head, an ancient volcanic plug.

Marine traffic from Belfast sails within a few hundred metres of the shore and if the fast ferries to Scotland pass you here, it will probably have arrived before you finish your walk. The most dramatic part of the walk is around the catwalk at the base of the headland, where the sea has gouged magnificent sea caves.

The route next climbs steep flights of steps to reach the lighthouse owned by the Commissioners for Irish Lights. The views from the walkway around the lighthouse are stunning. Across the mouth of Belfast Lough the Copeland Islands off Donaghadee can be seen, while inland Scrabo Tower built by the Londonderry family can be easily identified beyond Bangor. Far to the southeast, the Cumbrian coast, south of the Solway Firth can be seen when visibility is clear. Closer at hand the view inland down Belfast Lough takes in the whole village of Whitehead.

From the lighthouse the route follows the country road westwards contouring the slopes of Muldersleigh Hill. Look out for the World War 2 fortifications just west of the lighthouse. The lookout post on the summit of the hill dates from the Great War. The road splits Whitehead Golf Club in two before descending steeply to the B150 road. From the road there are fine views of the southern end of Larne Lough below the rolling fields of Carnbrock. On reaching the B150 road walk back into Whitehead.



Whitehead village

OSNI Discoverer Series Sheet 15



Woodburn Forest

Walking Tour 7

This is a figure of eight walk through mixed conifer and broad leaved woodland, along forest trails and country lanes.

Distance	13 km / 8.1 miles (long) 8 km / 5 miles (short)
Duration	4.5 hours (long) 2.5 hours (short)
Starting Point	Woodburn Forest car park
Ascent	Some gradual ascents

From the car park take the forest road northeastwards and climb gradually uphill for 500m to a T-junction. Turn left, walk 100m to reach the lane, which runs along the northeastern boundary of the forest. Follow this north westerly to reach a minor road (1). At the T-junction on the B58 road turn right. After a few metres, on the right, the entrance to North Carn Forest is reached (2). The road through the forest is part of the Ulster Way and is sign-posted. Continue through the forest for 2.5km until a minor road is reached. If you do not wish to continue on the second loop of the figure of eight, turn left and after 300m walk left, northeasterly along Councillors Road for 1.5km to reach the crossroads on the B58 road. Here turn left back to the start point.

If continuing, follow the Ulster Way signs, first to the left along the road for a few metres and then back into the woods on your right. A second minor road is quickly reached. Again follow the Ulster Way signs into Woodburn Forest. For the next 3km the route follows the Ulster Way until you arrive at the T-junction (4).

Here the Ulster Way exits the forest to the right. However, the route of the walk goes to the left back into the forest. Turn left at the next T-junction to arrive at the South Woodburn Reservoirs, which supply the town of Carrickfergus. Walk along the dam wall (5) separating the two reservoirs. While the track continues along the northern shore of the east reservoir the route takes the first forest road (6) to the left and climbs gradually uphill to reach a minor road (7). Turn left along this road until Councillors Road is reached on your right.

Additional Option. When you arrive at point (4) you might wish to walk to the Co. Antrim War Memorial at Knockagh. Instead of turning left, exit the forest to your right, the turn right along the road for 200m to reach the lane on your left down to the memorial. The viewpoint here gives a stunning panorama of Belfast Lough and the Castlereagh Hills on the far shore. Return to point (4) to continue the route. This option adds about 3 miles to the walk.



Carrickfergus Castle

Advice: Each loop can be done on its own. Both the longer walk described here and its shorter option finish along a minor country road.



Lough Shore

Walking Tour 8

The Lough Shore Coastal Path forms part of the National Cycle Network, which runs along the shore of Belfast Lough to Whiteabbey and continuing along the Newtownabbey Way past Mossley Mill, the headquarters of Newtownabbey Borough Council and north towards Carrickfergus.

Distance	11 km / 6.8 miles
Duration	3.5 hours
Starting Point	Hazelbank Park
Facilities	Picnic area, playground and toilets are available at Jordanstown Loughshore Park

The route allows people of all ages and abilities to both cycle and walk on traffic free paths and has been designed for wheelchair users and families with pushchairs. The route links Whitehouse and Hazelbank in the south with Rathcoole, Whiteabbey, Jordanstown, Loughshore Park, Monkstown and Mossley together with the University at Jordanstown.

