



Mid and East Antrim Outdoors



**Mid & East
Antrim**

A land shaped by Sea & Stone

shapedbyseaandstone.com

Welcome to Mid and East Antrim

A land shaped by Sea and Stone

From the shores of the Jurassic Coast to the ancient forests of the Glens. Whether it's hikes and walks, paths for a Sunday stroll, or hills for a great adventure you are after, you will find it, and yourself, here.

Your next adventure awaits...







Using the Guide

Make a day of it

For each of our must visit spots you'll find it presented with a suggested itinerary (Make a day of it) with food stops, coffee fixes as well as plenty of other things to see and do nearby.

Areas of interest

For ease of use, the guide is divided into your main areas of interest: Hikes and Walks, Into the Forest, By the Sea, and Parks. This way, you can get straight down to business and find your next day out, doing what you love.

Key guide

As well as this, you'll also find our key guide (opposite) useful in enabling you to quickly work out the nuts and bolts of your day out: the table opposite shows exactly what you can expect from each attraction and how prepared to be – as well as how difficult each activity is and an estimate of how much time each walk will take the average person. There is also booking information available for any of the featured attractions that require booking, namely The Gobbins Cliff Path.

Accessibility

Please note that whilst care has been taken to give the most up to date and factual information regarding the accessibility of each walk, it is nonetheless important to be mindful of the potential shortcomings of said information, and to exercise caution when out and about.

Each path marked as wheelchair accessible in parts will have some sections of rough and uneven terrain that can be difficult to navigate. It is the responsibility of each user to equip themselves with this knowledge and exercise caution when out on our trails.

Key

Difficulty

Very easy

Easy

Moderate

Difficult

Very difficult

Time Needed

Time in half hourly increments

Facilities

 *Toilets*

 *Food*

 *Parking*

Equipment

 *Rain proof clothing*

 *Boots*

Accessibility

Walking

Wheelchair

Other

Booking Information

Dog Friendly?

Yes / No

Please note: Information correct at time of going to press, December 2024



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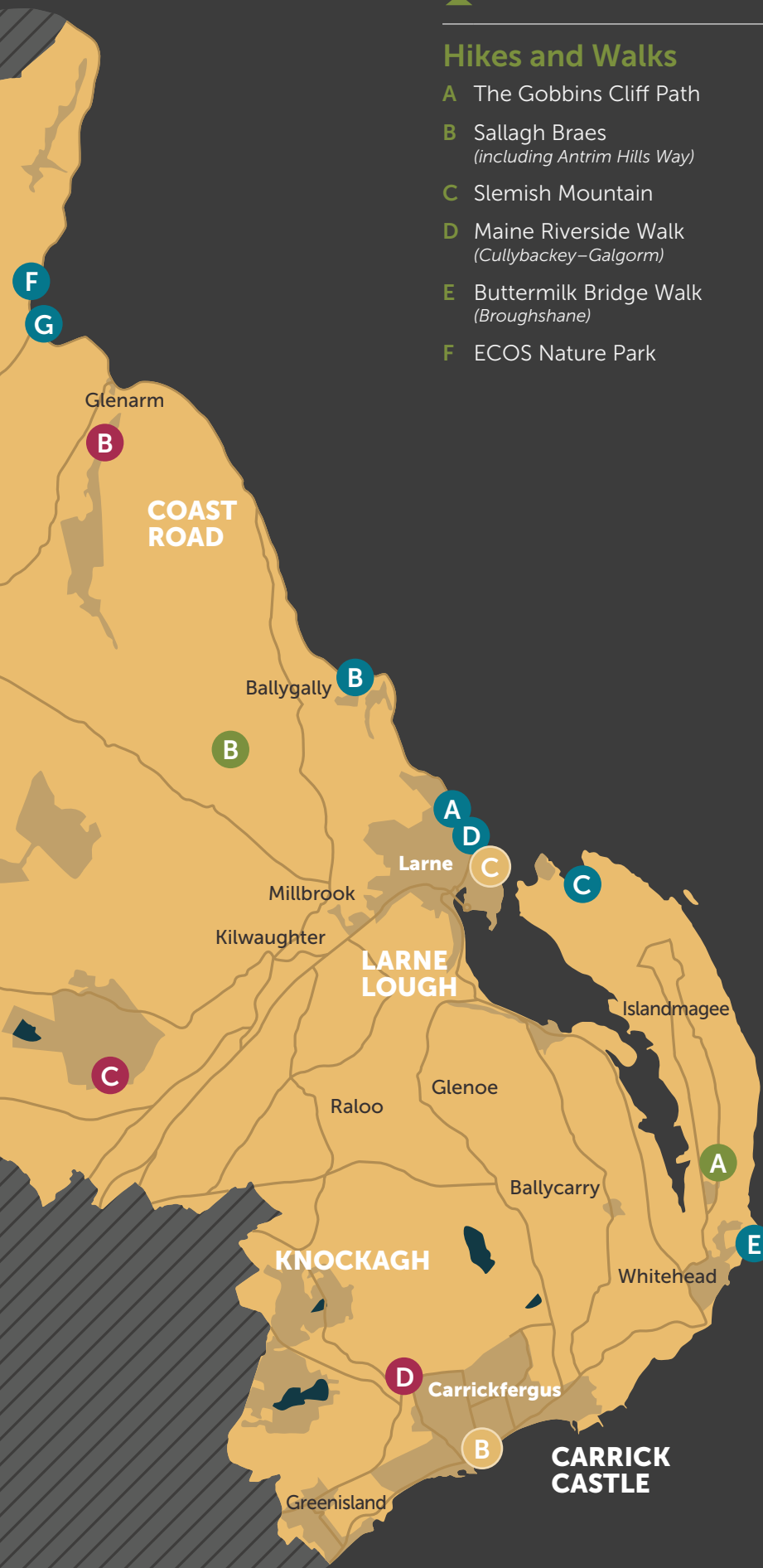
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A land shaped by Sea and Stone





