

Get a life, get active

Northern Ireland's physical activity campaign

The physical activity public information campaign for Northern Ireland is part of the work undertaken by the Health Promotion Agency for Northern Ireland in support of the Northern Ireland Physical Activity Strategy. The Strategy aims to reduce the number of people who are sedentary and in turn to increase the number of people who are active.

Go walking and cycling

This year's public information campaign focuses on two popular physical activities - walking and cycling. Brisk walking and cycling are ideal forms of physical activity that will improve health and fitness. Walking and cycling are also considered to be more realistic challenges than other more vigorous forms of exercise and can be integrated into people's lifestyles relatively easily.

Walking and cycling opportunities in Northern Ireland

This booklet includes information about some of the many walking and cycling opportunities on offer across Northern Ireland from July to December 2001. It is not an exhaustive list and many events are still at the early planning stage and therefore are not included here. Dates and times may also change, so we recommend that you confirm details closer to the event.

This booklet is divided into two sections:

Section 1 - Walking and cycling events

Lists details of events taking place from July to December 2001.

Section 2 - General walking and cycling opportunities and information

Includes general information on walking and cycling facilities/opportunities and details of the main organisations involved in walking and cycling in Northern Ireland.

Important notes

- Due to foot and mouth restrictions some events may be cancelled or rearranged. Please check prior to the event, with the person listed as the contact, to confirm if the event is going ahead.
- Due to varied sites and terrain it is important that anyone with a disability checks prior to the event that it is suitable for them.

The following key will help you use this booklet:

Key



walking events



cycling events



walking and cycling events

1. Walking and cycling events

The events are listed by county in order of date except for events taking place in Belfast which are listed separately. Counties are listed in alphabetical order.

Please note that due to foot and mouth restrictions some events may be cancelled or rearranged, so it is important to check in advance that the event is going ahead, with the person listed as the contact.

Belfast

* Identifies events in Lagan Valley Regional Park which covers parts of Lisburn and Belfast. For more events organised by the Park see under County Down.



Secret Garden*

Where: Sir Thomas and Lady Dixon Park **When:** 19 July at 7.00pm

A summer evening walk through the less well-known areas of Sir Thomas and Lady Dixon Park.

Starting point: Meet in the lower car park beside the Stables coffee shop in the park.

Contact: Colum McDaid, Lagan Valley Regional Park. Tel: 028 9049 1922.



'Get a life, get active' Walk

Where: Glenside Community Woodland **When:** 21 July at 9.30am

A pleasant 2 mile walk in Glenside Community Woodland which will highlight the health benefits that can be obtained from walking.

Starting point: Lamh Dearg Football Club car park, Hannahstown.

Notes: Suitable for all levels of fitness and you can walk at your own pace.

Contact: Michelle Rintoul, Belfast Hills Unit, Bryson House. Tel: 028 9040 1684.



On Foot in Belfast - Up the Hill

Where: Cavehill Country Park **When:** 25 July at 10.30am

A circular tour of Cavehill Country Park, including McArt's Fort. Walk will take approximately 5 hours.

Starting point: Belfast Castle car park.

Notes: Sturdy footwear essential. Bring waterproof clothing and packed lunch. If weather is poor please ring before 10.00am on the day of the walk to check if the event is going ahead.

Contact: Colm McCann. Tel: 028 9066 2259.

Walk the Towpath*

Where: The Lagan Towpath **When:** 28 July at 11.00am
Enjoy a 10 mile walk along the length of the towpath from Stranmillis to Union Locks.

Starting point: Lockview car park, Stranmillis.

Notes: Packed lunch required, return transport will be provided by Lagan Valley Regional Park. No fee but booking is essential.

Contact: Colum McDaid, Lagan Valley Regional Park. Tel: 028 9049 1922.

Festival Week Walk

Where: Colin Glen Forest Park **When:** 5 August at 2.00pm
A walk through Colin Glen Forest Park with a talk on the history and past events which have influenced the development of the Glen. Some of the Park management techniques employed to maintain the Park's natural beauty will be identified. Walk is approximately 4.5km.

Starting point: Colin Glen Trust Visitors Centre, Stewartstown Road.

Notes: Bring comfortable walking shoes.