Situated near the shores of Belfast Lough is Newtownabbey's oldest building - The White House. Now the base for the Abbey Historical Society, records show The White House dating back to 1569. General Schomberg is thought to have welcomed King William III to this fortified dwelling in June 1690, before the Williamite Wars in Ireland. Hazelbank Park is situated on the foreshore and gives magnificent views over Belfast Lough to the County Down coast and nestles beneath the great landmarks of Carnmoney Hill, which is a site of many souterrains and raths. On the slopes of Carnmoney Hill is the graveyard of the Parish church, which contains a fine example of a celtic cross on the grave of General Smyth. The graveyard is also the resting place for many other key figures in local history. Because of the Lough's importance to wildlife, it has been declared an Area of Special Scientific Interest (ASSI). The route follows the shore and is an excellent location to view the local bird life including curlews, oystercatchers, redshanks, dunlins, shelducks and black-tailed godwits. Whiteabbey village is the ancient site of the White Abbey, which used to lie at the rear of Abbots Cross and was believed to have dated back to the early twelfth century. From Jordanstown the route moves northeast towards Mossley Mill.



Lough Shore

OSNI Discoverer Series Sheet 15



Sallagh Braes

Walking Tour 9

This route takes in some of the best walking County Antrim has to offer, along the edge of Sallagh Braes, a spectacular basalt amphitheater.

Distance	10.8 km / 6.7 miles
Duration	3 hours
Starting Point	Linford car park and view point on the Feystown Road
Ascent	350 metres. Moderate
Facilities	Refreshments and toilet facilities available in the Meeting House, Cairncastle

At the car park, which has a 280m height advantage, turn left and continue along the Feystown Road for 1 mile and turn left into the Loughdoo Road. You are now in the Valley of Linford Water, a tributary of the Glenarm River, known as a spate river. Due to its short length water levels fluctuate rapidly.

Walking along this road there are views across the picturesque Glenarm Glen to Aughaboy Hill, Slemish, Capanagh Forest and Garron Plateau and Trostan (the highest mountain in Antrim) in the distance. At the next road junction turn left to reach a standing stone on your right, at a height which affords excellent views of Hightown and Agnews Hill, Cavehill and the Mourne, Islandmagee, the North Channel and the Ayrshire Coast. Continue beyond the standing stone for approximately 500 metres to a stile on your left. From here back to the car park is across farmland. Please take care to follow waymarked posts and stiles for the Ulster Way. A short distance of the Ulster Way has changed here and may differ from your map. Follow the waymarked route along the edge of the cliffs, stopping to take in the spectacular views of the North Channel, Ballygally Head and Carnfunnock Woods.

The route leaves the cliff edge to pass inland, close to Robin Young's Hill and a downhill descent to the carpark. In the car park, walkers can read information panels about souterrains and American connections.

Advice: When walking on minor roads please walk on the right hand side facing on-coming traffic. Strictly no dogs please.

Skernaghan Point

Walking Tour 10

Skernaghan Point is on the tip of Islandmagee. The area has changed little over the years, retaining its own special charm.

Distance	Up to 6.5 km / 4 miles
Duration	Up to 1.5 hours
Starting Point	Beside Browns Bay beach at the northernmost tip of Islandmagee
Ascent	Easy. Mostly sea level or up to 20m above it The terrain is uneven and rocky in some places but generally flat
Facilities	Toilets are available beside the car park at Browns Bay.

An alternative to the car to get to this walk is via the Islandmagee Ferry that runs from Larne Harbour. This small ferry is for passengers and bicycles only and takes less than five minutes to make the crossing. (T 028 2827 4085 for ferry times) The walk from the ferry landing to Skernaghan is 1.5 miles.

The Skernaghan Point walk takes you onto 90 acres of open access National Trust property in a relatively unexplored part of County Antrim. From the car park, cross the road and follow the concrete promenade on the right and continue on up the slope towards Skernaghan Point. The 5 minute walk to the end of the gravel path provides an excellent viewpoint across the bay. The chimneys of Premier Power can be seen from behind the hill. On the mainland, the upland of Agnew's Hill and Hightown, Sallagh Braes and Scawt Hill are clearly visible. The outer edges of Larne town, Carnfunnock Bay, Ballygally Head and Garron point can also be seen. The gravel path gives way to a well-worn grass path and this can be rough and wet in places. The path runs alongside the rocky coastline and passes the rather colourful 'Rocking Stone', a local landmark. However the Rocking Stone rocks no more as a concrete plinth has been built around it.

The National Trust property extends inland. Walking back the same way on the higher ground will give different views. Take care, as there may be cows and calves in the fields and dogs are not allowed. A wide variety of seabirds feed on or around the rocky coastline, so look out for cormorants, shag, oystercatchers, curlew and redshank.

Advice: Good shoes are advisable due to the terrain. Dogs are not allowed as cows could be in the field.