1

Hikes and Walks

- A The Gobbins Cliff Path
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(including Antrim Hills Way)
- C Slemish Mountain
- D Maine Riverside Walk
(Cullybackey–Galgorm)
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Into The Forest

- A Portglenone
- B Glenarm
- C Ballyboley
- D Woodburn

3

By The Sea

- A Larne's Jurassic Coast
- B Ballygally Beach
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(Whitehead)
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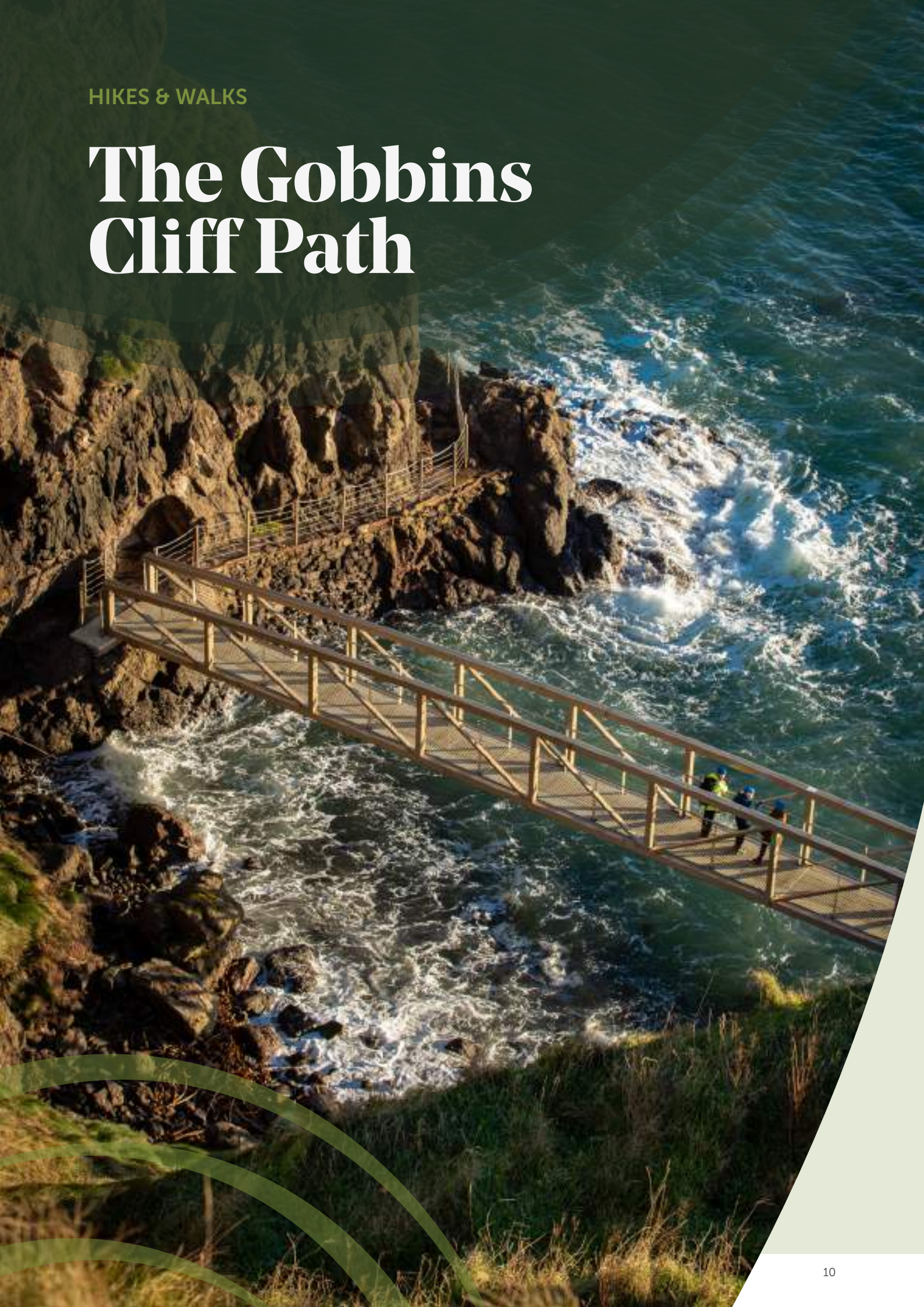
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Parks

- A People's Park
- B Marine Gardens
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HIKES & WALKS

The Gobbins Cliff Path





The Gobbins, a spectacular coastal walk, offers you the opportunity to experience a unique tour along the cliff edge of the East Antrim coast, along the Islandmagee Peninsula.

