

ANTRIM GLENS & CAUSEWAY COAST

Self-guided cycling in the North of Ireland 2009

The Antirm Coast and Glens in Northern Ireland is an area of unsurpassed beauty, a unique fusion of tangible heritage and magnificent scenery. An area whose breathtaking and rugged coastline merges into the romantic landscape of its deep silent glens and lush forest parks. Where beautiful beaches beckon, rivers wander through unspoilt lowlands and picturesque villages sit comfortably next to busy shopping towns.



It's a coastline sprinkled with historic castles, churches and forts. Many are now just ruins but each holds the memories of a mysterious and heroic past. A past populated by seafaring Vikings and swashbuckling tales of the ancient Irish clans.

Dedicated naturalists shouldn't miss a trip to Rathlin Island whose rugged cliffs are home to the biggest seabird colony in Europe. Learn the secrets of the special water from St Columb's Rill, as you tour **Old Bushmills**, the world's oldest licensed whiskey distillery. King James 1 granted the original license to distil "Uisce Beatha" in April 1608 and the crafts and skills employed there have changed little in 400 years.

The Causeway Coast and Glens provide a journey of exploration, where imagination meets reality and where every village and town, castle and rocky shore are just waiting to be discovered.

Duration:	8 days (7 nights)
Tour Dates 2009:	EVERY SATURDAY (April - Oct)
Level:	Gentle, some occasional hill,
Bicycle:	Touring Bike,
Equipment:	Water bottles, bicycle repair-kits.
Accommodation:	B&B's & Guesthouse
Meals:	7 Irish breakfasts
Transfers:	Luggage transfers
Miscellaneous:	Detailed route notes and maps
Meeting Point:	Broughshane
Departure Point:	Broughshane



PRICE 2009:

Price for Adults €825.00 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.



DAILY ITINERARY

Day 1 Arrival- Saturday

The holiday begins on Saturday evening with a "meet and greet" in the picturesque country village of Broughshane, famous for its floral displays, winner of the European Entente Florale and is also our gateway to the glens.

Day 2 - Sunday - today's distance - 16mls/25km

Our first day's cycle is a gentle run on quiet country roads heading towards Glenarm the oldest village in the glen. On your way you may wish to take a slight detour and venture up Slemish Mountain, where Saint Patrick, the Patron Saint of Ireland, is said to have tended livestock as a slave boy in the 5th century. Our destination today is Carnlough, a coastal village with a neat little harbour situated at the foot of Glencloy a few miles round the coast from Glenarm. The day finishes in the Londonderry Arms Hotel, which offers a warm welcome, an excellent meal and on most Sunday evening's *good craic* in the bar, with live traditional Irish music.

Day 3 - Monday- today's distance - 32mls/51km

Today's cycle heads for Glenariff glen known as the queen of the glens with its gushing waterfall and scenic path skirting the sheer side of the plunging gorge. Cycling on from Glenariff we come to Cushendall the "Capital of the Glens". The last leg of our journey then continues cross-country and after a short climb we cycle on a quiet road with magnificent views, free wheeling past the edge of Ballypatrick forest and on into Ballycastle. On your way be careful not to fall prey to Loughareema, the mysterious "vanishing lake", watery grave to coach and horses throughout the ages, legend has it. You stay in Ballycastle for two nights.

Day 4 - Tuesday - rest day

Ballycastle is a busy small town with numerous restaurants, musical pubs and a blue flag beach. From here you can get a ferry to Rathlin Island whose rugged cliffs are home to the biggest seabird colony in Europe.

Day 5 - Wednesday - today's distance - 18mls/29km

This morning we set off for a jam-packed day, only a short route of 18 miles but a lot to see. The famous Carrick-a-Rede rope bridge, the windswept ruins of Kenbane, Dunseverick and Dunluce castles, golden sands of White Park Bay, the Giant's Causeway and finishing up in Bushmills, home of the famous Distillery. Tonight we stay in the little port and beach resort of Portballintrae.

Day 6 - Thursday - today's distance - 29mls/46km

Today we head back towards the glens along quiet country lanes. We will be cycling through Glendun, capturing some of the most breathtaking scenery of the week. The last stretch of which is mostly down hill into the National Trust village of Cushendun where pretty Cornish style cottages line the streets and is our stopover for the evening.

Day 7 - Friday - today's distance - 22mls/35km

The route today takes us through our final magnificent glen, Glennaan, translated to mean "glen of the little fords" followed by a relaxed cycle alongside Slieveanorra Forest as we head back to Broughshane. On your way you can visit a Neolithic court grave of Ossian, who was reputed to be Finn McCool's son, the giant from the *Causeway*

Day 8 - Saturday

After a final breakfast and farewell you commence your journey back home.

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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