View from Skernaghan Point

OSNI Discoverer Series Sheet 5/9



Scawt Hill / Feystown

Walking Tour 11

Walking along the ridge there are excellent views of the Antrim Coastline, across the North Channel and Glenarm Bay.

Distance	14.5 km / 9 miles
Duration	4 hours
Starting Point	Linford car park and viewpoint on the Feystown Road
Ascent	380 metres. Moderate
Facilities	Refreshments and toilets are available at the Meeting House pub, Cairncastle.

To begin the walk, follow the Feystown Road uphill, over the lip of the Antrim Plateau into upper Glenarm (glen of the army). The 4 miles, on country roads, is an easy and enjoyable walk with excellent views into this most southerly of the famous Nine Glens of Antrim. Views north include Garron Point and the Garron Plateau. To the west is the familiar shape of Slemish Mountain (walk 3).

Take the stile on your right to begin the hill walk across Crockandoo, Black Hill and Scawt. During June, July, August and September a bull with cows will be grazing in one of the first two fields. From here back to the car park is across farmland. Please take care to follow waymarked posts and stiles. On top of Crockandoo, the old church and graveyard of Glenarm estate comes into view.

Taking care ascending Black Hill (381m) as the ground can be soft underfoot. From the summit the views are extensive; Scawt Hill and the route ahead can be seen. Further beyond that are the Sallagh Braes (walk 9), Agnew's Hill and Hightown. Walking along the ridge there are excellent views of the Antrim coastline, across the North Channel and Glenarm Bay. Scawt Hill (378m) has a very distinctive shape, which can be seen from miles around. Offshore are the Maidens or Hullin Rocks, a group of rocky islands known individually as Highlandman, Sheafing Rock, The Saddle and The Griddle. On a good day the Ayrshire coast and Ailsa Craig or Paddy's Milestone can be seen. From here it is a very pleasant one mile descent to the car park.

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



Glenarm Castle

OSNI Discoverer Series Sheet 9



Banagher Glen

Walking Tour 12

From the summit of Altnaheglish Hill enjoy views of Sawel, Dart and Mullaghclogha and towards Donegal.

Distance	14 km / 8.7 miles
Duration	4-5 hours
Starting Point	Banagher Glen Nature Reserve car park
Ascent	220 metres
Facilities	Toilets available adjacent to car park

Start from the car park at the bottom of Banagher Glen Nature Reserve (1), which is signposted from the B74 Dungiven to Feeny road. Pass through the kissing gate and continue past the old filter house as the road climbs up through the ancient woodland of Banagher Glen.

Continue to a fork in the road (2) take the left fork that is signed for the dam and continue past an interpretative board on a bridge. Legend has it that a large snake escaped from St. Patrick and hid in the gorge under the bridge, where it still remains. The road climbs steeply on up the glen. Take care on the right-hand side as there is a steep drop and no fence or barrier.

Ignore all other tracks leading off until Altnaheglish Dam and Reservoir comes into view (3). Take a rough gravel lane and turn right towards the entrance of Banagher Forest, cross the stile and follow the path along the edge of the reservoir for about 2km.