Enjoy dramatic views across the sea to Scotland or watch the waves roll in from the Irish Sea, while seabirds fly overhead. Put on your boots and hard hat and weave your way along 65-million-year-old basalt cliffs, through tunnels and hidden caves where past generations of smugglers hid their loot and present generations of wildlife call home.

Discover this triumph of Victorian engineering and experience one of the most enthralling coastal walks along the Causeway Coastal Route.

All in, the tours last approximately 3 hours from arrival at the Gobbins visitor centre until

return, with the walk itself taking in the region of 2.5 hours.

Your starting point is The Gobbins Visitor Centre, which tells the dramatic story behind this unique cliff path. The Visitor Centre is also home to a café, The Greedy Gannet, which offers an array of light refreshments as well as an extensive all day menu.

Booking Information

The Gobbins Cliff Path must be booked in advance. Adult tickets are priced at £21.50 with concessions available as well as family rates. For full booking information visit thegobbinscliffpath.com

Make a day of it

The Gobbins Cliff Path is a perfect foundation for a day out and you can make a very good day out into a great one with ease.

Why not start the morning with a visit to **The Rinkha** for a coffee pit stop to fuel up for the walk. On return from the path you need not travel too far for your food fix as the café housed in the Gobbins Visitor centre, **The Greedy Gannet**, will fulfil your needs whether it is substantial meal or a sweet treat you are after.

Lastly, before heading off home you can truly make a day of it with a visit into nearby Carrickfergus. **Carrickfergus Castle** is a great visit for all the family as well as history buffs alike and **Andrew Jackson Cottage** is just a 2-minute drive from the castle if you fancy a visit to a presidential homestead.

Difficulty

Moderate

Time Needed

🕒 3 hours

Facilities



(available at visitor centre)

Equipment (recommended)



Accessibility

Moderate level of fitness/walking unaided required

Booking

thegobbinscliffpath.com

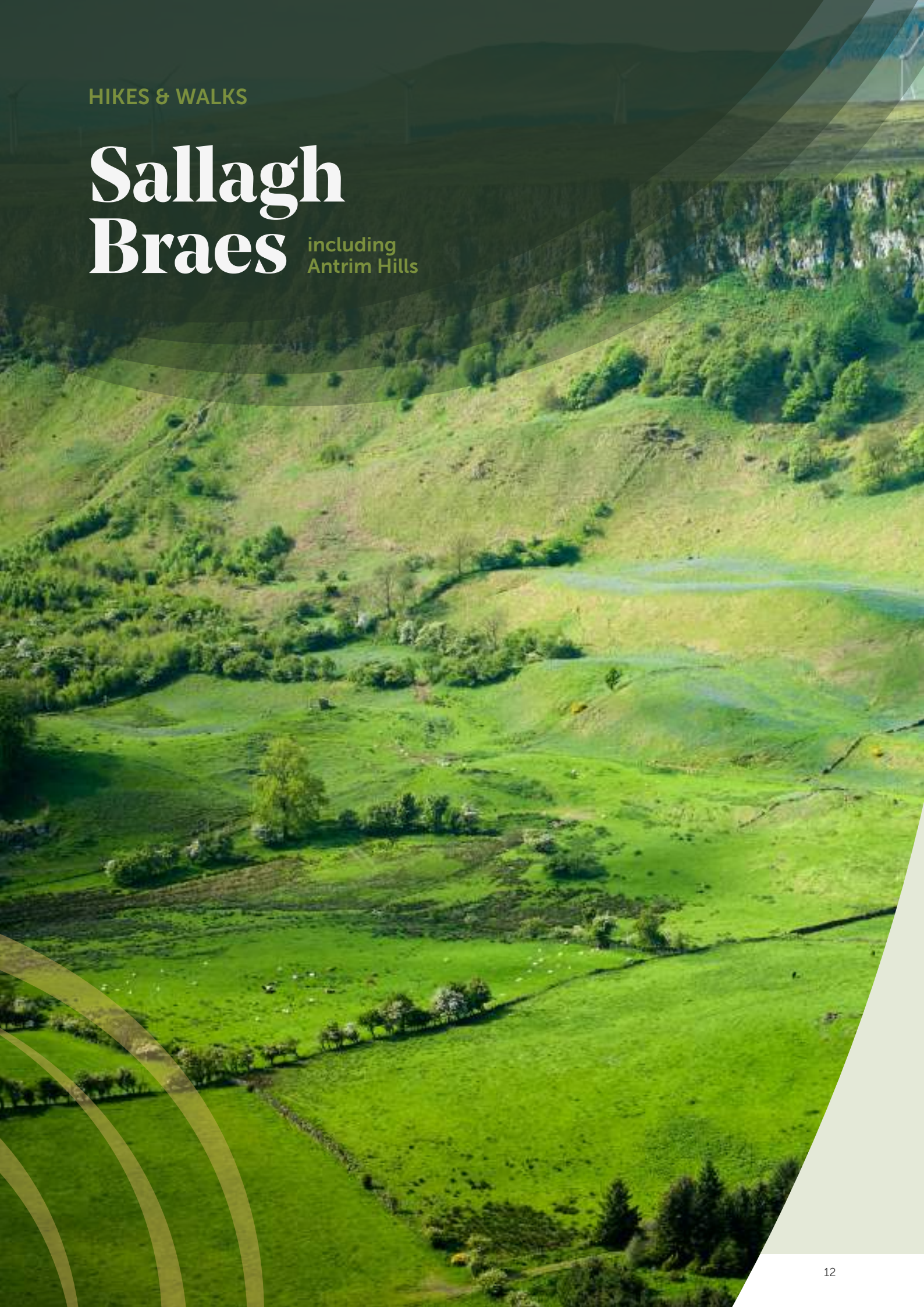
Dog Friendly?

