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.
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?

Fly a kite
Play at the park
Have a picnic

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 camping
Have a BBQ
Watch a sunset

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!

Plant some seeds
Make compost
Learn how things grow

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?

Go for a walk
Jump in muddy puddles
Go for a bike ride

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

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!