Contact: Dermot or Diane, Colin Glen Trust Forest Park Centre. Tel: 028 9061 4115. **Website:** www.colinglentrust.org

Lagan Wildlife Walk*

Where: Lagan Valley Regional Park **When:** 11 August at 12 noon
A walk that provides an opportunity to view the many plants and animals that can be found in the park.

Starting point: Belvoir Park Forest car park.

Notes: Sturdy footwear essential.

Contact: Colum McDaid, Lagan Valley Regional Park. Tel: 028 9049 1922.

On foot in Belfast - the French Elms

Where: Ormeau Park **When:** 22 August at 7.00pm
A tour around Belfast's oldest park - Ormeau - including a look at the variety of trees growing in the park.

Starting point: The Recreation Centre, Ormeau Embankment.

Contact: Colm McCann. Tel: 028 9066 2259.



Cycle the Towpath*

Where: The Lagan Towpath

When: 25 August at 11.00am

Enjoy a 10 or 20 mile guided cycle tour along the towpath. Included is a stop at the Stables coffee shop in Sir Thomas and Lady Dixon Park.

Starting point: Lockview car park, Stranmillis or Lagan Valley Island, Lisburn.

Notes: Suitable for novices and family groups and all ages welcome. Booking required.

Contact: Colum McDaid, Lagan Valley Regional Park. Tel: 028 9049 1922.



Get Fit

Where: Cave Hill

When: 8 September at 9.00am

A 2 hour guided walk over Cave Hill involving a few steep ascents.

Organised by Cave Hill Conservation Campaign and Bryson House Belfast Hills Unit.

Starting point: Meet outside Belfast Castle.

Notes: Sturdy walking boots desirable.

Contact: Michelle Rintoul, Belfast Hills Unit, Bryson House. Tel: 028 9040 1684.



Week of Walking

Where: Various locations around Belfast

When: 9-15 September

For details contact Community and Leisure Services Hotline Tel: 028 9027 0345. **Website:** www.belfastcity.gov.uk/activeliving



Ranger Ramble

Where: Colin Glen Forest Park

When: 9 September at 2.00pm

Colin Glen's history is revealed from dinosaurs to the deep-sea bed. A walk of approximately 6.5km through Colin Glen Forest Park and into the Upper Glen looking at the rock outcrops, geological features and fossil hunting.

Starting point: Colin Glen Trust Visitors Centre, Stewartstown Road.

Notes: Bring comfortable walking shoes.

Contact: Dermot or Diane, Colin Glen Trust Forest Park Centre. Tel: 028 9061 4115. **Website:** www.colinglenrust.org



Prehistory of Cavehill Walk

Where: Cave Hill

When: 15 September at 9.00am

A 3-4km walk that offers the chance to look at the landscape through a geologist's eyes. Led by local geologist Dr Tony Bazley, climb and walk the scarp of volcanic rocks that towers over Belfast. Visit McArt's Fort and then descend through 10,000 year old landslips to see the caves of Cave Hill.

Starting point: Meet at the top car park at Belfast Zoo.

Notes: Rigorous hill walk.

Contact: Michelle Rintoul, Belfast Hills Unit, Bryson House. Tel: 028 9040 1684.

Autumn Ramble*

Where: Lagan Meadows, Clement Wilson Park and Belvoir Park Forest

When: 13 October at 11.00am

A 6 mile walk exploring the Lagan Meadows, Clement Wilson Park and Belvoir Park Forest.

Starting point: Lockview car park, Stranmillis, Belfast.

Notes: Bring a packed lunch. Sturdy footwear recommended.

Contact: Colum McDaid, Lagan Valley Regional Park. Tel: 028 9049 1922.

Autumn Walk

Where: Colin Glen Forest Park

When: 14 October at 2.00pm

Discover the colours and beauty of Colin Glen Forest Park in the Fall with a guided walk of approximately 4.5km through the Forest.

Starting point: Colin Glen Trust Visitors Centre, Stewartstown Road.

Notes: Bring comfortable walking shoes.