No

HIKES & WALKS

Sallagh Braes

including
Antrim Hills

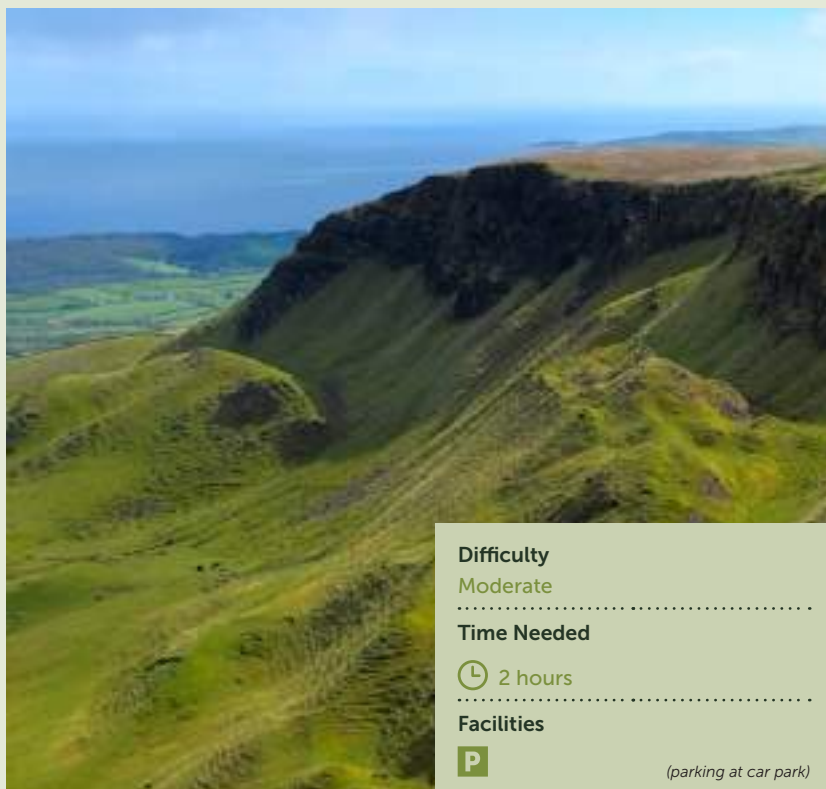


Sallagh Braes

A stunning short walk across exposed hillside, leading to and along the edge of the Sallagh Braes basalt cliffs.

The Sallagh Braes is a prominent basalt scarp in the uplands located 3 miles west of Ballygally, close to the Causeway Coastal Route.

Starting at Linford Car Park, follow the signs for the trail. This is a moderately difficult walk. It starts from a height and undulates across hummocky land with some hills to negotiate.



Make a day of it

Start your morning at the **Ballygally Castle Hotel** where you can kick off with a coffee and breakfast if you so desire. Following your hike head the short distance to the quaint seaside village of Carnlough and visit the **Twilight Bunkhouse** where you will be treated to an array of tasty food (both sweet and savoury) and some more coffee to warm you up following your time on the mountain.

Difficulty

Moderate

Time Needed

🕒 2 hours

Facilities



(parking at car park)

Equipment (recommended)



Dog Friendly?

Dogs prohibited
(route passes through farmland)

Antrim Hills Way

Glenarm to Ballyboley

If it is a more extensive walk you're after, you can extend your hike plan to take in the broader area of the East Antrim coast, whilst still including Sallagh Braes.

This section runs from Glenarm through to Ballyboley forest, and takes in the aforementioned Sallagh Braes. This walk begins in Glenarm where the Antrim Hills Way climbs steeply out of the village to Black Hill and then leads south across a series of summits rising gently to the west before falling away steeply to the east, a conspicuous geological landform that is a legacy of the last ice age.

Please note

This route passes through areas of open land such as hillside, working farmland and working forests. Livestock and bulls can be present at certain times of the year, ground conditions may be uneven or wet underfoot and all forestry signage should be adhered to.

This walk sits within the wider International Appalachian Trail Ulster-Ireland section. For more information please visit: iatulsterireland.com



Difficulty

Difficult

Time Needed

🕒 4–6 hours (minimum)

Facilities



(parking & toilets in Glenarm)

Equipment (recommended)



Dog Friendly?

