

ULTIMATE CRUSADER'S GUIDE NORTHERN IRELAND ADVENTURE CHALLENGE

Hiker's Guide



THE CROSSING
FOR CYSTIC FIBROSIS
Bahamas to Florida Epic Paddle Challenge & International Championship





PIPER'S ANGELS FOUNDATION BOARD OF DIRECTORS

~ Established 2016 ~

Dear Crossing Crusader,

On behalf of the entire Board of Directors for the Piper's Angels Foundation, we would like to thank you for showing up with EXTREME courage in taking part in this years Crossing Adventure Series: Crossing For Cystic Fibrosis - Northern Ireland hiking event. Our mission of supporting families affected by CF is only successful and possible with your help, dedication, and unwavering commitment.

During the time that the foundation has existed, individuals like yourself who are willing to 'show up' for those in need has helped Piper's Angels Foundation become one of the most far reaching and influential grassroots organizations in the US and globally for families with CF. Since 2017, the Piper's Angels Foundation has achieved some amazing milestones:

- Raising over \$4,000,000 in support of the CF Community
- Donating over \$167,000 back to over 20 other non-profit organizations that participated in The Crossing
- Creating our nationally recognized Unmasking Mindfulness program to teach people with CF how to use meditation as a mental health tool
- Launching our newest socially innovative Inspire Breathworks program to help improve participant lung function
- Piper's Angels Foundation is listed on the National Directory with the CF Foundation as a globally recognized primary support system for CF families
- Leading the charge pioneering life-saving critical developments for CF children through our Angels Abroad initiatives in lower income countries like Mexico and India.
- Supporting over 1,000 CF families with Urgent Financial Assistance and other life enhancing programs ... and so much more!

By participating in this years Crossing For Cystic Fibrosis Adventure Challenge event, you enable the Piper's Angels Foundation to provide much needed life changing programs to families across the country.

We look forward to joining you in Northern Ireland for yet another incredible challenge! When we look out upon the vast universal expanse dating back over 1.2 billion years, we can become one with the 'why' that brought all of us there, and as we face this crossing – together - being BOLD IN THE FACE OF FEAR, we will INSPIRE EVERY BREATH.

Thank you for all you do. We love you, and we appreciate you!

Sincerely,

Travis Suit, Vanessa Calas, Paul Smolchek, Gary Stellges, Nikki Stellges, Matti Antilla,
Melissa Foster, Scott Ames

Piper's Angels Foundation - www.pipersangels.org



CROSSING FOR CYSTIC FIBROSIS
ULTIMATE HIKER'S GUIDE

Northern Ireland - Adventure Series

The following is a general overview and subject to change at anytime. For questions please contact info@pipersangels.org

| | |
|---------------------------------------|----|
| PURPOSE & MOTIVATION ----- | 1 |
| BEN'S STORY: WHY THIS MATTERS ----- | 2 |
| ABOUT THE EVENT & REGISTRATION----- | 3 |
| ABOUT CYSTIC FIBROSIS ----- | 4 |
| THE BASICS & TRAIL PROFILE ----- | 5 |
| CLOTHING, NUTRITION, ETC ----- | 7 |
| TRAVEL INFORMATION ----- | 8 |
| TRAVEL TIPS ----- | 9 |
| FUNDRAISING INSPIRATION & ADVICE ---- | 10 |
| FUNDRAISING STRATEGIES ----- | 14 |
| TOP PLACES TO VISIT ----- | 16 |



CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

Northern Ireland - Adventure Series

The following is a general overview and subject to change at anytime. For questions please contact info@pipersangels.org

PURPOSE

“Imagine every step feeling heavier than it should...”

For those living with Cystic Fibrosis, even everyday tasks can feel like carrying an invisible weight. **We're choosing to feel a fraction of that weight, together.**

We'll climb Slieve Donard, not just for the challenge, but for a cause much bigger than ourselves. To raise funds. To raise awareness. And to help others say yes to adventures they never thought possible.