Contact: Dermot or Diane, Colin Glen Trust Forest Park Centre. Tel: 028 9061 4115. **Website:** www.colinglenrust.org

Winter Walk

Where: Colin Glen Forest Park

When: 25 November at 2.00pm

A brisk walk of approximately 6.5km through the Forest to warm you up in Winter.

Starting point: Colin Glen Trust Visitors Centre, Stewartstown Road.

Notes: Bring comfortable walking shoes.

Contact: Dermot or Diane, Colin Glen Trust Forest Park Centre. Tel: 028 9061 4115. **Website:** www.colinglenrust.org

Walking in Colin Glen Forest Park

Where: Colin Glen Forest Park

When: Every Thursday at 2.00pm

Weekly walks through Colin Glen Forest Park with talks on various aspects of the wildlife, wildflowers, river etc.

Starting point: Colin Glen Trust Visitors Centre, Stewartstown Road.

Notes: Bring comfortable walking shoes.

Contact: Dermot or Diane, Colin Glen Trust Forest Park Centre. Tel: 028 9061 4115. **Website:** www.colinglenrust.org

County Antrim

Discover Carrickfergus

Where: Carrickfergus **When:** Fridays July - September at 10.00am
A 3-4km guided walking tour of Carrickfergus town centre which includes some interesting historical information about the area along the route.

Starting point: Knight Ride Centre, Carrickfergus.

Notes: Entry fee £2.50 per person.

Contact: John McIlvenna. Tel: 070 5060 5667.

County Armagh

Cycle the Lighter Way

Where: Newry Canal, Portadown **When:** 16 September at 3.00pm
A 10 mile cycle along the canal towpath.

Starting point: Meadow Lane Shopping Centre car park, Portadown.

Notes: Entry fee - £1 for adults, 50p for children and concessions.

Contact: Countryside Access Officer, Craigavon Borough Council. Tel: 028 3832 2205.

Walking and Cycling in Craigavon

Craigavon Borough Council organises walking and cycling events throughout the year. For further details contact the Countryside Access Officer, Craigavon Borough Council. Tel: 028 3832 2205.

County Down

* Identifies events in Lagan Valley Regional Park which covers parts of Lisburn and Belfast. For more events organised by the Park see under Belfast.

The Broadwater Walk*

Where: Lagan Valley Regional Park **When:** 23 August at 10.30am
Join the annual Lagan Valley trip to the Broadwater. This is a 5 mile walk along the Lagan Navigation between Moira and Aghalee.

Starting point: Drum Bridge car park.

Notes: Booking required. Packed lunch recommended, sturdy footwear essential.

Contact: Colum McDaid, Lagan Valley Regional Park. Tel: 028 9049 1922.

Historical Walking Tours in Newtownards

Where: Newtownards

When: 5, 19 and 26 July and 2, 9, 16 and 23 August at 6.45pm

Situated in the northern end of beautiful Strangford Lough, the town has a wealth of historical treasures to be uncovered. To tell the tale of Newtownards is to tell the story of Ulster in miniature.

Starting point: Meet at the Town Hall, Conway Square, Newtownards.

Notes: All tours take 60-90 minutes and must be pre-booked through the Tourist Information Centre in Newtownards. Tours cost £2.00 for adults and £1.50 for children or concessions. Sensible shoes are a must.

Contact: Ards Tourist Information Centre, 31 Regent Street, Newtownards, BT23 4AD. Tel: 028 9182 6846.

Historical Tour of Newtownards Leadmines

Where: Whitespots Country Park **When:** 6 July, 10 August at 6.45pm

Newtownards Leadmines are a valuable part of the industrial heritage of Ireland. As part of the walking tour you will see how men, women and children toiled to produce 30% of Irish lead in the 18th and 19th centuries.

Starting point: The Somme Heritage Centre.

Notes: All tours take 60-90 minutes and must be pre-booked through the Tourist Information Centre in Newtownards. Tours cost £2.00 for adults and £1.50 for children or concessions. Gravel terrain - sensible shoes are a must.

Contact: Ards Tourist Information Centre, 31 Regent Street, Newtownards, BT23 4AD. Tel: 028 9182 6846.

Folklore and Fairies

Where: Scrabo Country Park **When:** 20 July, 24 August at 6.45pm

Scrabo Country Park surrounds the tower built on the summit of Scrabo Hill. Overlooking Strangford Lough, it includes the woodlands of Killynether and the disused quarries where Scrabo stone was once quarried.