Dogs prohibited
(route passes through farmland)

HIKES & WALKS

Slemish Mountain





Slemish Mountain, the legendary first known Irish home of Saint Patrick, is located just outside the small village of Broughshane, on the outskirts of Ballymena.

The mountain rises about 1500 feet (437 metres) above the surrounding plain, and it is actually the central core of an extinct volcano.

According to legend, following his capture and being brought as a slave to Ireland, Patrick worked as a shepherd at Slemish Mountain for about six years. The legend goes that his own call to God took place while on Slemish.

Slemish Mountain is open all year round and on Saint Patrick's Day (17 March) large crowds

hike to the top of the mountain as a pilgrimage.

The 1.5 kilometre round walk to the summit and back takes approximately one hour in good weather. The path can become very slippery in wet weather so care should be taken. Good waterproofs and strong footwear are recommended. All dogs should be kept on leads.

Make a day of it

Head to **Brew** in Broughshane to fuel up for your hike before returning to Broughshane and visiting **The Thatch Inn** for some food on your return.

Difficulty

Moderate

Time Needed

🕒 1.5 hours

Facilities



Equipment *(recommended)*



Accessibility

n/a

Booking

n/a

Dog Friendly?

Dogs on lead

HIKES & WALKS

Maine Riverside Walk

Cullybackey
to Galgorm



This is a pleasant riverside and woodland route that takes in a mix of sights as you make your way along the River Maine.

The route is considered an easy route for walkers and can be started from either end, with car parking available at the Spar shop in Cullybackey, off Main Street beside the River Maine. Starting from the other end, you can park at the Gillies Bar to the rear of the Galgorm Resort & Spa. The route is signposted, with information boards at both ends of the path show the route and additional information.

The walk encompasses a mature woodland that was created as part of the Millennium celebrations with restored ponds offering a chance to spot a variety of wildlife. The route is generally considered safe however do ensure to take care on the rougher sections of this trail, especially in wetter weather when the paths are muddy and slippery. Appropriate footwear is advised.

Make a day of it

Head to **Toast** in Cullybackey for breakfast before a trip to **Arthur Cottage**, the ancestral home of US President Chester A Arthur, to discover what life was like for our ancestors. Head off on your walk and finish off at the world-famous **Galgorm** for some tea and treats.

Difficulty

Very easy

Time Needed

🕒 0.5–1.5 hours

Facilities



(toilets in nearby village)

Equipment *(consider)*



Accessibility

n/a

Booking

n/a

Dog Friendly?

Dogs on lead

HIKES & WALKS

Buttermilk Bridge Walk

Broughshane





Starting at Houston’s Mill car park follow the path that leads to Broughshane Main Street.

Take care crossing the road to the entry archway of the Buttermilk Bridge Walk. Follow the path in an anticlockwise direction staying close to the river until you reach the play park (Waterfowl Park) and car park. From here, turn left and go down Knockan Road to Main Street, turn left and proceed back to the Houston’s Mill site. The path is well maintained and has no steep inclines or obstacles, making it wheelchair user friendly in parts, and although there are a few drains and uneven patches in places on the Main Street, it is generally not too bad.

As stated, this walk is home to Broughshane Waterfowl Park, which is now teeming with waterfowl and other wildlife. It is one of only two places in the world where all seven species of swan can be found. These range from Black-necked to the large Trumpeter swan. Here you can enjoy the tranquillity of the ponds and surrounding woodland before continuing on your walk.

Please note

All dogs are prohibited from the woodland (with the exception of guide dogs).

Make a day of it

Make your way to **Winnie’s 1975** for some tea and a tasty treat post walk.

Difficulty

Very easy

Time Needed

🕒 0.5–1.5 hours

Facilities



(toilets in nearby village)

Equipment *(consider)*



Accessibility

Wheelchair accessible

Booking

n/a

Dog Friendly?

No

HIKES & WALKS

ECOS Nature Park





ECOS Nature Park lies within the flood plain of the River Braid and is an oasis of wildlife close to the heart of Ballymena town centre.

Eight kilometres of mostly flat footpath gently leads visitors around 220 acres of parkland that includes maturing woodland, peaceful lake and ponds, wet grasslands and meadows grazed by Irish Moiled cattle. Two waymarked circular trails take you through the site.

ECOS Nature Park received the Green Flag award from 2016 to 2019 and is well worth a visit!

The ECOS Nature Park has several marked trails including the River Walk (0.8km), the Woodland Walk (2km) as well as a national cycle route.

Must do

In summer time the fields are adorned by, at times, hundreds of butterflies softly flitting around the meadows nectar from the wildflowers that are proliferating in the park. Your ears can be soothed by the gentle songs of meadow pipits and skylarks and many other bird species that choose to breed here. ECOS is an ideal breeding refuge for these and other farmland birds like snipe, grasshopper warbler and dunnock that are in sharp decline in other parts of Northern Ireland.

Make a day of it

Start with a coffee at the **Secret Garden Café**. After a morning dandering around ECOS why not head into town for a bite to eat and a bit of relaxation. Head to famous **Grouse Bar & Restaurant** in the heart of Ballymena for some comfort food and maybe even a tiple in front of the fire!

