



Activities 2019

Date	Day	Time	Details
20 Apr	Sat	1000-1300	Carr's Glen. Well-known local historian Henry Bell will bring us to the remains of once-thriving mills and cottages in and above Carr's Glen. Meet at entrance to the Park on the Ballysillan Road just below Boys' Model. Grade E
4 May	Sat	0500-0730	Dawn chorus. John O'Boyle will lead a dander around the Park to hear and identify birds. Specially designed for early risers! Meet at the gates to the Park at the top of Innisfayle Park. Grade E
18 May	Sat	1000-1300	The birds of Cave Hill. Get up close to some of our native birds. Licensed bird ringer Aidan Crean will catch, ring and release them and allow us to see them in beautiful detail. Meet at the Castle. Grade E
15 June	Sat	1000-1300	A bug bonanza. Entomologist Ryan Mitchell will help us find and identify some of the huge variety of insect life in the Park. Meet at the Castle. Grade E
22 June	Sat	0330-0700	Solstice walk. Greet the sun at dawn on top of Cave Hill on a summer solstice morning before most of Belfast has stirred. Meet at the Castle. Grade M
20 July	Sat	1000-1300	The flora of Cave Hill. Karl Hamilton will guide us on a plant identification walk in the Nature Reserve in Ballyaghagan at the back of the hill. Meet at the entrance to the Park at the top of the Hightown Road. Grade E

24 Aug	Sat	1000-1300	Forage on Cave Hill. Phil Simpson has a fund of practical knowledge and plant lore. We'll walk in his company to see what useful plants we can find. Meet at the Castle. Grade E
6 Sep	Fri	2030-2230	Bats of Cave Hill. Aidan Crean will introduce us to these enchanting nocturnal animals during an evening dander. Meet at the Castle. Grade E
21 Sep	Sat	1000-1300	The archaeology of Cave Hill. Local archaeologist Cormac McSparron will lead a trip to the various remains on the hill from the Neolithic period to the early Christian period. Meet at the entrance to the Park at the top of the Hightown Road. Grade E
28 Sep	Sat	1930-2200	Cave Hill by night. We have picked a moonless night to try to get the best view we can of the heavens (clouds permitting!) Meet at the Castle. Grade M
19 Oct	Sat	1000-1300	Fungal Foray. Karl Hamilton will try to allay some of the fears we all share about this fascinating and very necessary group of organisms. Grade E

What you should know beforehand:

Please be prepared for bad weather and bring footwear suitable for rough ground. Some of the walks will be moderately strenuous and some people may find them challenging. Easy walks are graded E and more challenging ones are graded M. Young people under 16 must be accompanied by a responsible adult.

If you have any worries about fitness or have medical conditions which might affect your ability to walk, please talk to the leader at the start of the walk. If the leader assesses you as not being fit for the walk, you will not be able to take part.

It is very important for your own safety and that of the group that you obey the instructions of the walk leader or of any of the assistant leaders. Of particular importance is that you must ensure that the group stays together at all times.

All these activities are free.

For further details:

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- Facebook site for Cave Hill Conservation Campaign
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