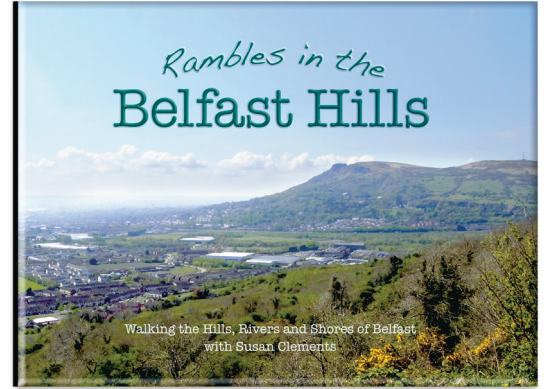


# Press Release



## Rambles in the Belfast Hills



### DESCRIPTION

Belfast is a city surrounded and defined by hills and water. From any vantage point in the city you will see one or the other and often both. In recent years, work by various public and voluntary bodies has given easy access to these wonderful assets.

Access to quiet places where you can find leafy tranquillity by a bubbling stream a few yards from the stressed throngs: Access to high places where you can take in unrivalled stunning vistas of the city humming below: Access to lonely places where you can feel the solitude of the wide skies of an upland bog yet only be a couple of miles from the thronging City centre.

Inside this book's sumptuous covers Susan Clements takes her readers on 10 walks along the shores and rivers and into the hills surrounding Belfast. There are walks here to suit all tastes from short Sunday strolls to testing whole day hikes, each written in an easy chatty style laced with nuggets of information about the history and legends of the surrounding areas.

- Valley Park to Whiteabbey
- Carnmoney Hill
- Cave Hill and Ballyaghagan
- Divis Circuit
- The Newtownabbey Way
- Belfast Castle and Lower Cave Hill
- Divis Summit
- Colin Glen
- Dunmurry to Yorkgate Station with Giant's Ring Loop
- Stormont to Hollywood

### THE AUTHOR

Belfast native and member of the East Antrim Rambling Club, Susan Clements has been a walking enthusiast all her life and can be found out in the hills most weekends.

Her enthusiasm for walking is only matched by her interest in photography which she studied at Newtownabbey Tech and the Open University before putting it to use here to bring the scenery of her beloved Belfast Hills into the laps of her readers. In her own words: –

“It's surprising how often we don't look at what's on our doorstep. Many times I have travelled miles to find an interesting walk, ignoring my local patch in the search for something different or challenging. When I first started exploring the Cave Hill I began to realise that when I decided to be a 'tourist at home' I saw things with new eyes.

With this in mind I set forth on my mission to persuade others to venture away from the rut and look around them. So some of the walks in this book may be familiar but approached from another angle or can be linked to other walks to make a longer distance challenge.

Another theme which came out of this was the idea of a circuit of walks round Belfast, again many of which can be linked to others by short road sections. I wanted to include a variety of environments, from the rugged countryside of Divis and Cave Hill to the more urban and city areas along the Lagan and Lough Shore. Where possible I tied in access to public transport at the ends of walks, especially for the linear ones. Although the walks are close to the city some of them are on rugged upland terrain where conditions can change quickly so proper outdoor gear is advisable.

Belfast is a city surrounded and defined by hills and water. Everywhere you will see one or the other, or both, if you look beyond the obvious. So why not go on an 'adventure holiday' from your front door and see what you can find?”

### AVAILABILITY

On sale now RRP £14.99 in Easons, Stewart Miller & large Tesco stores or from publisher website [www.cottage-publications.com](http://www.cottage-publications.com)

If you need more info please contact Tim Johnston from Cottage Publications anytime on 028 9188 8033