Difficulty

Very easy

Time Needed

🕒 0.5–1.5 hours

Facilities



(toilet & café opening times are limited)

Equipment *(consider)*



Accessibility

Wheelchair accessible

Booking

n/a

Dog Friendly?

Dogs on lead

INTO THE FOREST

Portglenone Forest





Portglenone Forest continues a history of mature woodland cover since ancient times, which protects the woodland flora and fauna.

As such, the 26 hectare main area contains extensive colonies of ancient woodland flower species - Bluebell, Wood Anemone, Wild Garlic and many broadleaves and riverside walks.

The swathes of bluebells in spring are especially remarkable, as is the Grove dedicated to Dr. Augustine Henry.

A spot for a leisurely stroll with coffee in hand, take an hour and dander around this magnificent forest and the adjacent River Bann.

Facilities include picnic sites, toilets with wheelchair access, and a number of waymarked trails leading down to the Bann River.



Make a day of it

Visit **Blend & Brew** for coffee before a visit to **The Fiddlers Rest** post walk for some tasty food.

Difficulty

Very easy

Time Needed

🕒 0.5–1.5 hours

Facilities



Equipment (consider)



Accessibility

Wheelchair accessible

Booking

n/a

Dog Friendly?

Dogs on lead

INTO THE FOREST

Glenarm Forest





Embark on a journey to uncover the hidden charm of Glenarm Forest, a serene haven nestled in one of Antrim's lesser-known glens.

Commence your adventure at Glenarm Forest Car Park, following the path past picnic benches toward the river. Despite its modest size, Glenarm Forest boasts a diverse array of tree species thriving under optimal soil and climate conditions. Encounter a diverse array of wildlife, including Mallard, Heron, Dipper, Kingfishers, and the occasional elusive Otter along the river's edge. Ascend steps and spot a squirrel feeder on a tree, a testament to the thriving ecosystem. The forest is laid out with 3 trails of varying length to suit your desires:

Red Trail

A 2-mile trail featuring a sloped descent and stepped ascent.

Blue Trail

A 1-mile walking route that is less taxing.

Yellow Trail

A 0.5mile predominantly riverside walk.

Please be aware that these captivating walks, set in a working forest environment, may occasionally be subject to diversion or closure. Pay attention to safety advice on forest signs.


Make a day of it

Start your day at **Cove Coffee Shop** before heading to the forest. Post-walk, why not head back into the village to **Moran's at Glenarm** for some spectacular seafood.

Difficulty

Very easy

Time Needed

 0.5–1.5 hours

Facilities



(toilets in nearby village)

Equipment *(consider)*



Accessibility

Wheelchair accessible

Booking

n/a

Dog Friendly?

Dogs on lead

Ballyboley



A man-made forest – try this 10km circular trail just outside Larne if you fancy a walk that is considered a moderately challenging route.

It takes an average of 3 hours to complete the full circular route. This is a very popular area for birding, fishing, and hiking, so you'll likely encounter other people while exploring.

The trail is open year-round and is beautiful to visit anytime.

Ballyboley Forest has some non-waymarked walking trails to allow you to explore this forest on foot. The Ulster Way passes through and over the top of Carninard (366m) within Ballyboley Forest.

Dogs are welcome and may be off-lead in some areas.



Make a day of it

Head to **Sixty Six** or **The Dairy** nearby for some great food post walk.

Difficulty

Moderate

Time Needed

🕒 3 hours

Facilities



Equipment *(consider)*



Accessibility

n/a

Booking

n/a

Dog Friendly?

Dogs on lead

Woodburn



An 8km circular trail near Carrickfergus.

Again, this trail is generally considered a moderately challenging route and takes on average 2-2.5 hours to complete.

This is a popular trail for fishing, hiking, and mountain biking, but you can still enjoy some solitude during quieter times of day. Parking facilities are available at the forest however there are no other facilities. The forest is situated about 4 miles outside of Carrickfergus.

Dogs are welcome and may be off-lead in some areas.



Make a day of it

Head to **Season** coffee shop to fuel up pre-walk before heading into Carrickfergus post-hike to take in the sea air and see what's happening in the town!

Difficulty

Moderate

Time Needed

🕒 2 hours

Facilities

P

Equipment *(consider)*

👕 🥾

Accessibility

n/a

Booking

n/a

Dog Friendly?

Dogs on lead

Larne's Jurassic Coast



Follow the town centre signage for Larne Leisure Centre and park there to stretch your legs and walk up through time, along Larne promenade.

For geologists, this area is one of the most important places in the world when it comes to fossil-hunting and it's probably one of Larne's best-kept secrets for non-scientists.

At first glance it looks like just a bleak, surf-battered stretch of flat rocks – but it is Northern Ireland's own Jurassic Coast. A walk from the south end of the Promenade, near the leisure centre, to the north end past Waterloo Cottages passes through around 150 million years of Earth's history. This area, known as Waterloo Bay, was made an Area of Special Scientific Interest in 1995.

No land dwelling dinosaurs are found in the Waterloo Bay area, as it was under the sea during the Jurassic period, but lots of sea creatures can be found as fossils.