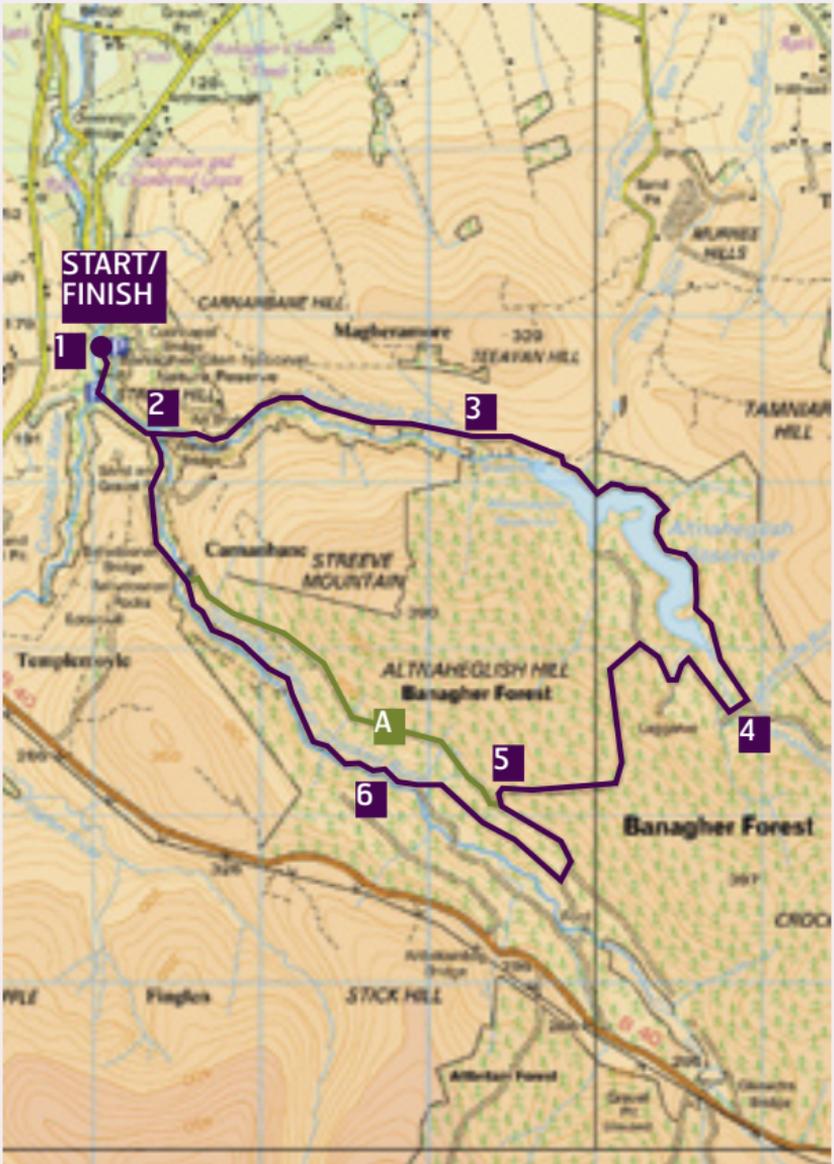
Take a sharp right turn to cross the Altnaheglish River and then another turn right (4). The path begins to climb through the trees before turning sharply to the left, right and then left again. The track then climbs the summit of Altnaheglish Hill providing views of Sawel, Dart and Mullaghclogha and towards Donegal on the drop down the other side. Eventually the track comes to a T-junction (5) where you have two choices. Turn right to shorten your walk (A) by taking the high path that meets the Glenedra Water further downstream or turn left and descend through the forest before crossing Glenedra Water or Crooked Burn. Follow this track downstream (6) for 4km as it meanders along the riverbank, eventually you meet the junction with the tarred road. Turn left and return to car park.

Advice: Moderate walk on tarred road and forest tracks.
Car park is open from 9am -9pm, June - September.



Dungiven Castle

OSNI Discoverer Series Sheet 7/8



Port Path / Curran Strand

Walking Tour 13

Port Path is a pleasant walk between Portstewart and Portrush and along Curran Strand to Dunluce Castle, returning by a quiet country road with splendid views over Portrush.

Distance	23 km / 14.3 miles
Duration	4-6 hours
Starting Point	Car park by children's play area, south end of Portstewart promenade
Ascent	Minimal
Facilities	Parking and toilet facilities are available in the centre of Portstewart at the Crescent, near the children's play area

Walk along the lower promenade until you reach the harbour. Instead of following the main road up hill, take the path between the buildings on the left. This leads up some steps to a viewpoint near the Coastguard Lookout. Keep to the seaward side. As you come down the hill, the area to your left is the Blue Pool, no longer popular with bathers except for the annual 'Duck Dive' on St. Patrick's Day, when bathers in fancy dress plunge into the pool in order to raise monies for the Lifeboat. Keep to the left and take the narrow sea wall above the rocks (take care). This leads to the golf course. Again keep left and follow the track along the shore, following the waymarkers for the Port Path and the Causeway Coast Way. This is the first of two golf courses and care should be taken. The path is fairly obvious and runs between the shore and the main road most of the way to Portrush.

The main points along the walk are the Sailor's Grave, The Hermitage, the Pits (starting point for one of the world's greatest motorbike races each year) and the site of Ballyreagh Castle. The remains of the castle are hard to find as most of it has now fallen into the sea. There are numerous sea birds along the coast, from razorbills to shags and cormorants. At a point after a restaurant on the seaward side of the main road, it is necessary to join the footpath for a short distance until a good path leaves the road on the other side of the hill. This segregated shared use path leads along the Promenade to the harbour, where it is not too difficult to find a place of refreshment. From the harbour the route goes over Ramore Head to reach the Countryside Centre at the Portandoo Nature Reserve.

From the centre walk south up the steps and follow the road past the old Arcadia Ballroom (1) once the venue for many of Ireland's top show bands. Continue along Curran Strand (the crescent shaped beach).



