Autism Friendly Walks

Come along and enjoy a gentle walk

Sunday 29 November
Carrick-a-Rede Walk
(not including bridge crossing)

Sunday 6 December
Castlerock Walk

Monday 25 January
Coleraine Walk

Monday 22 February
Ballymoney Walk

Monday 29 March
Limavady Walk

Monday 26 April
Portstewart Walk



To register or for further information please contact Grace McMullan
Email: grace.mcmullan@causewaycoastandglens.gov.uk
Tel: 07960591602
Participants will be required to complete a pre walk questionnaire

Causeway Coast & Glens Borough Council

WALKING FOR HEALTH

sport Northern Ireland

LMF London Marathon Foundation Inspiring Activ

Connected The Loneliness Network

In partnership with National Trust

HSC Northern Health and Social Care Trust

Autism Friendly Walks

Come along and enjoy a gentle walk

Sunday 29 November
Carrick-a-Rede Walk
(not including bridge crossing)

Walk
2.00pm-3.00pm
Refreshments
3.00pm-3.45pm

Sunday 6 December
Castlerock Walk & Christmas Art Workshop

Walk
2.30pm-3.30pm
Refreshments & Art Workshop
3.30pm-5.00pm

It is free to attend and everyone is welcome

Participants will be required to complete a pre walk questionnaire

Registration is not essential for the walks
Places on the Christmas art workshop are limited so must be booked in advance
To register or for further information please contact Grace McMullan
Email: grace.mcmullan@causewaycoastandglens.gov.uk or Tel: 07960591602

Causeway Coast & Glens Borough Council

In partnership with National Trust

WALKING FOR HEALTH

sport Northern Ireland

LMF London Marathon Foundation Inspiring Activ

Connected The Loneliness Network

HSC Northern Health and Social Care Trust