To fully appreciate the geological diversity of Waterloo Bay it's best to visit at low tide when the progression of the rocks on the foreshore through the millennia can be clearly seen from the promenade as one walks north from the leisure centre, where free parking is available.

Walk, swim, look for fossils or just enjoy the coastal views – Waterloo Bay is a special place.


Make a day of it

Stop in at the **Prom Café** whilst out on your walk and grab a brew to keep you warm on the coast. Post walk head to **The Olderfleet** to experience one of the best restaurants in the area.

Difficulty

Easy

Time Needed

 0.5–1.5 hours

Facilities



(toilets available nearby)

Equipment *(consider)*



Accessibility

n/a

Booking

n/a

Dog Friendly?

Dogs on lead

BY THE SEA

Ballygally Beach



This award winning beach is located in Ballygally, 10km north of Larne town on the beautiful Causeway Coastal Route and is perfect for a short walk to blow the cobwebs away or to build sand castles with the kids or to even enjoy a quick swim!

It is approximately 300m long and is sandy with seaweed and boulders. There are great views in all directions.

The main access is via a sloped path that ends in a convenient level wooden platform. Only 100m further along, access is also possible via steps and at the other end, via steps from the Ballygally Castle hotel car park.

This beach has been awarded the Seaside Award for achieving the required standard of bathing water quality and for its general cleanliness and provision of information and facilities.


Make a day of it

Start your morning at **Ballygally Castle Hotel** for some breakfast before heading for the beach. Post walk make the short trip to **Larne Museum** to immerse yourself in local history for an hour or two.

Difficulty

Very easy

Time Needed

 0.5–1.5 hours

Facilities



(toilets available nearby)

Equipment *(consider)*



Accessibility

Wheelchair accessible paths
(not beach)

Booking

n/a

Dog Friendly?

Dogs on lead

Brown's Bay Beach



Brown's Bay Beach is a popular sandy, safe beach at the northern tip of Islandmagee, nestling between Skenaghan Point and Barrs Point in a horse shoe shaped bay.

It is 600m long with rocks and loose boulders around the edge. Access is via a set of steps at one end and a gentle ramp at the other. A sizeable car park is on the other side of the road. There is a wide grassy area that is suitable for wheelchairs. There are also public toilets on-site and at Ballylumford Harbour.

This beach has been awarded the Seaside Award for achieving the required standard of bathing water quality and for its general cleanliness and provision of information and facilities.

Skenaghan point, on the east of the bay, is a National Trust property and features a short walking route past the "rocking stone". Looking to the north one gets a clear view of the "Maidens rocks" far out in the North Channel, and their two lighthouses, only one of which is now in operation.


Make a day of it

Start your morning here before heading to Whitehead to further stretch your legs. Pay a visit to **Shores** on the promenade before heading for **Whitehead Railway Museum** for an experience the whole family are sure to love!

Difficulty

Very easy

Time Needed

 0.5–1.5 hours

Facilities



Equipment *(consider)*



Accessibility

Wheelchair accessible in parts

Booking

n/a

Dog Friendly?

Dogs on lead

Larne Promenade



Before reaching the Coast Road there's a mile-long stretch of promenade that can easily be missed, as it's for walkers only.

Larne Promenade was built at various stages from 1902 to 1934, for locals to enjoy refreshing coastal walks and swimming. You'll also spot 'Waterloo lime kiln' – evidence of a long-standing industrial heritage.

It's a great birdwatching spot to see a heron standing by a rock pool, a flock of oyster catchers probing for food or the shag with wings out-stretched to dry. The Town Park and Chain Park sit above the Promenade and are worthy of exploration to enjoy impressive coastal views, with Scotland in the distance or the nearby Maidens Lighthouses or Chain Memorial Tower. Venture up the 'snake' path if you're feeling energetic.

From the promenade or these parks, you can also walk along and join the Antrim Coast Road to discover the 'William Bald Memorial', which recognises the impressive engineering involved in the construction of the Antrim Coast Road between 1832 and 1842. Further along via the roadway is the famous Black Arch.

There is useful signage along the promenade and on the path up to the Coast Road above.

Walk, swim, enjoy outdoor gym equipment, look for fossils at Waterloo Bay or just enjoy the coastal views - the promenade is a special place.

Make a day of it

End your walk with a visit to the **Prom Cafe** in **Larne Leisure Centre** for coffee and cakes or a delicious lunch.

Difficulty

Very easy

Time Needed

🕒 0.5–1.5 hours

Facilities



(toilets in nearby village)

Equipment *(consider)*



Accessibility

Wheelchair accessible

Booking

n/a

Dog Friendly?

Dogs on lead

BY THE SEA

Blackhead Path

Whitehead





Discover Blackhead Path with its stunning location and iconic Lighthouse!

This walk includes 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 Blackhead, an ancient volcanic plug.

Marine traffic from Belfast sails within a few hundred metres off 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 Commissioner for Irish Lights. The views from the walkway around the lighthouse are stunning. Vehicular access to the Lighthouse is restricted to residents only as this is a private road.



Make a day of it

Head to **Whitehead Centre** and rent an e-bike to really open up the possibilities of the path. On return why not stop and visit the **Fuzzy Beak** for some good old fashioned comfort food.