Dunluce Castle



Giant's Head

The small islands offshore are the Skerries (reef islands). Near the end of the beach a car park (2) stands on the site of a Bronze Age settlement. Continue on to explore the caves, stacks and arches of the White Rocks (3) where the Jurassic limestone cliffs have been weathered into fantastic shapes such as the Giant's Head, the Wishing Arch and the Cathedral Cave. Return to the car park (2) and follow the lane uphill to reach the main road.

Turn left along the main road that runs between the sea and an old limestone quarry. This is the site of an extinct volcano and you can see clearly the bed of Jurassic limestone formed over 300 million years ago overlaid by the basalt lava flow, a mere infant of only 60 million years. The road continues to Dunluce Castle (Dun Lis, fort of the fort) (4). A defensive site for over 1,500 years the round towers of the present castle date from Norman times. From the 16th Century the castle was seat of the McDonnells, Earls of Antrim and Lords of the Isles. There is an audiovisual history of the castle and don't forget to visit the massive sea cave below. After visiting the castle cross the main road to Dunluce old church (5). Sailors from the Spanish Armada are buried here. There is a disused holy well across the road to the east.

Retrace your steps a few metres and turn left on to Ballymagarry Road, an undulating minor road through green pastureland affording excellent coastal views. On reaching the junction with Ballybogey Road turn right (6) and, taking care on this main road, proceed down the hill towards the sea. On reaching the hotel at the corner on the right (7), take the small footpath down to the main coast road and turn left for the walk back to Portrush.



Binevenagh

Walking Tour 14

Climb through the forest towards the summit for great views over Lough Foyle, Roe Valley and to Inishowen.

Distance	5 km / 3 miles
Duration	1.5-2 hours
Ascent	Moderate with some steep sections

Park on Leighry Road (1) (between Bishops Road and Duncrun Road) at the available space on a sharp bend adjacent to an entrance to the forest. Take the right hand track and follow for around 500 metres to where the track forks, take the left-hand fork and then turn left to climb uphill after 100 metres (2). Care is needed at the next section as you climb up through the forest towards the summit.

Eventually the forest clears as you ascend and the route follows the cliff edge, take great care here. At the summit (3) there are some great views over Lough Foyle, Roe Valley and to Inishowen and on a good day some of the Scottish islands are visible. The name Binevenagh comes from the Irish meaning Foibhne's peak. Legend has it that Foibhne was the son of a celtic chief Taircheltar and was killed on the mountain. The flat lands of Magilligan were selected as the location of Lough Foyle Base Survey in 1824, which provided the necessary information for the Ordnance Survey of Ireland to produce much more accurate maps. Frequently you will see gliders from the Ulster Gliding Club flying silently over the summit looking for thermals. To return to the start take the track adjacent to the lake, follow the track as it bends gently to the left. After 1km take the track leading off to the left (4); follow this for another 1.5km to the start point.

A longer route (A) of 15km / 9 miles is available by parking at the Swann's Bridge Picnic area at the junction of Aghanloo Road and Seacoast Road and entering the forest on the western side from the Aghanloo Road. Follow the tracks through the forest to the National Nature Reserve before climbing to the summit as described above.

Advice: Take great care whilst walking along the cliff top.



View towards Binevenagh

OSNI Discoverer Series Sheet 4



Roe Valley Country Park

Walking Tour 15

This is a beautiful walk through woodland and alongside the River Roe, suitable for all walkers.

Distance	2.5 km / 1.5 miles
Duration	1 hour, but can be extended
Starting Point	O’Cahan’s car park nearest Gorteen House Hotel

Roe Valley Country Park is well sign-posted from Limavady (Leim an Mhadaidh - Leap of the Dog) from the legend connected to the O’Cahan family. It is said that their dog leapt across the valley in order to warn them of approaching enemies. The remains of their castle can be seen during this walk along with the remnants of a once thriving linen industry. The woodland is fairly dense with areas of oak and birch. Foxes, otters and badgers can sometimes be seen along with rare butterflies, sparrow hawks and other woodland birds.

Leaving the car park by the path on the right as you enter, you come across a small footbridge (1). After crossing, turn left along the Mill Race. At the end of this path cross by the means of a sluice gate (2) and skirt around the bank below O’Cahan’s Rock. Do not cross the metal bridge although you may wish to linger awhile. This spot is a favourite with fishermen, children playing Pooh Sticks and Outward Bound types getting wet. Turn left and take the steps to the top of the rock. Here you take the track going right which brings you past the place where the O’Cahan’s had their castle. Continue on this path until you reach the tarmac road. Turn right and cross the large stone bridge. (3) On your left are the Power House and the Dogleap Centre, which houses an interpretative display, audio-visual and cafe.

