**THE ECOS CYCLE TRAIL**

This map covers the 17 mile cycle route between Ballymena and Glenarm on the Antrim Coast. The Trail, which forms part of Route 97 of the National Cycle Network (NCN), follows mainly quiet minor roads over the Antrim Plateau. It also includes sections of on-road cycle tracks and traffic-free paths within parkland at the ECOS Millennium Environmental Centre. The route to the coast passes through the village of Broughshane and Buckna then descends towards the Irish Sea via Glenarm, one of the nine Glens of Antrim. Throughout the trail the distinctive shape of Slemish dominates the skyline.

**ATTRACTIONS ALONG THE ROUTE**

The **ECOS Millennium Environmental Centre** is set in a developing country park and nature reserve near Ballymena, where you can have fun exploring the natural world and discover how we use it. The riverside pathways provide an ideal opportunity for family groups to enjoy some traffic-free cycling in pleasant surroundings.

**Slemish Mountain.** Rising to over 400m this volcanic plug is a historical site of pilgrimage where St Patrick, the Patron Saint of Ireland, once tended sheep and pigs as a young boy. A link route from Buckna enables cyclists to visit the site and savour the views from the summit after a walk from a small carpark.

**Broughshane.** Nestling in the valley of the Braid River at the foot of Slemish Mountian, Broughshane is famous for its award-winning floral displays. In summer hard work by the villagers transforms the gardens, roads and village centre into a colourful spectacle. Houston’s Mill has been renovated as a community resource and conference centre.

**Glenarm and the nine Glens of Antrim.** Glenarm Glen is one of nine Glens of Antrim. These glens, spilling down to the sea from the Antrim Plateau, stretch from Glenarm to Ballycastle and display a wide variety of flora and fauna. The people of the glens are famous for their hospitality and rich cultural heritage.

**Glenarm Village and Forest.** Claiming to be the oldest town in Ulster, this coastal village is known as the Gateway to the Glens. Nearby Glenarm Forest straddles Glenarm (Glen of the Army) and offers walkers opportunities to spot a variety of wildlife and some of Glenarm’s industrial heritage.

Additional cycling opportunities can be enjoyed by continuing south from Ballymena towards Randalstown. Here NCN Route 94 takes cyclists on a 115 mile trip around Lough Neagh. At Glenarm the trail meets National Route 93 which links Larne and Ballycastle along the spectacular Antrim Coast Road.

**TRAVEL TO/FROM THE ECOS CYCLE TRAIL**

Ballymena is well served by rail services from Belfast and Derry, which have facilities for carrying 4 bicycles except before 9:30 am Monday to Friday. Larne is also connected by rail to Belfast.

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**Useful Contacts**

**Tourist Information**

**Ballymena Tourist Information Centre**
Tel No: 028 2555 8844
www.discovernorthernireland.com

**ECOS Millennium Environmental Centre**
Tel No: 028 2566 4420
www.ecoscentre.com

**Larne Tourist Information Centre**
Tel No: 028 2884 1067
www.discovernorthernireland.com

**Glenarm Tourist Information Centre**
Tel No: 028 2884 1067
www.discovernorthernireland.com

**Broughshane & District Community Association Limited**
Tel No: 028 2382 2777
www.antrim.net/broughshane

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**Translink**
Tel No: 028 9066 6630
www.translink.co.uk

**Cycling Information**

**Sustrans**
Tel No: 028 9043 4369
www.nationalcyclenetwork.org.uk

**National Cycle Network Information Line**
Tel No: 0845 113 00 05

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Any comments or for more information on the route email: belfast@sustrans.org.uk

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**www.nationalcyclenetwork.org.uk**