Difficulty

Easy

Time Needed

🕒 2–3 hours

Facilities



Equipment *(consider)*



Accessibility

Wheelchair accessible in parts

Booking

n/a

Dog Friendly?

Dogs on lead

BY THE SEA

Gortin Quarry

including Cranny Falls trail



Starting in Carnlough, take the steps going uphill beside the 'Harbour Lights' building, heading across the bridge over the main road.

The gentle incline of this walk takes the route of an old limestone railway track to the now disused Gortin Quarry. Interpretation panels along the way illustrate the history.

Please note

Access to Cranny Waterfall is currently restricted.



Make a day of it

Head back into Carnlough and pay a visit to the superb **Twilight Bunkhouse**.

Difficulty

Easy

Time Needed

🕒 0.5–1.5 hours

Facilities



(toilets in nearby village)

Equipment *(consider)*



Accessibility

n/a

Booking

n/a

Dog Friendly?

Dogs on lead

BY THE SEA

Carnlough Harbour



Located at the foothills of Glencloy, this sheltered and compact harbour is the focal point of Carnlough village.

Carnlough Harbour is one of the must see stop-offs along the Causeway Coastal route for Game of Thrones® fans. Fans will recognise the stony staircase leading down to the sea, filmed as part of the Free City of Braavos Canal, where Arya Stark crawled up from the waters after being stabbed by the Waif. (Season 6)

Head along the harbour a dander and you will find plenty

to keep you entertained, from the boats coming and going to the bustle streets of busy Carnlough.



Make a day of it

Pay a visit to the **Harbour Lights Café** to really make the most of your trip.

Difficulty

Very easy

Time Needed

🕒 0.5–1.5 hours

Facilities



Equipment *(consider)*



Accessibility

Wheelchair accessible

Booking

n/a

Dog Friendly?

Dogs on lead

Parks



PARKS

People's Park

The People's Park in Ballymena is an award winning Green Flag park and a great example of a public park of that era, with a modern twist. The 45-acre urban park is well used and loved by regular, local users and visitors from further afield. The provision of a senior and junior play area makes it a well-liked, well-used facility with families and young people. It is also popular with sporting enthusiasts who can avail of the 4 floodlit Astro turf tennis courts and an outdoor bowling green. The Park is situated a short walk from Ballymena town centre and is accessible from the town service bus route.



Facilities



Wheelchair accessible

Location

The People's Park
Doury Road
Ballymena BT43 6JA

Make a day of it

Head into Ballymena Town centre and pay a visit to **Middletown Coffee** for some of the best coffee you are likely to get anywhere. When suitably rejuvenated make the short trip to **The Braid Museum and Arts Centre** to see what is happening in the world of arts and culture in the town.

PARKS

Marine Gardens

Marine Gardens lies on the waterfront of Carrickfergus and is a beautiful parkland within sight of Carrickfergus castle. It consists of 3 distinct spaces with a winding walk as far as Fisherman's Quay, where visitors can make their return to the castle along the delightful seafront promenade with fantastic views across Belfast Lough and beyond (around 2km in total).



Facilities



Wheelchair accessible

Location

Marine Gardens
Marine Highway
Carrickfergus BT38 7DN

Make a day of it

Make the short trip across the road to the famous **Carrickfergus Castle** before retiring for the day at nearby **Ownies** for some freshly made food and a tipple.

PARKS

Larne Town Parks

The sea plays an important role in defining the identify and character of these parkland areas and all sites are linked via walkways. Chaine Park is 1.28 hectares and was named in honour of James Chaine, who developed the sea route to Scotland and who contributed much to the development of Larne Harbour.

The Town Park consists of 8.3 hectares and contains 3 tennis courts, a 5-side soccer pitch, children’s playground, public toilets, shelters, bandstand, mature trees and tree lined walks, woodland, ornamental shrubs, flower bedding and large flat areas of open grass for ball games and play. The children’s playground has a planetary and out of this world feel and is aimed at slightly older children.

The ‘Promenade’ is fully accessible to the public from Town Park via a pedestrian link known as ‘The Snake Path’ which gives access around the coastline passing the leisure centre and leading to Chaine Memorial Tower.



Facilities



Wheelchair accessible in parts

Location

Larne Town Parks
124-132 Glenarm Road
Larne BT40 1DY

Make a day of it

Head to **The Upper Crust** to fuel up after all the exploring. If a second activity is on the agenda make your way to the excellent **Larne Museum** to brush up on some local history!



Visitor Information

Ballymena Visitor Information Centre

The Braid Ballymena Town Hall
Museum & Arts Centre
1-29 Bridge Street
Ballymena BT43 5EJ

+44 (0)28 2563 5010
tic.reception@midandeastantrim.gov.uk

Glenarm Visitor Information Point



Marina Office
Glenarm Marina
Coast Road
Glenarm BT44 0DA

+44 (0)28 2884 1087
info@glenarmtourism.org
glenarmtourism.org



Carrickfergus Visitor Information Centre

Carrickfergus Castle
Marine Highway
Carrickfergus BT38 7BG

+44 (0)28 9335 8262
visitorinfo@midandeastantrim.gov.uk

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