On **Saturday, September 26th, 2026**, participants will take part in a guided hike along the Standard Mourne Wall trail, reaching the summit of **Slieve Donard —Northern Ireland's highest peak.**

This event is part of the Crossing for CF Adventure Series: Northern Ireland, a global campaign supporting Piper's Angels Foundation and individuals living with Cystic Fibrosis. The Crossing For Cystic Fibrosis Northern Ireland Adventure Challenge builds upon the incredible community support and success of the original Bimini to Lake Worth paddle boarding event. This event brings together participants from all walks of life with a common shared purpose of servicing others.

MOTIVATION

Travis Suit's daughter, Pipers was diagnosed with CF when she was four years old. The Crossing For Cystic Fibrosis is a vehicle and mechanism for driving awareness, fundraising, inspiration, improved quality of life, and social innovation in the cystic fibrosis community. Through the Piper's Angels Foundation and our programs, we are able to make a lifelong impact on the individuals and families facing the challenges of this heart-breaking terminal disease. With every mile and every step of traverse during your training and on the hike, you can hold this understanding and intention in your mind and heart. This is what brings us together, and this is our 'why'.



CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

BEN'S STORY: Why This Matters

I was born with Cystic Fibrosis, a condition that, from a young age, made me very aware that life can be fragile and, at times, uncertain.

Growing up, I was told, directly and indirectly, that there would be limits to what I could do. That my health might dictate my life. That certain paths just weren't realistic for someone like me. But over time, I started to challenge that narrative.

Through fitness, I found something powerful, not just physically, but mentally. Training gave me a sense of control in a situation where a lot felt out of my hands. It gave me structure, confidence, and a way to push back against the idea that I had to live a smaller life. That journey didn't just change how I saw myself, it shaped the direction of my life.

For over 16 years now, I've worked as a coach, helping people become stronger, healthier, and more capable. Along the way, I've had the privilege of working with many individuals living with CF. I've seen first-hand what's possible when someone is given the right support, guidance, and belief.

I've also seen how powerful it is when someone realises - "I'm capable of more than I thought." That's what this event is about. The Crossing for Cystic Fibrosis Adventure Series isn't just a hike, it's a shared experience built on that exact belief. It's about stepping into a challenge, pushing your limits, and proving to yourself what you're capable of.

The funds raised through this event will go directly to supporting Piper's Angels Foundation, who will then select five individuals living with CF to receive a full year of coaching and support from me.

This isn't just about fitness. It's about giving people the opportunity to build strength, confidence, and belief in themselves so that they too can say yes to more in life. More challenges. More experiences. More adventures.

Because if there's one thing CF has taught me, it's this:
We don't know how much time we have, so we owe it to ourselves to make the most of it.
And if this event can help even a handful of people take a step towards that... then it's worth everything.





CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

ABOUT THE EVENT

We are aiming to raise \$20,000 (£15,000) for Piper's Angels Foundation, who will select 5 individuals living with Cystic Fibrosis to fund a 1-year coaching scholarship with Ben Mudge.

The goal is to help them become fitter, healthier, and more confident, so they too can say yes to more adventures.

Each hiking participant will commit to raising \$1,000 (£750) as part of this challenge.

An Extra Challenge: To represent the physical burden of living with Cystic Fibrosis, we will also be incorporating a 65lb weighted vest into the hike.

- The vest will be shared between participants
- Carried by those who feel able throughout different stages of the climb

REGISTRATION

Register at <https://crossingforcysticfibrosis.com/crossing-for-cystic-fibrosis-adventure-series/>

Option 1: Full Event Experience for £175 per person / \$230 per person. Includes: A fully qualified mountain guide for the event, 2 nights accommodation at The Donard Hotel (25th – 27th September) ****Important:** This option is available until 30th April 2026 (6pm BST) to allow us to confirm accommodation numbers. After this date, accommodation will no longer be included.

Option 2: Event Only for £45 per person / \$60 per person. Includes: A fully qualified mountain guide for the day of the hike. **** Important:** Accommodation is not included and you will need to arrange your own stay.



CROSSING FOR CYSTIC FIBROSIS —

ULTIMATE HIKER'S GUIDE

ABOUT CYSTIC FIBROSIS

Cystic fibrosis (CF) is a rare disease, but the most common fatal genetic disease in the United States, affecting around 40,000 people in the U.S. and more than 100,000 people worldwide. It is a lifelong, progressive condition that primarily impacts the lungs and digestive system, but it can affect multiple organs throughout the body.