Starting point: Scrabo Country Park.

Notes: All tours take 60-90 minutes and must be pre-booked through the Tourist Information Centre in Newtownards. Tours cost £2.00 for adults and £1.50 for children or concessions. Hill and forest walk - sturdy shoes are a must.

Contact: Ards Tourist Information Centre, 31 Regent Street, Newtownards, BT23 4AD. Tel: 028 9182 6846.

Themed Historical Walking Tour

Where: Newtownards

When: 30 August at 6.45pm

Popular themed walking tour with historical characters telling their tales at points of interest along the route.

Starting point: Town Hall, Conway Square, Newtownards.

Notes: The tour covers a 2 mile walk around the town and must be pre-booked through the Tourist Information Centre in Newtownards. Cost £3.00 for adults, £1.50 for children or concessions.

Contact: Ards Tourist Information Centre, 31 Regent Street, Newtownards, BT23 4AD. Tel: 028 9182 6846.

Marie Curie Cancer Care Bike Ride 2001

A fun filled day for individuals, families and cycling enthusiasts taking in some of the beautiful County Down countryside. Choose either the 10km or 50km route.

10km route

Where: Strangford, Co. Down **When:** 22 September, 10.30am -11.30am

Starting point: Inverbrena Community Hall, Strangford.

50km route

Where: Downpatrick, Co. Down **When:** 22 September, 9.00am -11.00am

The route goes from Downpatrick, through Killough, Ardglass, Strangford and back to Downpatrick.

Starting point: East Down Institute car park, Downpatrick.

Notes: Need to register in advance, fee for individual £7.00, family (2 adults and 2 children) £18.00. Participants aged 14 years and under must be accompanied by an adult. Refreshments provided.

Contact: Anne McRoberts, Marie Curie Cancer Care. Tel: 028 9079 7737.

Minnowburn Beeches Walk*

Where: Lagan Valley Regional Park

When: 29 September at 10.00am

Experience a pleasant autumn walk, approximately 3 miles, from the Giants Ring continuing along the field paths to Minnowburn, famous for its splendid beech trees.

Starting point: Giants Ring car park.

Notes: Waterproof clothing and sturdy footwear essential.

Contact: Colum McDaid, Lagan Valley Regional Park. Tel: 028 9049 1922.

Linen on the Lagan*

Where: Lisburn

When: 27 October at 11.00am

Enjoy a 3 mile walk while looking at the linen industry on the river Lagan. Includes a stop at the Irish linen centre.

Starting point: Castle Gardens, Lisburn.

Notes: Booking required.

Contact: Colum McDaid, Lagan Valley Regional Park. Tel: 028 9049 1922.

Themed Halloween Ghost Tour

Where: Newtownards

When: The end of October at 6.45pm (date to be confirmed)

Prepare to be spooked on this walking tour of Newtownards - a ghost story with a difference. Not for the faint hearted!

Starting point: Town Hall, Conway Square, Newtownards.

Notes: The tour covers a 2 mile walk around the town and must be pre-booked through the Tourist Information Centre in Newtownards. Cost £3.00 for adults and £1.50 for children or concessions.

Contact: Ards Tourist Information Centre, 31 Regent Street, Newtownards, BT23 4AD. Tel: 028 9182 6846.

Counties Fermanagh and Tyrone

Mini Trek

Where: Omagh to Bundoran

When: 15 September at 10.30am

A 50 mile cycle challenge organised by Co-operation Ireland.

Starting point: Omagh Leisure Centre.

Contact: Co-operation Ireland. Tel: 028 9032 1462.

Border Trek

Where: Enniskillen to Sligo (day 1), Sligo to Enniskillen (day 2)

When: 5 September staggered start from 7.30am to 8.30am, 16

September staggered start from 8.00am to 9.00am

A 200 mile cycle challenge organised by Co-operation Ireland.

Starting point: Lakeland Forum, Enniskillen (day 1), the Institute of Technology, Sligo (day 2).

Contact: Co-operation Ireland. Tel: 028 9032 1462.

