

## WALK 20



### TERRAIN



Gravel paths can occasionally be muddy.

### NEAREST TOWN



Coleraine

### FACILITIES



Small Car Park (approx. 8 spaces).

### OS MAP REF

Discoverer Series Sheet 4 (1:50,000)

### GRID REF

C 862 304

### GRADE



EASY / MEDIUM

### DISTANCE



1.00 - 2.5 Miles  
1.5 - 4.0 KM

### DOGS



Allowed

### DURATION



0.5 - 1 hour (Approx)

### CAUTION



Care should be taken when walking adjacent to the River Bann.

# Mountsandel Wood

## STARTING POINT

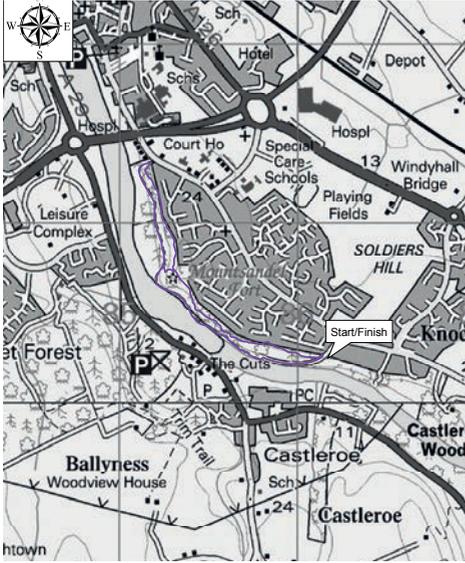
Car Park for Mountsandel Wood, located off the Mountsandel Road, Coleraine.

## ROUTE DESCRIPTION

Within Mountsandel Wood there are basically two linear paths, one along the top of the slope and the other at the foot of the slope, partly following the line of the River Bann. Walkers can combine the two paths to form a circular route, or make use of the steps at the Anglo-Norman Fort to create alternative shorter circular routes.

Mountsandel Wood covers approx. 21 hectares stretching about one mile along the eastern bank of the River Bann to the south of Coleraine. Within the Wood it is possible to visit Mountsandel Fort, an excellent example of an Anglo-Norman fort. Also, immediately adjoining the fort site, just on the boundary of the Wood, is the Mesolithic dig site, site of the earliest known settlement in Ireland.

Please note: these walks are situated in a working forest environment and may be subject to diversion and closure from time to time (up to date information is available on the Forest Service web site - [www.nidirect.gov.uk/articles/somerset-forest](http://www.nidirect.gov.uk/articles/somerset-forest)).



**\*Please refer to the relevant os map.**

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## POINTS OF INTEREST

### Anglo-Norman Fort

The fort is a visually dominant earthen mound set in the heart of Mountsandel Wood. It is a scheduled monument within the ownership of Northern Ireland Environment Agency (NIEA). Some historians believe the fort was once the residence of the marauding Norman king, John de Courcy, in the 12th century AD. From the summit of the Anglo-Norman Fort, magnificent panoramic views are afforded over the River Bann, with The Cutts to the south and the town of Coleraine to the north.



### Mesolithic Dig Site

The Mesolithic site at Mountsandel was excavated during the 1970s by Professor Peter Woodman of University College Cork. This site is home to the oldest known settlement in Ireland dating back almost 10,000 years, to the Mesolithic period. The ancient settlement, consisting of approx. 6 circular hut structures, was ideally situated in prehistoric woods of birch, hazel and willow, over-looking the rapids in the area now known as the Cutts and close to the location of the Lower Bann Estuary, as it was 10,000 years ago. The combination of the forests, river and the estuary supplied a bounty of natural resources that could sustain the community throughout the year.

### Coleraine Visitor Information Centre

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Every care has been taken to ensure accuracy in the compilation of this guide. The information provided is, to the best of the promoter's knowledge, correct at the time of going to print. The promoters cannot accept responsibility for any errors or omissions but if any are brought to their notice, future publications will be amended accordingly.