

# Your Summer MEAdventure Itinerary



School's out so we are celebrating getting outdoors and exploring more of Mid and East Antrim this Summer. You don't have to go far or spend much money to have an amazing adventure close to home.

**MEAdventures**  
[www.midandeastantrim.gov.uk/meadventures](http://www.midandeastantrim.gov.uk/meadventures)

See how many of our fun activities you can tick off your list, explore somewhere new and become a MEAdventurer!



Build a sandcastle



Collect shells



Skim stones

We have 62 miles of coastline to explore in Mid and East Antrim including three award winning beaches (Carnlough, Ballygally and Browns Bay) So grab your bucket and spade!



Fly a kite



Play at the park



Have a picnic

We have a whopping 67 play parks including; Marine Gardens in Carrickfergus, Carnfunnock in Larne and People's Park in Ballymena. How many have you visited?



Go camping



Have a BBQ



Watch a sunset

Pick your spot and pitch a tent at one of our many campsites and explore somewhere new. Camping is a great chance for star-spotting too!



Go for a walk



Jump in muddy puddles



Go for a bike ride

Hop, skip, jump, run, bike, scoot – the choice is yours when you enjoy one of our beautiful walkways and open spaces. Why not spot some boats along Larne Promenade or Carrickfergus Marina?



Plant some seeds



Make compost



Learn how things grow

With three allotment sites to choose from in Carrickfergus and Larne, why not dig in and enjoy growing your own fruit and vegetables! You could even help prepare them to make a tasty meal!



Build a bird box



Go on a bug hunt



Make a den

These are just some of the activities on offer throughout our fun-filled family events programme this summer. Come along and join in!



Learn a new sport



Practice your skills



Make new friends

What sports do you like? Why not try something new at one of our many sports pitches, bowling greens, tennis courts, golf courses or skate park and mini-golf course?







### Some of our Parks and Open Spaces events this Summer -

Event	Date & Time	Location	Ages
Wild Survival Skills	Saturday 14 July 2pm - 4pm	Ecos Nature Park, Ballymena	All ages
Mindfulness Walk	Monday 16 July 10am - 11.30am	Cranny Falls, Carnlough	7+
Let's go Fly a Kite!	Monday 16 July 6.30pm - 8.30pm	The People's Park, Ballymena	All ages
Pop Up Play	Tuesday 17 July 7.30pm - 9pm	Portglenone Marina	All ages
We're going on a Bug Hunt!	Wednesday 18 July 11am - 1pm	Martinstown Play Area & Wildlife Pond.	All ages
Dippering Dander	Thursday 19 July 10am - 12noon	Galgorm Wood, Cullybackey	All ages
Bat Night!	Thursday 19 July 8pm - 10pm	Diamond Jubilee Wood, Whitehead	All ages
Nerf Works	Friday 20 July 2pm - 4pm	Greenisland Play Park	6+
Wild About Food: Cook Your Catch!	Saturday 21 July 10am - 12noon	Browns Bay, Islandmagee	All ages
Family Orienteering Challenge	Sunday 22 July 1pm - 3pm	Bashfordsland Wood, Carrickfergus	All ages
Play Day – Wet and Wild!	Wednesday 1 August 11am - 1pm	Marine Gardens, Carrickfergus	All ages
Play Day – Family Fun Day	Wednesday 1 August 11am - 1pm	The People's Park, Ballymena	All ages
Play Day – Funky Sports Day	Wednesday 1 August 2pm - 5pm	Carnfunnock Country Park	All ages
Biodiversity Summer School- Whitehead	Monday 30 July – Friday 3 August 11am - 1pm daily	Diamond Jubilee Wood	All ages
Biodiversity Summer School	Monday 6 August – Friday 10 August 11am - 1pm daily	Ecos Nature Park	All ages

Event	Date & Time	Location	Ages
Biodiversity Summer School	Monday 13 August – Friday 17 August 11am - 1pm daily	Larne Town Park	All ages
Pop Up Play Day	Monday 6 August 11am - 1pm	Whitehead Playing Fields	All ages
Allotment Scavenger Hunt	Tuesday 7 August 2pm - 4pm	Eden Allotment Gardens	All ages
Mini Golf Competition	Thursday 9 August 10am - 12noon	Bentra Golf Club, Whitehead	All ages
Flower Show and Summer Fair	Saturday 18 August 1pm - 4pm	Larne Market Yard	All ages
Recycling Art Workshop	Tuesday 21 August, 2pm - 4pm	Eden Allotment Gardens	All ages
Bat Night!	Saturday 25 August, 8pm - 10pm	Galgorm Wood, Cullybackey	All ages

And for those not so sunny days (because there's usually a few!)

-  We have a full programme of exhibitions and workshops in our Arts and Museums facilities, from quilting to art trails and more.
-  Visit one of our top family attractions including - Carrickfergus Castle, Slemish mountain and the Presidential homesteads of Andrew Jackson Cottage in Carrickfergus and Arthur Cottage in Cullybackey.
-  Sign up for a class at one of our three leisure centres- Amphitheatre Wellness Centre in Carrickfergus, Larne Leisure Centre and Seven Towers Leisure Centre in Ballymena.
-  Pick up a copy of our full summer events guide at your local Visitor Information Centre and start planning your MEAdventure!



Don't forget to include #MEAdventures in your social media posts to share your adventure!



**Mid & East  
Antrim**  
Borough Council

[www.midandeantrim.gov.uk/MEAdventures](http://www.midandeantrim.gov.uk/MEAdventures)