

Recreation and Leisure

One of this area's major strengths is its rich and diverse natural environment. As Newry & Mourne offers mountain ranges, beautiful beaches, inland waterways, coastal plains, rolling hills and unspoilt woodlands, it is not surprising that it has established itself as one of Ireland's major outdoor recreational areas.

Newry & Mourne has long enjoyed an excellent reputation for hill climbing, walking, fishing, golfing, cycling and watersports. Detailed information on all activities this area has to offer can be obtained by contacting the local Tourist Information Centres or visiting www.visitnewryandmourne.com

East Coast Adventure Outdoor Activity Centre
Rostrevor, Co. Down. www.eastcoastadventure.com
Email: info@eastcoastadventure.com
Tel: 00353 42 9357600

Wide range of outdoor activities and expeditions can be organised for all age groups. Tailor made packages can also be organised to suit your requirements, whether it be a school or club adventure or a corporate team development.



LEISURE CENTRES

Newry Sports Centre

Patrick Street, Newry. Tel: (028) 3031 3130

This facility is a multi-purpose dry centre comprising of a six court main hall, two court activity hall, state of the art refurbished fitness suite, squash courts, handball / racquetball court. Activities include fitness classes, basketball, soccer, gymnastics, martial arts, badminton and trampolining.

Opening hours: *Monday - Friday 9.00am - 10.30pm*
Saturday 10.00am - 5.30pm Sunday 2.00pm - 5.30pm

Kilkeel Leisure Centre

Mourne Esplanade, Kilkeel. Tel: (028) 4176 4666

Located on the sea front, this facility combines a 25m swimming pool with learner/diving section, sauna steam room and spa pool, a multi-purpose main hall, fitness suite, squash courts and outdoor synthetic pitch. Activities include swimming lessons, fitness classes, basketball, soccer, gymnastics, martial arts, badminton and trampolining.

Opening Hours: *Monday - Friday 9.30am - 10.00pm*
Saturday 10.00am - 5.30pm Sunday 2.00pm - 5.30pm
Admission (swimming pool): *Adult £2.30 Children £1.65*
Health Suite & Swim £4.00

Newry Swimming Pool

Clanrye Avenue, Newry. Tel: (028) 3031 3190

Visit the sauna and steam room or bring the whole family for a refreshing swim. A full sized 25m pool and separate learner pool. The swimming pool continues to be the most popular sports and leisure facility throughout the district. The pool is 3 minutes walk from Newry Sports Centre.

Opening hours: *Monday - Friday 9.30 - 5.30*
Saturday 10.00am - 12.30pm and 2.00pm - 5.30pm
Sunday 2.00pm - 5.30pm
Admission: *Adult £2.30; Children £1.65*

GOLF



Ashfield Golf Course

Cregganduff Road, Cullyhanna, Co. Armagh, BT35 ONA
Tel: (028) 3086 1315

18 holes, par 69, 5616 yards.

Caddies, bar meals, snacks, snooker, driving range, etc. Fully licensed restaurant open 10.00am - 7.00pm during season.

Opening Times: *Monday - Friday 10.00am - dark*
Saturday - Sunday 8.00am - dark

Admission: *Weekdays: £15.00, Weekends: £20.00,*
Playing with a member: £8.00



Cloverhill Golf Course

Lough Road, Mullaghbane,
Co. Armagh, BT35 9XP
Tel: (028) 3088 9374

18 holes, par 70, 5272 yards.

Full changing facilities, clubs and trolleys for hire, bar snacks and pool. Special rates for golfing societies

Opening Times: Monday - Friday daylight hours
Saturday - Sunday daylight hours

Admission: Weekdays: £12.00, Weekends: £15.00

Kilkeel Golf Course

Mourne Park, Kilkeel, Co. Down, BT34 4LB. Tel: (028) 4176 2296
18 holes, par 72, 6625 yards.

Visitors welcome, restaurant and bar, club competitions on Tuesdays and Sundays.

Opening Times: Monday - Sunday 8.00am - dark

Admission: Weekdays: £20.00 Weekends: £25.00
(Saturday Members Only)

Mayobridge Golf Course

50 Crossan Road, Mayobridge. Telephone: (028) 3085 1223
18 holes, par 67

This course is sure to satisfy both intermediate and low handicap golfers, what it lacks in distance it more than makes up for in character.

