

The Northern Ireland SEAFOOD Trails

ARDGLASS

The name Ardglass comes from the Irish 'Ard Ghlais' or 'green height', from an ancient time when the town was encircled by seawater. Sitting in a natural inlet and surrounded by green hills, the harbour has long been a safe haven for fishing boats. Today, Ardglass is one of Northern Ireland's busiest fishing ports and home to an exciting selection of tasty lunch spots!

Map key



Nature



Fishmonger



Food



Industry



Activity

Curran's Seafood Bar

83 Strangford Rd, Chapeltown, BT307SP



2 mins

Curran's was built in 1781 and has since been handed down through generations of the same family. It has long been a meeting place for the community - a place of eating, storytelling and celebrating. It is family-friendly with a playpark outside. Curran's specialises in local seafood dishes including langoustine, which they de-shell themselves!

Sheepland Harbour



From Ardglass, follow Sheepland Road to Sheepland Harbour, where you'll find a small car park next to an old watermill. Follow the grassy path down to a rocky shore and pebble beach - perfect for rockpooling and wildlife watching. For the more adventurous, there's a 2.7km loop walk you can do along a narrow grassy path, across cliff tops and wildflower meadows.



Sheepland Road

Ardole Road

Doc's Fish & Chips

With a dedicated kids menu, and the option to either sit in or take away, Doc's has something for everyone. Settle in the cosy cafe for a meal, or grab a classic fish and chips. They sell seafood that's been landed in local harbours.

Smyths Munch Box



Run by an ex-fisherman, Smyths know how to make good fish and chips! They buy their fish directly from the boats landing in Ardglass, or from the fish market in Kilkeel. If you're heading out of town via Ardglass Road, stop for a friendly chat and a takeaway lunch!

Old Bathing House



Ardglass was a popular 'watering place' in the Victorian era. People would travel here on their holidays, to bathe in the seawater and lounge by the water's edge. This little castle was built in the early 1900s and may have been a ladies' changing room! Can you imagine the Victorian holidaymakers spending their summers here?

ARDGLASS HARBOUR

Phennick Point



Ardglass Harbour



People have fished from Ardglass for over 2,000 years, and tales tell that this was a bustling port in the Middle Ages. Today, you'll see lots of large, colourful trawlers berthed up at the South Pier - if you arrive early enough, you might see them heading out to sea with twinkling lights, off to catch herring.

SEASONALITY

Just like most wild foods, fish are seasonal. This means that their abundance in local waters changes with the seasons. It's important to eat with the seasons, as it means you're eating what's locally available and you'll get the best quality fish. Herring enter the Irish Sea in the late summer, and fishermen continue to catch them until early Autumn. Herring is mainly preserved, so is available to enjoy all year round.

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With 15 seafood trails across Northern Ireland, there's something for everyone! Discover all of the trails by scanning this QR code, or head to...



SERVES: 2

INGREDIENTS

1 tsp. olive oil

Small bunch of dill, chopped

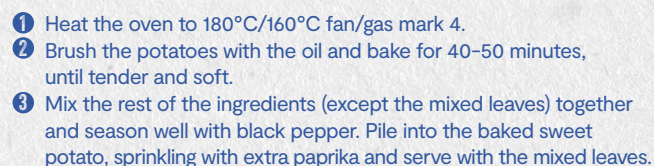
1 tsp. wholegrain mustard

4 tbsp. fat-free plain yoghurt

Pinch of paprika, plus extra to garnish

Black pepper, to taste

2 handfuls of mixed leaves, to serve



with

The logo for 'The Northern Ireland Seafood Trails' is set against a light blue background with white wavy lines at the bottom. The text 'The Northern Ireland' is in a dark blue script font. 'SEAFOOD' is in large, bold, white capital letters with a dark blue outline, set within a dark blue banner. 'Trails' is in a dark blue script font. Decorative elements include a seagull, a crab, two fish, an anchor, and a starfish.

PERFECT  **FAMILIES**
for

