

The Northern Ireland SEAFOOD Trails

BALLINTOY

Wind your way down the zigzag road and arrive in Ballintoy harbour with its backdrop of dramatic coastline. This once bustling port is now home to only a few small boats that fish for mackerel using rod and line or occasionally lobster and brown crab using pots. Follow the grassy footpath and ramble over the rocky shoreline to the breathtaking White Park Bay, or book a coasteering adventure. This trail is for the wild ones! As this is a famous filming location for Game of Thrones, Ballintoy harbour can get very busy at prime time in the summer.

Map key



Nature



Fishmonger



Food



Industry



Activity

Ballintoy Harbour

Ballintoy harbour was once filled with activity. Big, wooden 'schooners' would transport local limestone off to the British Isles – look out for the white, limestone cliffs around here. There are only a few fishing boats here now, mostly catching fish like mackerel using rod and line, or potting for brown crab and lobster. If you're here in the summer, ask a fisherman and you might be able to buy fresh mackerel straight from the boat!



Carrick-a-Rede Rope Bridge

This rope bridge was first built by salmon fishermen more than 250 years ago, back when there was a thriving wild salmon fishery here! The bridge allowed fishermen to access their cottage on Carrick-a-Rede island where they fished for the salmon. Park at Portanevee Viewpoint for a spectacular view of the bridge. Portanevee Car Park and Viewpoint, BT54 6LR.



Roark's Kitchen

The perfect pit stop for your adventure. Pop inside this little stone building facing the ocean, and tuck into a cake or some lunch. Check seasonal opening hours.



White Park Bay walk

From the left of the harbour, follow a footpath past white cottages to White Park Bay. Follow the grassy green track past dramatic rock stacks – one is called Elephant Rock, can you spot it? The long sweeping beach is backed by dunes and grasslands. From here, you can look over to Portbraddan, a tiny historical fishing village hidden in the cliffs.



Ballintoy Secret Beach

From the harbour head back up Harbour Road, then follow a little gravel footpath down to a secret cove. The sea here is filled with towering rock stacks, with white waves crashing at the base. On a calm day you can paddle in the water or picnic on the white sands.



BALLINTOY HARBOUR

Harbour Rd

Coasteering NI

Fancy a thrill? If rock climbing and sea swimming is your thing, why not try something completely new and book a coasteering adventure with Coasteering NI? Learn to understand the sea, safely scramble up the rocks of Ballintoy Point, and jump from heights into the blue waters. A fun experience for the family! Only open seasonally, and pre-booking is essential.



SEASONALITY

Just like most wild foods, fish are seasonal. This means that their abundance in local waters changes with the seasons, as they migrate and reproduce. 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 seafood. Mackerel is caught by fishermen around the coast of Northern Ireland from the summer through to late autumn.

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Can you find THESE WORDS?

Salmon Rope bridge Coast Cliff
Secret Rugged Beach Ocean

K	S	R	K	A	R	I	J	P	D	R	H
D	S	A	U	C	C	D	A	N	P	O	D
K	I	S	L	G	E	N	M	G	X	P	J
X	S	P	E	M	G	G	G	I	A	E	M
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There are a few little boats that catch mackerel from Ballintoy, using rod and line. This is a very sustainable method of catching fish. Mackerel is a healthy choice, high in Omega-3 and has a delicious, rich flavour. Embrace the white sands and blue water of Ballintoy's secret beach with this Greek salad and smoked mackerel recipe!

Delicious SMOKED MACKEREL & GREEK SALAD

PREP TIME: 15 MINS SKILL LEVEL: EASY SERVES: 2

INGREDIENTS

2 x smoked mackerel fillets, skin removed
150g vine-ripened cherry tomatoes, halved
2 tbsp. olive oil
¼ red onion, finely sliced
½ cucumber, deseeded and cut into chunks
2 little gem lettuce, sliced
Handful greek olives, pitted
Squeeze of lemon juice
70g feta cheese, crumbled
Chopped fresh parsley, to garnish
2 pitta bread, warmed, to serve



- 1 Place the tomatoes in a bowl and season with salt and pepper and a little of the olive oil.
- 2 Assemble the tomatoes, onion, cucumber, lettuce and olives in two large bowls or plates. Top with the flaked mackerel and crumbled feta cheese.
- 3 Dress the salad with the remaining olive oil, a squeeze of lemon juice and a pinch of salt and pepper. Garnish with the parsley and serve immediately with the pitta bread.

EXPLORE BALLINTOY



BALLINTOY