CF is caused by a mutation in the CFTR gene, which is responsible for regulating the movement of salt and water in and out of cells. Because of this mutation, the body produces abnormally thick and sticky mucus instead of the thin, slippery mucus that typically helps protect and clean the airways.

In the lungs, this thick mucus builds up and blocks the airways, making it difficult to breathe. It also creates an environment where bacteria can thrive, leading to frequent and often severe lung infections. Over time, these repeated infections and ongoing inflammation cause permanent lung damage and reduced lung function.

Beyond the lungs, CF also affects the digestive system. The same thick mucus can block the pancreas, preventing digestive enzymes from reaching the intestines. This makes it difficult for the body to absorb nutrients from food, especially fats and proteins. Because of this, people with CF often require significantly more calories than the average person just to maintain a healthy weight. They also lose more salt in their sweat, which is why CF is sometimes identified through a "sweat test" and why increased salt intake is important.

Cystic fibrosis is a genetic condition inherited from both parents. There are more than 2,000 known mutations of the CFTR gene, which is why CF can look very different from person to person.

While advancements in treatment have significantly improved quality of life and extended life expectancy into the 30 to 50 year range and beyond for many, there is still no cure. Managing CF requires a daily, intensive routine that can include airway clearance therapies, inhaled medications, enzyme supplements, high calorie nutrition, and frequent medical care. Cystic fibrosis is not just a lung disease. It is a complex, whole body condition that requires constant management, resilience, and support. And while statistics help tell part of the story, every person with CF experiences it differently, which is why awareness, research, and community support are so important.





CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

THE BASICS - WHAT YOU NEED TO KNOW AS A HIKER

- ▶ ALL skill levels or participant are welcome. This event and adventure is designed to test your courage, heart, and commitment - while also creating an extraordinary challenge and opportunity for fellowship and celebration.
- ▶ Hikers are required to provide their own hiking equipment and personal safety gear.
- ▶ Each hiker has a \$1,000 minimum fundraising requirement.
- ▶ Participants are responsible for their own travel and transportation of themselves and their gear.



TRAIL PROFILE & DETAILS

- ▶ Trail Name & Destination
Slieve Donard Summit (via Glen River / Donard Park) – highest peak in Northern Ireland (850m)
- ▶ Distance: ~9–10 km (5.5–6 miles) out and back, total time ~4–6 hours (average group pace)
- ▶ Elevation Gain: ~800–850 metres total ascent
- ▶ Maximum Elevation: 850 metres (2,789 ft)
- ▶ Minimum Elevation: ~20–50 metres (sea level start in Newcastle - approx based on coastal start location)
- ▶ Difficulty: Challenging / Hard
 - Steep sustained climb
 - Rocky, uneven terrain near summit
 - Requires good fitness





CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

TRAIL PROFILE & DETAILS, CON'T.

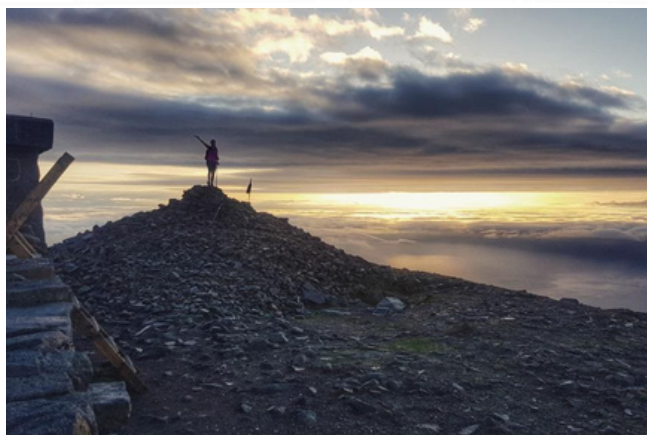
- ▶ **Water:**
 - No reliable potable water sources on route
 - Streams present (Glen River), but must be filtered/treated
 - Bring all required water (recommended 2L+)

