

Autism-Friendly Walk

Carrick-a-Rede: Visual Story

This walk does not include crossing the Rope Bridge.



Welcome to our relaxed and friendly walk along the coast. You can take part in any way that feels comfortable for you. There is no right or wrong way to join the walk.



The walk will go ahead in light rain. If the weather is unsafe, we will contact you, and cancel the walk.

The route includes the following surfaces: tarmac, loose chippings and grass.

There are some gentle slopes and uneven natural surfaces.



When: Monday 11th May, from 7-8.30pm,

Length of walk: Walk 1: 2.5km, Walk 2: 3.6km

Where: The walk starts from the National Trust Carrick-a-Rede Rope Bridge car park, near Ballintoy.

Address: 119a Whitepark Road, Ballintoy, County Antrim, BT54 6LS. There are road signs to help you find the entrance.
what3words:///household.editor.safari

What to bring

- Comfortable shoes
- Warm, waterproof clothes.

Optional Items:

- Water, Umbrella, Headphones, Ear Defenders, Comfort Item.

Arriving by car:

Walk Leaders will be at the car park from 6.30pm to welcome you.

Parking is free.

There may be sounds from cars, the sea, wind and people talking.





Meeting staff: Walk Leaders will be wearing high-visibility jackets. They are **friendly** and there to help you feel **safe** and **comfortable**.

Your Walk leaders will include:
Grace, Rhonda, Patrick and Andy



It will be OK to take breaks during the walk, walk slowly, or leave early. You can ask for help at any time.

Toilets are available at the car park.

- There is one accessible toilet.
- The rest have standard cubicles.
- They may be a little noisy or echo.
- There are no toilets along the route.



Registering for the walk: The walk is free of charge. After you park, the Walk Leaders will ask you to register.

- There will be a short form to fill in.
- You may need to wait a few minutes if it is busy.
- **Under 18s must be accompanied by an adult.**

Photos: We will take photos during the walk

- You can choose if you are happy to be in the photos.
- You will only be included if you give permission.
- Photos will be used on social media and newsletters.
- You can change your mind at any time.



We have three '**Sensory Bags**' which can be borrowed for the walk. The bags include ear defenders, fidget toys and a soft toy. Ask a Walk Leader if you would like to borrow one.

Starting the walk: At 7.00pm Walk Leader, Grace, will let everyone know that the walk is starting. We will begin walking together from the bottom end of the car park.

We will not be crossing the Rope Bridge.



During the walk: You do not have to talk to anyone if you do not want to. You can walk quietly if you prefer not to chat, and at your own pace.



We will walk along the coastal path towards Ballintoy Parish Church. The path is grassy and uneven in places. It may be muddy if it has rained



- We might hear waves, wind, birds, and people talking.
- We will see the sea, fields, and maybe some sheep behind fences.
- Sometimes people see dolphins swimming, but this does not happen every time.
- If it is very breezy, the wind and sea will be quite noisy.



Walking your way:

You can walk at your own pace. The group may spread out along the path.

There will be a Walk Leader at the front of the group and another at the back. There will always be a Walk Leader nearby.



Taking a break: If you feel tired, there are benches along the route where you can take a break. Please tell a Walk Leader if you need to stop for a rest.





Choosing what to do next: When we reach Ballintoy Parish Church, you can choose what to do next.

You can walk back along the route to the car park with a Walk Leader.



Alternatively you can continue walking towards Ballintoy Village and then loop back to the car park with support from the Walk Leaders.

If you decide to continue towards Ballintoy Village, there is a short, steep section near Carrick-a-Rede. Walk leaders will be there to support you.



Refreshments: At the end of the walk there will be free tea, coffee, hot chocolate and tray bakes in the Weighbridge Cafe, situated at the car park.

You can stay for refreshments or you can choose to leave. The toilets and car park will close at 9.00pm.



03/04/2026, 10:20:02
OSNI Orthophotography

0 0.04 0.08 0.12 0.16 0.20
1:5,000
0 0.05 0.1 0.2 km
© Crown Copyright & Database Right 2024 - Spotlight is a service provided by Ordnance Survey of Northern Ireland. © Crown Copyright & Database Right 2025 - Spotlight - A service provided by Ordnance Survey of Northern Ireland.

Causeway Coast and Glens Borough Council

We are looking forward to meeting you and hope you will enjoy your walk with us.