

† ACTIVITY *itinerary*

It is adventure time in the Causeway Coast and Glens. There are few places that you will have as much choice for adrenaline rushing activities. Here are some suggestions for an active three day break, but there are many more land, air and water based options to choose from on our website vistcausewaycoastandglens.com

Causeway
Coastal
Way



DAY 1

MORNING

Coastal Path Walk- The North Antrim Cliff Path

Starting at Dunseverick Castle this 5 mile route leads you to the Giant's Causeway and forms part of the of the longer Causeway Coast Way and Ulster Way. Maintained by The National Trust, the spectacular cliff landscape and rich biodiversity of the coast merges effortlessly with the surrounding farmland, where grazing cattle and sheep are common place. And it is this mix of conservation and working farm practices which have created rich mosaics of wild habitats for birds, plants and insects. Proceed along the cliff top path from one spectacular headland to the next until you arrive at the Weir's Snout, where you will be rewarded with one of the best panoramic views of the Giant's Causeway World Heritage Site.

AFTERNOON

Coasteering

Kit yourself up in a wetsuit, flotation jacket and helmet and prepare to launch yourself into the North Atlantic waters. Coasteering is the ultimate coastal adventure where you traverse the rocky coastline at sea level, getting up close and personal with the flora and fauna and maybe some sea life too.

You'll be swimming through rock gullies into sea caves, being tossed about by waves, scrambling and climbing across rocks and chucking yourself from various rock formations created by the sea.

DAY 2

MORNING

Sea Safari

There are few better ways to see the North Coast of Ireland than by going on sea safari. Feel the wind in your hair as the high speed boat skims the waters taking you round the sights of the coast for views that you will never forget. Not only that but you'll also have the opportunity to see the local wildlife: birds, seals, porpoise and, if you're very lucky, dolphins and whales.

Or

Deep Sea Fishing

Ballycastle, Rathlin Island and the West Coast of Scotland have many tides meeting together which makes it an excellent venue for fishing. The spring and summer produce excellent fishing for species such as Pollack, Bass, Smoothhound, Bull Huss, Triggerfish, Gurnard, Mackerel, Conger, Tope and various species of Ray. Also in the winter months you will be able to target species like Cod, Skate and Whiting.

Wreck fishing off the North Antrim Coast and around Rathlin Island is some of the best around. April through until early November are the most productive of times of the year for offshore wrecking but there's always plenty to be had!

Search for local operators at
vistcausewaycoastandglens.com

Seals at
Rathlin
Island



AFTERNOON

Rathlin Island Nature Walk

Take the 25 minute journey on the Rathlin Express to the Island and spend the afternoon exploring the terrain on foot or by bicycle. The island includes several important natural heritage sites and is internationally important for its flora and seabird colonies. On the island you can follow the Sustrans National Cycle Network 93 to the West lighthouse, east lighthouse and Rue lighthouse or choose to walk one of the seven waymarked walks on the island. You don't have to do the trip in one day; there are places to stay on the island if you wish to extend your stay.



Sea Kayaking

DAY 3

MORNING

Sea Kayaking

The sea kayak is the ideal craft for exploring the stunning coastline. It's easy to manoeuvre, and you can spend hours bobbing about incredibly close to the shoreline exploring hidden coves, secret bays, echoing sea caves and beautiful rock gardens as you glide past magnificent sea cliffs. It's also a great way to sneak up silently on the seabirds and seals.

To explore the coast by kayak you can be a total beginner, just choose an accredited provider. Trips range from full and half days out with a picnic lunch through to longer holidays and courses.

Or

Surfing



Surfing at
Blackrock

Surfing is enjoyed by all sorts of folks along our coastline. From fitness fanatics and those looking for the adrenalin rush of riding bigger and faster waves, those in pursuit of inner peace and harmony, to those people who just love the challenge of staying upright on a board with the thrills that goes with it!

Some of the best surf spots can be found on the Causeway Coast, and you'll be surprised how quickly you can progress with the right tuition and some determination. As a beginner it's best to start with a lesson or two.

AFTERNOON

Horse Riding

Saddle up for the afternoon, choose from hill riding, hacking, beach rides or pony trekking. There are a number of equestrian centres in the Causeway Coast and Glens that cater for riders of all abilities from the novice to the experienced.



Horse Riding at
Downhill Beach

DAY 4

MORNING

Blokarting

Blast your way along the beach with a Blokarting session on the beautiful Benone Beach. If you're new to Blokarting - be prepared for something new and completely exhilarating. It is a unique blend of dinghy sailing and kite buggying on land! The power of the wind is captured in a sail, and due to the simple nature of control most newcomers to this exciting sport find they are zooming about in no time.



Blokarting
at Benone

AFTERNOON

End your trip to the Causeway Coast and Glens with an adrenaline rushing, thrilling spot of Hovercrafting. Experience the thrill of gliding over land and water on a cushion of air at 40mph, on a purpose built grass track with abundant water hazards and tricky hairpins and bends. The hovercrafts are capable of carrying 2 people, although best performance is achieved as a single seater. The craft are easy to operate with minimal tuition, but require nerve and new "driving skills" to maximise the exhilaration of skimming in and out of water hazards at high speed.

Hovercrafting
at Limavady