- ▶ **Weather / Temperature:**
 - Highly changeable (typical Mourne conditions)
 - Summit can be 5–10°C colder than base
 - Wind chill significant even in summer
 - Low cloud/fog common → reduced visibility

- ▶ **Trail Condition:**
 - Lower section: forest paths, well-maintained
 - Mid section: stone track alongside river
 - Upper section: steep, rocky, uneven, often boggy/eroded
 - The final ascent follows the Mourne Wall

- ▶ **Cell Phone Reception:**
 - Limited / patchy
 - Some signal lower down
 - Often no signal near summit or valleys

- ▶ **Total Time**
~4–6 hours (average group pace)





CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

CLOTHING

- Walking boots or trail shoes
- Waterproof jacket
- Waterproof trousers/leggings (optional)
- Hat or buff (optional)
- Gloves
- Layered clothing, i.e. Base layer, fleece or jumper & a waterproof outer layer
- Jeans are strictly not permitted

FOOTWEAR

Your footwear should:

- Have good grip
- Provide ankle support
- Be comfortable for long distances
- Fit properly (no rubbing or slipping)

FOOD & HYDRATION

Please bring:

- A packed lunch
- At least 1 litre of water
- Protein or energy bars
- Sugar sweets (for quick energy)
- Strictly no alcohol permitted

ADDITIONAL ITEMS

- Tissues or toilet roll
- Wet wipes
- Sanitary/waste disposal bags
- Hand sanitiser
- Plasters

WHAT THE GUIDE WILL CARRY

- Your mountain guide will be equipped with:
- GPS mapping system
- Maps and compass
- First aid kit
- Radio communication





CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

TRAVEL INFORMATION

Travelling from the US, Canada, or further afield, the easiest option is to fly into Dublin Airport.

From Dublin, you can take a coach to Belfast City Centre:

- Dublin Express (www.dublinexpress.ie) (Select 'Grand Central Station' as your destination)
- Aircoach (www.aircoach.ie) (Select 'Grand Central Station' as your destination) Journey time to Belfast: Approximately 1 hour 50 minutes – 2 hours

Hiring a car? It's best to rent directly from your arrival airport if this is where you plan to fly home from, so you can return it easily when departing.

Travelling from the UK or Europe, closer airport options include:

Belfast City Airport - Belfast International Airport Both have regular bus routes to Belfast City Centre. If you need help with planning this, please let us know once your flights are booked.

Getting to the Event Location (Newcastle, County Down):

Approximate travel time if driving, is 1 hour from Belfast.

If not hiring a car: Unfortunately, there isn't a train service to Newcastle but you can take a bus from Adelaide Street, Belfast City Centre (approx. 10-minute walk from Grand Central Station) to Newcastle Bus Station. If you need help planning this, please let us know. Journey time: 1 hour 15 minutes – 1 hour 45 minutes (depending on route and time of day)



CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

TRAVEL TIPS

- **Distances** are short, you can see a lot in a short space of time without feeling rushed.
- **Renting a car** offers the most flexibility, especially if you want to explore coastal routes, castles, and rural areas.
- The **currency** Northern Ireland uses is Great British Pounds (GBP) - not Euros.
- **Driving rules** - Driving is on the left-hand side of the road.
- **Roads** can be narrow in rural areas, so take your time.
- **Weather** can change quickly even in summer, it's best to bring layers and a waterproof jacket.
- **Tipping etiquette** - Tipping is appreciated but not mandatory: Restaurants: ~10–12% if service isn't included; Taxis: rounding up the fare is common
- **Plug sockets** - The UK uses Type G plugs (3 rectangular pins) - bring an adapter if needed. Card payments are widely accepted - most places accept contactless, but it's still useful to carry a small amount of cash.
- **Mobile roaming** - If travelling from outside the UK/EU, check roaming charges in advance.
- **Friendly locals** - Don't hesitate to ask for directions or recommendations, the people are known for being welcoming and helpful.



CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

FUNDRAISING FUELS THE FOUNDATION

Your fundraising efforts are the most critical and important part of our organization. Piper's Angels Foundation depends on individuals like you to make our mission a reality. Without these donations, we would not be able to provide any type of assistance for the CF Community. The funds assist CF Warriors who rely on us through our programs so we can provide hope for today to empower them to live fully. By supporting us through fundraising, it's more than money: you give the Piper's Angels Foundation a voice to fight for CF families and the sustainability we need to truly make a difference in the lives of those affected by CF.

INTRODUCTION

We value your commitment to advocating for the Piper's Angels Foundation's mission of supporting and improving the lives of people in the cystic fibrosis community through grassroots advocacy and socially innovative programs, raising awareness through education, offering life expanding opportunities, providing urgent financial assistance, and funding critical developments.

Our role as individuals, CF family members, CF Warriors, and as an organization, is first and foremost, advocacy. That's the primary function of the Piper's Angels Foundation, it's Board of Directors, employees, participants, and volunteers. That's WHY we say we are a CF family fighting for CF families. If we ignite the spark of advocacy within the hearts of individuals, we inspire action that transforms those people, their families, and communities.

As a participant in The Crossing Adventure Series, it is your opportunity to own this role of being an advocate. To educate and encourage others to learn how they can help and why it's so important to our CF families. You become the VOICE of thousands, and together we can make an impact far greater than we could as individuals.





CROSSING FOR CYSTIC FIBROSIS — ULTIMATE HIKER'S GUIDE

FUNDRAISING INSPIRATION

For some people, this is a challenge. For others, it's a reality they never get to choose.

Cystic fibrosis is a life-limiting condition that makes even the simplest things; breathing, moving, living freely, a daily fight. Adventures like this aren't always possible. That's why this event exists.

Every step you take up Slieve Donard is more than just a climb, it's a statement. It's a decision to use your body, your time, and your energy to create something meaningful for someone else.

As part of this experience, each participant commits to raising \$1,000 for Piper's Angels Foundation. These funds go directly towards supporting individuals with cystic fibrosis by helping them get stronger, healthier, and giving them the opportunity to experience more of life, more freedom, and more adventure.

You'll have time. You'll have support. And you'll have a team behind you who will help you every step of the way with ideas, guidance, and real strategies to reach your goal.

But this part matters:

This isn't just about signing up for a hike. It's about committing to something bigger than yourself.

If the idea of fundraising feels uncomfortable or uncertain, that's okay.. it's meant to challenge you. And in genuine situations where life happens, the charity will always approach things with compassion and understanding.

But this event is built on a shared standard:

That everyone who takes part gives their full effort, not just on the mountain, but in making a difference. Because while this may be an adventure for you...

For someone else, it's a chance at a better life.





CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

FUNDRAISING ADVICE

- ▶ Keep the FUN in fundraising! Often people are overwhelmed with the idea of fundraising because they don't know where or how to start. Believe it or not, people want to give! They want to support their friends and family to help them achieve their goals. They want to be part of organizations that are making a difference, impact those they care about, and that support the health and wellness of the people who are affected. By using your voice and casually, but confidently talking about what you're doing gets people excited and wanting to be part of the journey. Be prepared to bring your fundraising efforts into all conversations. By knowing about Piper's Angels Foundation programs, The Crossing Adventure Series event logistics, and how people can donate, it will make people feel more comfortable donating to the cause.
- ▶ We encourage you to speak from the heart and keep conversations light, but meaningful so people are able to relate but not get turned away by the way you speak.
- ▶ Ask good questions:
 - Have you heard of cystic fibrosis?
 - Do you know anyone who's been affected by CF?
 - Have you heard of the Crossing For Cystic Fibrosis Adventure Series?
 - Do you know about Piper's Angels Foundation?
- ▶ Start early.

The more time you give yourself to fundraise, the more funds you'll receive. By registering earlier on for this event and sharing your efforts right away, you will have less pressure to meet your goal, but also have the additional time to host creative fundraisers and reach a greater fundraising goal.



CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

FUNDRAISING ADVICE, CON'T.