Opening times: Monday - Sunday 8.00am - dark

Admission: £10.00

Newry Golf Academy

11 Forkhill Road, Newry. Telephone: (028) 3026 3871
Driving range Golf Academy - fully automatic driving range - first in Ireland

Opening Times: Monday - Sunday 8.30am - 9.30pm

Admission: prices vary

Kelly's Golf Centre

45 Milltown Street, Burren, Warrenpoint, Co Down
Tel. (028) 4177 3247

New 16 bay floodlit driving range with automatic tee systems.
9 hole par 3 course featuring USGA conforming greens.
Resident PGA qualified professional - tuition available. Junior golf Ireland coaching centre and summer schools available for junior golfers.

Opening Times: Mon-Fri 10.00 am - 10.00 pm, Sat-Sun 10.00 am - 7.30 pm

Great value rates: £1 per 20 balls up to £5 per 100 balls

Warrenpoint Golf Club

Lower Dromore Road, Warrenpoint. Tel: (028) 4175 3695
18 holes, par 71, 6161 yards

Practice grounds, full catering and bar facilities, squash, snooker. Visitors welcome Sunday, Monday, Thursday, and Friday.

Opening Times: Monday - Sunday 8.00am - dark

Admission: Weekdays: £22.00 Weekends: £28.00

HORSE RIDING

Greenvale Equestrian Centre

141 Longfield Road, Forkhill. Tel: (028) 3088 8314
Located at the foot of Slieve Gullion, offering pony trekking, activity weekends, half day treks, with instruction provided for all age groups.

Opening times: Monday - Saturday 9.00am - 6.00pm

Admission: Children - £5.00 1/2 hour, £7.00 per hour

Adults - £9.00 per hour

Gamekeepers Lodge

270 Moyadd Road, Kilkeel. Tel: (028) 4176 4771

Located in the Mourne Mountains, offering mountain treks and beach rides.

Opening times: Monday - Saturday 10.00am - dark

Admission: £10.00 per trek

Barkston Equestrian Centre

85 Cloughenrammer Road, Newry. Tel: (028) 3025 2656

Opening times: Monday - Sunday 9.00am - dark

Admission: £10.00 per hour

Oakwood Riding School

24 Behagh Road, Newry. Tel: (028) 3085 1484

Opening times: Monday & Tuesday 9.00am - 10.00pm
Thursday - Saturday 9.00am - 10.00pm

Admission: Adults - £8.00, Under 9 - £6.00

Rostrevor Equestrian Centre

8 Greenpark Road, Rostrevor BT34 3EY

Tel: 028 417 38241

Mobile: 07762 738509

Moorhill Stables

Moorhill Road, Ballyholland, Newry.

Mob. 07814 980760



FISHING

Situated in the southern corners of counties Armagh and Down, the Newry & Mourne area has a rich and diverse landscape with clean rivers, small spate streams, mountain loughs and coastal inlets. Newry & Mourne offers the angling visitor quality game, coarse and sea angling opportunities.

For a copy of the Fishing in Newry & Mourne guide contact Newry Tourist Information Centre. Tel: (028) 3031 3170.

Where to fish

Donaghaguy Reservoir - Warrenpoint
 Clanrye River - Newry
 Whitewater River - Kilkeel
 Kiltybane Lake - Crossmaglen
 Newry Ship Canal - Newry
 Camlough Lake - Camlough
 Cashel Loughs - Newry
 Carrigans Lough - Sliverbridge
 Glassdrummond Lake - Glassdrummond
 The Bann River - Hilltown
 Lough Ross - Crossmaglen
 Mullaghbabane Lake - Mullaghbabane
 Spelga - Hilltown