The next right leads off the road again and takes you back into the forest towards the river. Following the left bank of the river eventually brings you to a footbridge near the original bridge (1) where you started.

Advice: Detailed map available from local council.



Roe Valley

OSNI Discoverer Series Sheet 4



Carrick-a-Rede to Giant's Causeway

Walking Tour 16

The Carrick-A-Rede westward route to the Giant's Causeway hugs the shore with dramatically changing scenery.

Distance	23 km / 14.3 miles
Duration	6 hours
Starting Point	Ballintoy village
Ascent	Minimal

From Ballintoy village walk eastwards on the road until the entrance to the National Trust Car Park is signposted. From the car park take the tourist track 1km east to the Carrick-A-Rede (Rock in the Road) rope bridge which carries you across a 30m deep chasm to the salmon fishery. Before you cross remember that you have to return the same way! This is the site of an ancient and thankfully extinct volcano. Return to the car park and passing to the right of the cafe, take the Portbraddan track (1) that goes left along the cliff tops above the chalk quarry. Continue along the track across the fields until you reach the white painted Ballintoy Church. Turn right and walk downhill to Ballintoy harbour (2). This is a fishing harbour and old kilns for smoking are still in evidence. There is a cafe and sometimes 'dulse' (edible seaweed) is for sale. From here your route westward hugs the shore and the dramatically changing scenery never loses interest. Follow the coast, first on a drivable track and then on grass, to reach Whitepark Bay. If the tide is in (unusual) you may have to climb over a small headland to reach the beach.

Walk the length of the beach to reach the tiny hamlet of Portbraddan, across the rock slabs deposited by the white limestone cliffs. The rocks here can be slippery and caution is required. If again the high tide makes this section impassible return to an obvious gap in the sand dunes (3) and follow the track uphill past the Youth Hostel to the main road. Turn right and after 800m turn right again opposite a petrol station (sign-posted to Portbraddan) to bring you back to your route.

St. Gobbans, the smallest church in Ireland is found in Portbraddan. From Portbraddan, the path continues close to the shore and passes through a peculiar keyhole in the cliff and eventually reaches Dunseverick Harbour. As you pass through the 'keyhole' the tiny rock girt inlet on the right is called the Murder Hole. Here men, women and children were thrown from the cliff during the 1798 Rebellion. Further along is Skeleton Cove where the bodies were washed ashore. Dunseverick Harbour is a base for lobster fishermen. Keeping close to the shore, cross a small grassy bay and over the low headland to reach Dunseverick Castle (4). The tiny remains of the Castle belie its former importance. (A sign next to the road explains its history.)



Carrick-A-Rede rope bridge

The path takes you back to the road by a stone wall. At the further end of the wall (about 20m) a stile brings you once again to the cliff top path. From here it is a 5k walk along the magnificent scenery of Benbane Head, the most northerly point of Northern Ireland. As you near the end of the cliffs look out for steps and a guard-rail on your right (5) that take you down the cliff face by the Shepherd's Path to the shore. As you descend you will see on your left the tourist path that leads to the Giant's Causeway and the unique hexagonal columns caused by volcanic cooling.

Advice: If you only have one car it will be necessary to leave it at the Giant's Causeway Visitor Centre and take the bus to Ballintoy village (15 mins journey).



Glenariff

Walking Tour 17

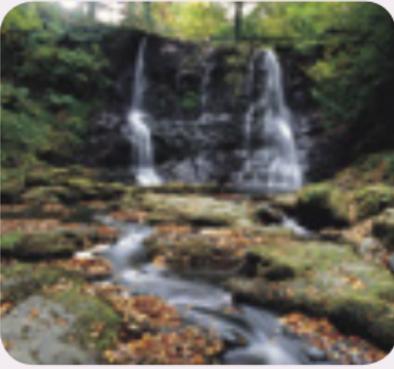
This is a moderate walk along riverbanks, forest trails and cascading waterfalls, with the option of a more challenging off track section for the adventurous walker. It takes in the best that Glenariff, the arable glen has to offer.

Distance	8 km / 5 miles
Duration	2.5 hours
Starting Point	Car park at Glenariff Forest Park
Ascent	160 metres and 130 metres

Follow the tarmac track, which runs below the cafe to the gravel track, and turn right through the garden, passing a wooden shelter, before descending steps to reach a broader path. Follow this track south into the back of the Glen along the banks of the Inver (Inbhear - a river). The track climbs gradually to a wooden shelter, which provides a welcome rest. The view from here is one of the best in all the Glens. Below you, the narrow wooded glen broadens into a flat U-shaped glaciated valley, the main valley being the Irish Sea. Above the shelter the route takes a sharp left-hand branch off the track and crosses small rivers by wooden bridges. On crossing the third bridge an earth track leads (right) off the track to a small stile, and the start of the challenging option. Taking the easier option the track ahead leads through the forest and eventually brings you down to a restaurant and bar.