County Londonderry



Monthly Cycle Trips

Where: Derry City Council area

When: 1 July, 5 August, 2 September at 3.00pm

Derry City Council in cooperation with Pedal Power is organising a cycle trip in Derry City once a week.

Starting point: Participants can choose to start from either Sainsbury's car park, Londonderry or the Waterside Railway Station car park, Londonderry.

Contact: Terry Watt, Derry City Council Recreation and Leisure Department. Tel: 028 7136 5151.

2. General walking and cycling opportunities and information

Council Access Officers

Most of the local Councils have an access officer who will be able to provide information about walking and cycling routes and events in the Council area. See under Local Government in Yellow Pages for the addresses and telephone numbers of local Councils.

The Ulster Way in Northern Ireland

The Ulster Way makes a complete circuit around Northern Ireland, passing through all six counties and occasionally crossing the border. You could start walking at any point and finish at any point. Most of the enormous route is marked with marker posts and signposts. The entire course of the Ulster Way is covered by detailed 1:50,000 scale maps called the Discoverer Series, published by the Ordnance Survey of Northern Ireland. You can purchase maps from The Map Shop, Colby House, Stranmillis Court, Belfast, BT9 5BJ. Tel: 028 9025 5769. NB: Always check with the Council Access Officer for up-to-date access information.

The Countryside Access and Activities Network Northern Ireland

The Countryside Access and Activities Network Northern Ireland is an umbrella organisation which seeks to bring together all those groups and bodies which have an interest in, or involvement with, countryside recreation. Part of their plan over the next two years is to provide a public information service which gives accurate access information about countryside sports and activities. For further information, contact the Countryside and Access Activities Network Northern Ireland. Tel: 028 9038 3848. Website: www.countrysiderecreation.com E-mail: info@countrysiderecreation.com

Waymarked Ways Network

Waymarked Ways Network is an initiative of the Countryside Access and Activities Network Northern Ireland. The first eight in a network of walking routes throughout Northern Ireland known as Waymarked Ways have been developed for the enjoyment of local people and visitors. These long distance walking routes are waymarked with markerposts and signposts. They range in length from 20 to 40 miles. An illustrated map-guide booklet for each way is available from local Tourist Information Centres. For further information, contact tourist information centres or the Countryside and Access Activities Network Northern Ireland. Tel: 028 9038 3848. Website: www.countrysiderecreation.com E-mail: info@countrysiderecreation.com

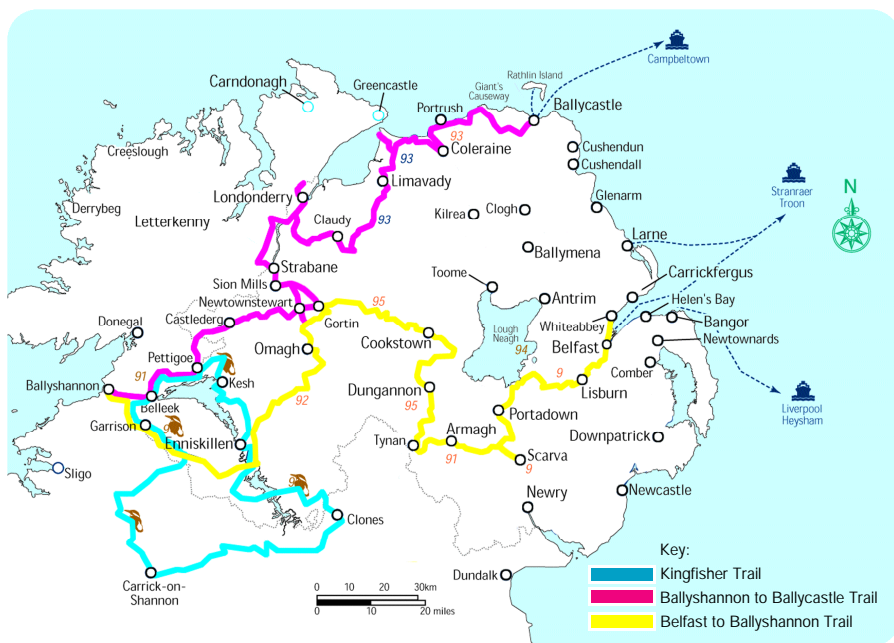


Highway to Health

Highway to Health is a new exercise incentive scheme. Attractive signs are placed at 1km intervals on popular walking routes to encourage people of all ages to take exercise for health and leisure. The project is a joint venture between NI Chest Heart and Stroke Association and the local Councils. Already a number of Councils have adopted the scheme, which is being developed in a variety of locations - wherever people generally walk for leisure or exercise.