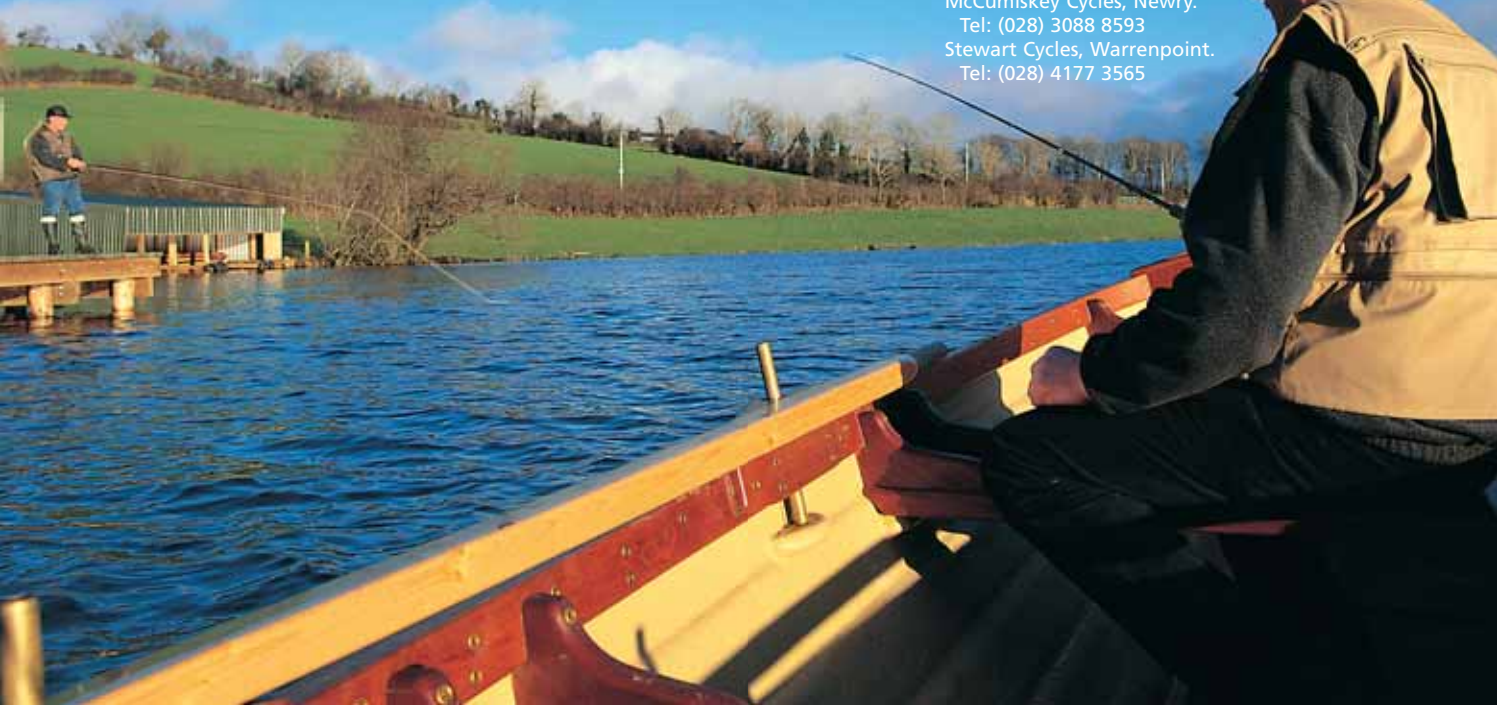
CYCLING

Newry & Mourne is an ideal area for the cycling visitor and a great way to explore its towns, villages, varied landscapes, historic monuments and other places of interest is to tour on a bike. The countryside and terrain is varied with easy riding possible along the gentle coastal lowlands and around the Ring of Gullion area, with more strenuous opportunities in the Mourne foothills. Much of the area forms part of the national cycle network.

Take the minor roads where possible to avoid traffic. This area has many way marked routes, examples include the Poet's Trail, the Rostrevor Route and the Newry Canal Way.

Laminated maps are available for strenuous, moderate and easy routes in the area and can be used in conjunction with the brown and white route markers. Further information and suggested routes in the area can be obtained from the Tourist Information Centres.

Cycle Hire: Quinn Cycles, Kilkeel.
 Tel: (028) 4176 2654
 McCumiskey Cycles, Newry.
 Tel: (028) 3088 8593
 Stewart Cycles, Warrenpoint.
 Tel: (028) 4177 3565



WALKING

Newry & Mourne offers a wide range of walks that cater for a broad range of fitness, ability and experience. This area offers excellent walking from flat easy routes to testing slopes and mountains.

The Newry & Mourne area extends the southern slopes of the Mourne Mountains to the legendary Ring of Gullion and offers its visitors a great diversity of scenery, culture and leisure activities. For a copy of the Newry & Mourne Walking Guide contact Newry Tourist Information Centre - (028) 3031 3170.

Further information on activities in the Newry & Mourne Area can be obtained from any of our Tourist Information Centres.