The second option (A) climbs the stile and follows the left bank high above the river to the top of the waterfall. In full flow this fall is the most dramatic in the Glens. Continue up the left bank of the stream until you reach a small dam just beside a road end. As you climb up to the waterfall ahead watch out for a small stile and boggy ground to reach the obvious higher dry ground on your left.

The next section of the walk is northeast, across boggy ground with islands of rocky outcrops. Your objective is Loughnacarry (Lake of the quarterland) which lies due west of the summit of Crockravar. Follow the stream that flows out of the eastern end of the lake into a shallow grassy gully. An indistinct track leads downhill for a short distance. On reaching a small gate on the right, contour round the hillside until you are below a line of low crags. The view from here down Glenariff to the sea is magnificent. After 400 metres, at the end of the crags, you will see a stony track ahead and to your right, leading up to a small hill. Make for this track but instead of following it uphill, turn right and follow the grass track as it zigzags down to a surfaced farm road. Continue



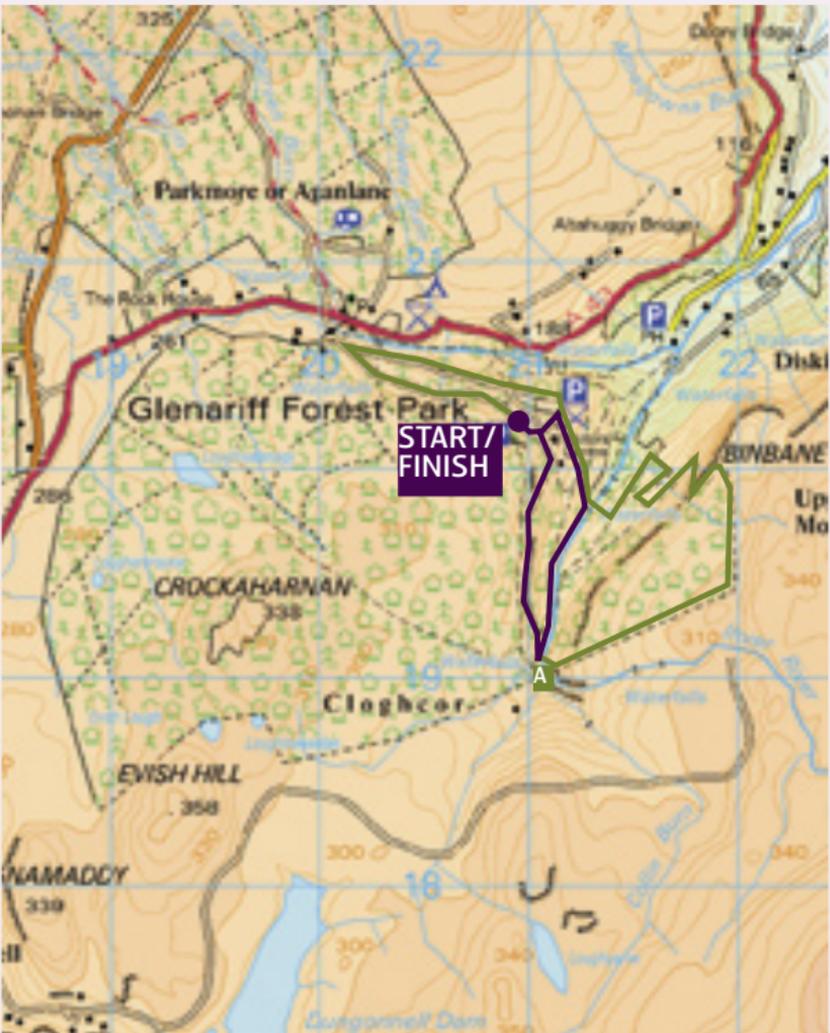
Glenariff waterfall



View over Glenariff Glen

left, down to the restaurant. Walk up Glenariff River past tumbling waterfalls and deep pools. Within this gorge the microclimate supports a wide variety of mosses, liverworts and ferns. The wooden catwalk is spectacular and passes up through the gorge. On reaching a fork take the right branch to join the road near the entrance to the park. Turn left here back to the car park.

Advice: Before starting the walk it is worthwhile visiting the Wildlife and Interpretive Centre at the southern side of the car park.



