

THE ULSTER WAY 2008

Rick McKee & David Creighton

In support of:



The Ulster Way is Back

2008 sees the re-launch of The Ulster Way, a 600-mile long-distance loop route around Northern Ireland. First established in 1974 due to the diligent campaigning of the late Wilfred Capper, in recent years the route had fallen foul of disputes over access, a lack of funding, and a lack of interest.

With new government funding, project co-ordination from EHS, on-the-ground support from Councils, and route promotion by CAAN (starting likely in the Summer), the new route will follow much of the old Ulster Way route, but will take in Northern Ireland's current portfolio of way-marked ways, joined together with minor-road link sections.

Our Physical Challenge

The new route is circa 600 miles (there are a few options) from start to finish. Rick McKee and David Creighton are attempting to complete the entire route in six days, starting on Saturday 3 May 2008, all under our own steam, on foot and on bikes.

Cycling is not sanctioned (or possible!) on much of the route, so we are preparing to carry our bikes for some (possibly long) sections.

RNLI

Whilst this is first and foremost a personal challenge, we are going to try and raise as much money as we can for RNLI, which anyone would recognise is an extremely worthy cause.

Our Ulster Way route will take us within touching distance of 6 of Northern Ireland's 9 lifeboat stations at Portrush, Cushendall, Bangor, Donaghadee, Portaferry, and Newcastle, and only a short hop from the other 3 stations at Kilkeel, Larne and Enniskillen.

Map of the Route

- Starting in Belfast, travelling clockwise
- Our Route in BLUE
- Start and finish of each day in RED



ULSTER WAY IN 6 DAYS – ITINERARY

Day 1 – Belfast to Newcastle – 99 miles

Saturday 3 May 2008

Route description:

- Belfast City Hall, out the Lagan tow-path to Lisburn
- Backroads from Lisburn through Stormont to Hollywood
- North Down Coastal Path as far as Groomsport
- Coast road along Ards Peninsula to Portaferry
- Ferry to Strangford
- Lecale Way way-marked way along the coast to Newcastle

Day 2 – Newcastle to Charlemont – 112 miles

Sunday 4 May 2008

Route description:

- Over the Mournes to Rostrevor
- Coast road to Newry
- Ring of Gullion waymarked way

- Newry canal tow-path to Portadown
- Backroads to Maghera then along the Blackwater to Charlemont

Day 3 – Charlemont to Belcoo – 104 miles

Monday 5 May 2008

Route description:

- Backroads from Charlemont to Aughnacloy
- Sliabh Beagh waymarked way Aughnacloy to Donagh
- Backroads through Lakelands to Florence-court
- Florencecourt to Belcoo along the Culcaigh waymarked way

Day 4 – Belcoo to Gortin – 98 miles

Tuesday 6 May 2008

Route description:

- Belcoo to Belleek through Ballintempo, Big Dog, Lough Navar Forests
- Backroads along the border to Pettigo
- Lough Braden Forest and over Bessy Bell, Gortin Glen Forest Park to Gortin

Day 5 – Gortin to Ballycastle – 93 miles

Wednesday 7 May 2008

Route description:

- Backroads Gortin to Moneyneany
- Moneyneany to Dungiven
- Dungiven through Cam and Springwell, Binevenagh to Castlerock
- Castlerock to Portstewart
- Portstewart to Giant's Causeway

Day 6 – Ballycastle to Belfast – 93 miles

Thursday 8 May 2008

Route description:

- Giant's Causeway to Ballycastle
- The Moyle Way to Glenariff/Waterfoot
- Coast road to Glenarm
- Antrim Hills Way Glenarm through Ballyboley Forest to Ballynure
- Backroads through Woodburn and Whiteabbey
- Arrive Belfast City Hall