

WALK 04



TERRAIN



Walking boots/shoes recommended.

NEAREST TOWN



Portstewart (start of route) and Portrush (end of route).

FACILITIES



Toilets, Carpark, cafes, shops.

OS MAP REF

Discovery Series Sheet 4 (1:50,000).

GRID REF

C812368
C863406

GRADE



MEDIUM

DISTANCE

6.5 Miles /
10 KM
(one way)



DURATION



2.5 — 3 Hours
(approx)

CAUTION



Cliffs and Golf Courses (risk of stray golf balls).

The Port Path

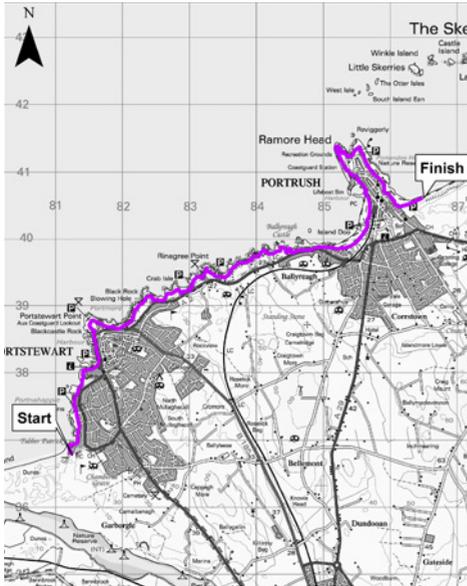
STARTING POINT

The Port Path (an integral section of the Causeway Coast Way and The Ulster Way) starts in close proximity to the entrance to Portstewart Strand. The actual start point is along Strand Road, on the right hand side, approx. 500m before the entrance to the beach, on an area of open rough grassland (signage in place).

ROUTE DESCRIPTION

Proceed onto the surfaced cliff path and follow this coastal path into the centre of Portstewart. Having passed the harbour, ascend the steps on the left to Harbour Hill viewpoint. From this vantage point follow the waymarked route towards Portrush, hugging the coastline. Extra care should be taken when passing Portstewart and Ballyreagh golf courses. On reaching Portrush follow the route along the promenade, past the harbour, around Ramore Head, past the Coastal Zone and the Arcadia, to finish at East Strand, Portrush.





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

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POINTS OF INTEREST

St Patrick's Well

St. Patrick's Well was thought to be the fresh water supply for the Stone Age inhabitants of the sand hills. It was used as a source of holy water by the inhabitants of Portstewart, and locals sold the water to tourists until the 1940's.



Ice House

There is an ice house along the cliff path, a stone built turf roofed house, where ice was stored in the winter in order to preserve salmon in the summer. Ice houses remains are also to be seen at Portrush (Arcadia), Portballintrae (Runkerry) and further along the Coast, at Casterlock.

Portnahapple Sea Pool and Dominican Convent

The route also passes Portnahapple, a natural sea pool for outdoor bathing and the Dominican Convent, perched on the cliff's edge. This school was established in 1917 in O'Hara's Castle, which was built in 1834 by the Montagu family.

Jimmy Kennedy Sculpture

Look out for the sculpture towards the northern end of the promenade commemorating the songwriter, Jimmy Kennedy. Although born in Omagh, he grew up in Portstewart and was inspired by one of the town's sunsets when he wrote 'Red Sails in the Sunset'.

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