For more information contact the Highway to Health Regional Coordinator, Derek Sweetnam, on 028 7083 5845.

The National Cycle Network in Northern Ireland



Sustrans (sustainable transport) is the civil engineering charity which is developing the National Cycle Network in Northern Ireland. The aim of the Network is to popularise cycling by providing safe and convenient routes for everyday transport and leisure journeys. The routes go through many town centres in Northern Ireland. All the routes are signed and there are three long distance maps available. These are:

- Kingfisher Cycle Trail in the Fermanagh Leitrim area
- Belfast to Ballyshannon route
- Ballyshannon to Ballycastle

The maps can be purchased at most Tourist Information Centres and main bookshops in Northern Ireland. Some local Councils have also produced information leaflets on routes in their areas.

Off road routes which form part of the Cycle Network include:

- Bushmills/Giants Causeway
- Castle Archdale
- Craigavon Lakes
- Derry/Londonderry to Carrigans
- Downhill Forest near Castlerock
- Dungannon Railway Park
- Lagan Towpath (Maysfield, Belfast to Lisburn)
- Newry Canal
- Rathlin Island
- Riverside path, Omagh
- Whiteabbey to Lagan Weir, Belfast

Note: Some off road routes may be closed due to foot and mouth restrictions. Contact the relevant local Council before setting out to ensure the route is open.

For more information and a free catalogue, contact Sustrans on 0117 9290888 or access their website on www.nationalcyclenetwork.org.uk

Walking Festivals 2001

A number of annual walking festivals take place across Northern Ireland and those taking place between July and December are listed below. Walks are led by experienced walking guides, knowledgeable in local history, folklore and culture and across all types of terrain. The walks vary in distance and difficulty.

Cairn Sunday, Gortin, Co Tyrone

When: 29 July 2001

Cairn Sunday probably dates back to Pagan times when pilgrims walked to the top of Mullaghcarn mountain to worship. Modern day Cairn Sunday has been revived as a custom to maintain the cairn by encouraging walkers to leave a stone at the summit.

Contact: Mary T Conway. Tel: 028 8164 8346.

E-mail: info@cyclingireland.com

Sliabh Beagh Walking Festival, Donagh, Co Fermanagh

When: 26 August 2001

Located in southeast Fermanagh, this attractive area offers a wide range of walks, featuring the flora and fauna, history and folklore of the region. In the evening sample the traditional food, music and culture.

Contact: Peggy Reilly. Tel: 028 6775 1918. E-mail: info@sliabhbeagh.org

The Wee Binnian Walking Festival, Newry, Co Down

When: 7- 9 September 2001

Hosted in Newry, this is an established annual hill walking festival with guided walks in and around the Mourne Mountains and Slieve Gullion. If you enjoy meeting other walkers the festival offers a great mix of exercise, entertainment and craic for everyone. Independent walkers or groups can be catered for and package deals are available.

Contact: Veronica McCann. Tel: 028 3026 7556.

Website: www.mournewalking.com

Forest Walks

Forests managed by the Forest Service, an agency of the Department of Agriculture and Rural Development, are open throughout the year providing facilities for walking. Forests managed by the Service are listed below:

County Antrim

Ballycastle Forest, Glenarm Forest, Glenariff Forest Park, Tardree Forest, Ballyboley Forest, Ballypatrick Forest, Portglenone Forest.

County Armagh

Gosford Forest Park, Slieve Gullion Forest Park.

County Down

Tollymore Forest Park, Castlewellan Forest Park, Donard Forest, Rostrevor Forest, Drumkeeragh Forest, Belvoir Park Forest, Cairn Wood.

County Fermanagh

Florence Court Forest Park, Ely Lodge Forest, Lough Navar Forest, Castle Caldwell Forest, Castle Archdale Forest, Marble Arch Wood, Spring Grove.

