

Autism-Friendly Walk

Downhill Demesne: Visual Story



Welcome to our relaxed and friendly walk. You can take part in any way that feels comfortable for you. There is no right or wrong way to join the walk. Both the walk and parking are free of charge.



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. Some routes around the property have steep slopes and uneven natural surfaces.



When: Monday 18th May, from 7-8.30pm.

Length of walk: 2.3km.

Where: The walk takes place at Downhill Demesne, near Castlerock.

Parking is at Bishop's Gate Lodge, 42 Mussenden Road, Downhill, Castlerock, Co. Londonderry, BT51 4RP.

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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 Bishop's Gate Lodge from 6.30pm to welcome you.

There may be sounds from cars, and people talking.





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

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



Your **Walk Leaders** will include: Grace, Rhonda, Patrick and Andy.

There are no toilet facilities at Bishop's Gate Lodge. Public toilets are available at nearby Castlerock Beach or in Coleraine at Christie Park or in the Town Centre.



Registering for the walk: 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 photos.
- You will only be included if you give permission.
- Photos will be used on social media and newsletters.



Starting the walk: At 7pm Walk Leader Grace will let everyone know that the walk is starting.

We will begin walking together from Bishop's Gate Lodge

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

We will walk through Bishop's Gate Gardens up a slope towards Downhill House.

The path is tarmac and is uneven in places.



After Bishop's Gate Gardens the path is mainly grassy. It can be wet and muddy after rain. If the weather has been very wet before the walk, we will avoid the muddiest paths. If we do this, the walk will not be longer and will last the same amount of time.



We will walk past a **Walled Garden**. There are seats there if you need a rest.
There is an **accessible toilet** here which a member of staff can open if anyone wants to use it.
The Walk Leader will ask the group if they want to stop here for a break.



What you might see and hear: You may hear waves, wind, birds, and people talking. You will be able to see Portstewart, Castlerock, Downhill Beach and Donegal. We will not be going inside Mussenden Temple.



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, you can take a break.

Please tell a Walk Leader. You can also turn back early with support.

Finishing the walk: The walk will finish when we get back to Bishop's Gate Lodge.



Refreshments:

At the end of the walk there will be **free** tea, coffee, and pastries served in Bishop's Gate Garden.

You can have some if you would like to.

You can also leave at any time.

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



10/04/2026, 10:35:13

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