Rathlin Island Kebble Nature Reserve

Walking Tour 18

From the vantage point high above the chalk cliffs of Rathlin Island, the views back across are superb.

Distance	8 km / 5 miles or 21 km / 13 miles (round trip)
Duration	2.5 hours or 6 hours (round trip)
Ascent	250 metres

On arrival at the ferry terminal in Church Bay, walk westwards along the shore road to the Church of Ireland. (1) This is erected on an early Christian site founded by St. Comgall. Turn right at the Church and climb steeply uphill to the junction at the Roman Catholic Church. Take the left fork here. The road soon levels out high above the chalk cliffs seen from the mainland. From this vantage point as you walk westwards, the views of northeast Antrim are superb. When well beyond the hill on your right, look back to the hilltop where the windmills that provided the Islands electricity are situated.

When they were erected they were named Aodh, Fiachra and Conn, the three sons of Lir who, along with their sister Fionnuala, were turned into Swans for nine hundred years by their jealous stepmother. Three hundred of these years were spent on the Sea of Moyle, which surrounds Rathlin. The next high ground on the right is Brockley (the badger field), site of a Neolithic axe factory. This is situated on private land and there is no access to the site. Continue along the road until a gate with cattle grid indicates the entrance to the Nature Reserve (2). Beyond the gate there is freedom to roam. The road continues to the West Lighthouse, but you can leave it here to explore the dramatic cliffs from Cooraghy Bay past Bull Point to arrive eventually at the Lighthouse. The cliff retaining cement walls are a masterpiece of the 19th Century engineering and the lighthouse itself is possibly unique in that it is built upside down, the accommodation being built on top of the light. If you have arranged access to the viewing platform the warden is usually on hand to help you to identify the many breed of seabirds nesting on the cliffs.

On leaving the lighthouse continue northeast along the cliff edge path until you reach the high point of the cliffs (3). The route here takes a right angle turn along the ridge of barren land lying between the two wooded section so Kinramer Wood. A cairn marks the highest point of the Island. From here the whole of the island can be seen. From the cairn continue along the ridge, (there is no defined path) until you reach the road. While unsighted, the line of the road is indicated by electricity poles. On reaching the road make your way back to Church Bay.



Rathlin Island

Advice: The complete walk from the ferry terminal at Church Bay to Kebble Nature Reserve can only be undertaken in the summer months when the ferry timetable allows adequate time (T 028 2076 9299). However it is possible to take a mini bus for either the outward or return journey at other times of the year. It is advisable to arrange this beforehand. If your purpose is specifically bird watching it is also advisable to contact the RSPB Warden on Rathlin to arrange access to the West Lighthouse observation platform (T 028 2076 3948).



THE CAUSEWAY COAST & GLENS

Causeway Coast and Antrim Glens Ltd
11 Lodge Road, Coleraine, Co. Londonderry
BT52 1LU Northern Ireland
T (028) 7032 7720 F (028) 7032 7719
E mail@causewaycoastandglens.com
www.causewaycoastandglens.com

Regional Tourist Information Centres

Ballycastle

Sheskburn House, 7 Mary Street
Ballycastle BT54 6QH
T 028 2076 2024
F 028 2076 2515
E tourism@moyle-council.org
www.moyle-council.org

Ballymena

76 Church Street
Ballymena BT43 6DF
T 028 2563 8494
F 028 2563 8495
E tourist.information@ballymena.gov.uk
www.ballymena.gov.uk

Ballymoney

1 Townhead Street
Ballymoney BT53 6BE
T 028 2766 0227
F 028 2766 0222
E kerrie.mcgonigle@ballymoney.gov.uk
www.ballymoney.gov.uk

Carrickfergus

Museum and Civic Centre
11 Antrim Street, Carrickfergus BT38 7DG
T 028 9335 8049
F 028 9335 0350
E touristinfo@carrickfergus.org
www.carrickfergus.org

Coleraine

Railway Road
Coleraine BT52 1PE
T 028 7034 4723
F 028 7035 1756
E colerainetic@btconnect.com
www.colerainebc.gov.uk

Larne

Narrow Gauge Road
Larne BT40 1XB
T 028 2826 0088
F 028 2826 0088
E larnetourism@btconnect.com
www.larne.gov.uk

Limavady

7 Connell Street
Limavady BT49 0HA
T 028 7776 0307
F 028 7772 2010
E tourism@limavady.gov.uk
www.limavady.gov.uk

Newtownabbey

Development Services Department
Mossley Mill
Newtownabbey BT36 5QA
T 028 9034 0000
F 028 9034 0062
E info@newtownabbey.gov.uk
www.newtownabbey.gov.uk

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