

ANTRIM COAST AND GLENS

Self-guided walking trail in the North of Ireland 2009

This independent walking tour of the Antrim Glens & Causeway Coast spends two days on the Moyle Way in the Glens of Antrim, a day on Rathlin Island and three days along the Causeway Coast. The Causeway Coast and Glens walking tour provides a journey of exploration, where imagination meets reality and where every village and town, castle and rocky shore is just waiting to be discovered.

The Causeway Coast is one of the most dramatic coastlines in the world passing rugged and windswept cliffs, spectacular scenery and unspoilt beaches.

The Moyle Way is a waymarked route that winds its way between Glenariff and Ballycastle. It takes you through many of the scenic valleys and mountains that lie within the Glens Area of Outstanding Natural Beauty and the Antrim Coast. As well as beautiful scenery the area is full of fascinating geology, wildlife, history and folklore. On its way the route passes through five of the nine famous glens; Glentaise, Glenshesk, Glendun, Glenballyemon and Glenariff.



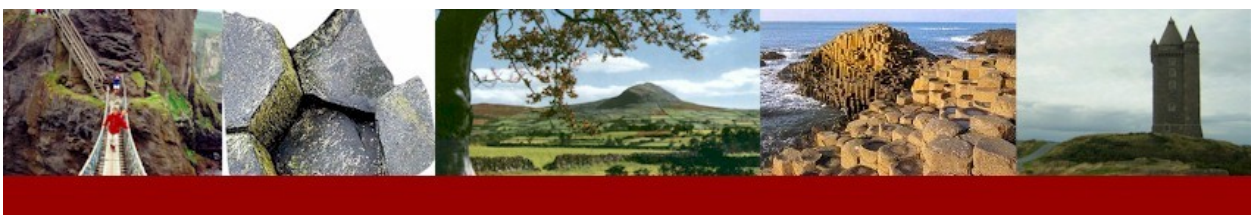
Duration:	8 days (7 nights)
Tour Dates 2009:	every Saturday (June - September)
Level:	Easy to moderate with uneven surfaces, with some hill.
Equipment:	You are provided with route notes and maps, but correct rain proof gear and walking boots are essential to bring with you.
Group Size:	Individuals
Accommodation:	Hotels and select B&B's
Meals:	7 Irish Breakfasts
Transfers:	Luggage transfers.
Miscellaneous:	Detailed route notes and maps.
Arrival Point:	Broughshane, Co Antrim
Departure Point:	Portstewart



PRICE 2009:

Price per adult €699.00 per person sharing

All prices are in EURO, and based on per person sharing. Per person sharing means two people in one room. Single Room supplement is applied when people require a room for themselves as part of a booking of two or more. Bookings are based on a minimum of two people booking.



DAILY ITINERARY

DAY 1 Saturday Arrival.

You begin your holiday on Saturday evening with a meet and greet in the picturesque village of Broughshane



DAY 2 Sunday

Orra Beg to Glenariff Forest Park - 7 miles - average walking time - 4 hours

After a hearty breakfast you are driven by coach to Orra Beg, an intersection on the Moyle Way to begin your walking tour. Today you are heading south to Glenariff Forest Park passing Slieveanorra Nature Reserve, which has spectacular views over the glens. The area also plays host to a great variety of birds from red grouse, ravens, hen harriers and birds of prey. From Slieveanorra you carry on over open moorland for Trossan Mountain and on to Glenariff Nature Reserve and Forest .

DAY 3 Monday

Orra Beg to Ballycastle - 11 miles - average walking time - 5 hours

Today you return to Orra Beg and head north for Ballycastle. Continuing on the Moyle Way the route is divided into three sections. The first part of the walk descends along a forest track to a point where it meets the Glenshesk River. From here you follow the river along the valley until it meets the boundary of Breen forest. Along the way you will come to a small waterfall and pool that marks the site of McQuillan's gravestone on the opposite bank of the river. This is where a McQuillan chief fell after being defeated at the battle of Orra in 1559. You leave the river at this point and follow the forest track as it leads through the Breen Oakwood Nature Reserve and Wood. The next section of the route follows the country road along the Glenshesk valley offering views of the Glenshesk River, Knocklayd Mountain and Coolaveely wood. The final part of today's walk takes you into Ballycastle Forest where you descend along a good forest path into Ballycastle.

DAY 4 Tuesday

Today's distance - variable. Transfer by ferry to Rathlin Island. A naturalists delight, with walks from 6-9km
Rathlin, described as a hidden treasure waiting to be discovered is an L shaped island, one side is four miles long, the other three and is nowhere more that a mile across. A short day in terms of miles to be walked but a naturalists delight. Choose between three walks varying from 1.5 miles to 4 miles.

DAY 5 Wednesday

Ballycastle to Ballintoy - 6 miles - average walking time - 3 hours

Today's walk takes you along the coastal road from Ballycastle to your evening stopover at Ballintoy. It's a rolling road with ample vantage points to view the magnificence of the Antrim coastline. As you continue along the route you will come to Larrybane with its visitor centre and access to the world famous Carrick-a-Rede rope bridge. The bridge spans an 80 foot deep chasm that renders Carrick-a-Rede island, a must do for every visitor and gives a fitting dramatic finale to an exhilarating day's walk. From here it is only a short distance by the coastal path to the little village of Ballintoy. The little harbour at the foot of the cliffs is well worth a visit.

DAY 6 Thursday

Ballintoy to Portballintrae - 11 miles - average walking time - 5 to 6 hours

Setting off along the coastal path from Ballintoy harbour you very soon come to the beautiful strand of White Park Bay, over a mile of splendid golden beach. Then on to Portbraddan, with Ireland's tiniest church measuring only 12ft by 6.5ft. Continuing on eastward you come to the ruins of Dunseverick Castle - capital of the fabulous kingdom of Dalriada. From here you continue along the cliff-top path round Benbane Head, passing Port na Spaniagh where the Armada treasure ship Girona sank in 1588 and on to the Giant's Causeway. From here follow the cliff top path which leads to Portballintrae and your evening accommodation.

DAY 7 Friday

Portballintrae to Portstewart - 12mils / 19.5km - average walking time 5-6 hours

Your final day's walk begins on the coastal road to Portrush passing Dunluce Castle and Magheracross viewpoint. Shortly you come to Whiterocks beach and then a formal pathway at the far side of the beach leads you up around Ramore Head and finishing at Portrush harbour. Your walk continues along Mill Strand beach and then following the Causeway markers the route continues along the coastline ending at the promenade in Portstewart.

DAY 8 Saturday

After a final breakfast and farewell you commence your homeward journey.

The programme is subject to weather conditions and may be changed if required. Please be aware that the programme given for this tour is strictly intended as a guide only and may not be fully adhered to. Climatic conditions, safety regulations and travel options may subject the programme to changes and/or modifications without due notice, at any time. In such case, Killary Tours reserves the right to make any necessary decisions.

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