County Londonderry

Coleraine Woods (Somerset, Mountsandel and Castleroe), Springwell Forest, Binevenagh.

County Tyrone

Gortin Glen Forest Park, Drum Manor Forest Park, Parkanaur Forest Park, Pomeroy Forest, Seskinore Forest, Knockmany Forest, Fardross Forest.

For further information contact the Forest Service Headquarters (Customer Service Manager), Dundonald House, Upper Newtownards Road, Belfast, BT4 3SB, Tel: 028 9052 4480, Fax: 028 9052 4570. E-mail: forest.customer@dardni.gov.uk or visit the Forest Service website: www.dardni.gov.uk/forestry/

Events at Monuments and Country Parks Programme

The Environment and Heritage Service has compiled an Events Programme on activities taking place in Northern Ireland's monuments and country parks. Why not combine a visit to one of these events with a health-enhancing brisk walk?

For more information on events contact the Environment and Heritage Service on 028 9054 3037.

Calendar of Environmental Events

The Calendar is published each quarter by the Northern Ireland Environment Link and contains information on over 100 events and activities organised by Councils, government, voluntary organisations, clubs, community groups and other associations. Copies of the calendar can be obtained, free of charge by contacting the Northern Ireland Environment Link office on 028 9031 4944.

The National Trust

National Trust properties are located across Northern Ireland and offer a wealth of opportunities for the walking enthusiast. Many scenic coastal and countryside sites in Trust care include marked walking routes. For further information, please contact the Marketing and Communications Department on 028 9751 0721.

Northern Ireland Tourist Board

A key objective of the Northern Ireland Tourist Board is to increase the number of visitors participating in walking and cycling activities while in Northern Ireland. Information on local walking and cycling opportunities can be obtained from any of the 26 networked tourist information centres located throughout Northern Ireland. See under Tourist Information in Yellow Pages for addresses and telephone numbers.

The Ulster Federation of Rambling Clubs

The Ulster Federation of Rambling Clubs organises a wide variety of walks and festivals in Northern Ireland. These walks will appeal to the more experienced walker and booking is essential. There is a number of rambling clubs throughout Northern Ireland. For details of local clubs affiliated to the Ulster Federation of Rambling Clubs please send a stamped, addressed envelope to:

The Ulster Federation of Rambling Clubs (membership directory)
68 Thornleigh Gardens, Bangor, County Down, BT20 4NP.

The Mountaineering Council of Ireland

The Mountaineering Council of Ireland is the national governing body for mountaineers - rambles, hillwalkers, rockclimbers and alpinists. Over 100 clubs are affiliated to the Council representing almost 7,000 members. For further information telephone 003531 4507376. Website: www.mountaineering.ie/.

Ulsterbus Seasonal Rambler Services

Ulsterbus Seasonal Rambler Services aim to encourage walking and sustainable transport in areas of outstanding natural beauty. The services operate in the Causeway and Sperrins areas from May to September 2001. For further information about Causeway Rambler contact Ulsterbus Coleraine, telephone 028 7032 5400 and Sperrin Rambler contact Ulsterbus Omagh, telephone 028 8224 2711 or Ulsterbus Magherafelt, telephone 028 7963 2218. Website www.translink.co.uk.

Sperrin Ireland Ltd

Sperrin Ireland Ltd promote and run a wide variety of cultural, educational and activity walking courses and holidays in the beautiful, unspoilt area of the Sperrins. All walks, from forest trails to open mountains, are carefully selected to match the interests and abilities of participants. For further information, contact Sperrin Ireland Ltd on 028 7930 0050

THE NORTHERN IRELAND COUNTRY CODE

- Respect the people who live and work in the countryside.
- Know where you are allowed to go.
- Keep to paths across farmland.
- Use gates and stiles to cross fences, hedges and walls.
- Leave gates as you find them.
- Do not interfere with livestock, machinery and crops.
- Keep dogs under control.
- Protect wildlife, plants and trees.
- Keep all water sources clean.
- Take your litter home.
- Guard against all risk of fire.
- Make no unnecessary noise.
- Respect other recreational users.
- Take special care on country roads.
- Consider your personal safety.