- ▶ Connect with your "WHY".
What's the reason you even considered The Crossing Adventure Series? What is your driving force to train and fundraise? Is there someone you're paddling in honor of? Why are you making this commitment to do something bigger than yourself?
If you don't feel a strong connection to a "why", we encourage you to connect with others in the CF and Piper's Angels/Crossing communities and with CF families to hear their stories and build the friendships that will fuel your purpose.
- ▶ Be bold to reach out to people and businesses in your community to see who can partner with you in your fundraising efforts.
- ▶ Post frequent updates on your fundraising page and social media.
- ▶ Publicly thank each donor on social media and be sure to tag them.
- ▶ Handwritten thank you cards make a greater impact for potential returning donors.
- ▶ Personally reach out to people in your circle asking them to support.
- ▶ Follow up with people who haven't donated yet. Reminders are a big help!





CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

FUNDRAISING STRATEGIES

PRESENT YOUR ASK THOROUGHLY

- ▶ Explain what you are doing, why you're doing it, and what it supports
- ▶ Put your fundraising ask in context
- ▶ Make it relatable and easy to understand
- ▶ Provide real life, emotional examples
- ▶ Conceptualize the extreme effort of participating in the event
- ▶ Include a heartfelt thank you

PERSONALIZE YOUR FUNDRAISING PAGE

Add your profile photo, your story, your "why", and updates to make donors feel connected. Instructions: <https://prosupport.gofundme.com/hc/en-us/articles/37288767905179-Edit-a-fundraising-page>

CREATE YOUR PERSONAL QR CODE & BUSINESS CARD

Make your own business QR code business cards or postcard sized handouts. There's plenty of free version QR code generators online. Tell your story, what the fundraising supports, and how they can donate.

BUILD A FUNDRAISING TEAM

Enroll your friends and family, share your fundraising assets with them. If you ask just 10 family members or friends to raise \$100, you've already hit your fundraising minimum. Anyone can register to be a virtual participant on your team!

HOST YOUR OWN MINI FUNDRAISING EVENT

- Social Media Birthday Fundraiser: Provide a link to donate to the cause for your birthday.
- Fitness Class: Ask your local fitness club or instructors if they will donate their facility and/or time to host a class with donations asked for upfront.
- Silent Auction Party: Host a party at your home and include auction items from local businesses.
- Live Music Give-Back: Ask a local musician to donate their tips or merchandise sales.
- Trivia Night Give-Back: Find your local trivia joint for a fun night to give back and talk about the event.
- Restaurant Give-Back: Ask a local busy restaurant to donate a portion of sales from one day.
- Host a raffle: Include products from local businesses and a 50/50 cash raffle. This can be online too!
- Sports Tournament: Kickball, softball, football, golf, and more! This can be simple at a local park.
- Environmental Cleanup: Cleaning for a Cause and get the community together.
- Business Product Sales: Partner with a local business to donate a portion of their sales on a product.
- Your Personal Art for Sale: Get creative and sell paintings, jewelry, or any other craft you make!



CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

FUNDRAISING STRATEGIES, CON'T.

DIGITAL MEDIA

- ▶ Utilize email, Facebook, Instagram, YouTube, TikTok, Twitter, and any other platforms to share and ask for donations creatively.
- ▶ Supporters love to see personal videos of you talking about the cause and your journey. This helps people to engage and relate.
- ▶ Posting photos and videos of your training updates, Crossing updates, and community engagement will show your involvement.
- ▶ Always include your donation link and what the donations support!

OTHER

- ▶ **Administrative Days:** Some organizations will offer an extra vacation day or administrative day if their employees make a minimum contribution to a designated non-profit organization.
- ▶ **Dress Down Donation Days:** Reach out to your company to see if they will sponsor a dress down day. Encourage employees to participate by donating a set amount (i.e. \$5 - \$10) towards your fundraiser, then enjoy the company approved dress down day at work.
- ▶ **Company Matches:** Corporate matching gifts are a type of philanthropy in which companies financially match donations that their employees make to nonprofit organizations. When an employee makes a donation, they'll request the matching gift from their employer, who then makes their own donation.



CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

TOP PLACES TO VISIT: ONE WEEK GUIDE

Northern Ireland is a perfect mix of scenery, history, and iconic experiences.

For a full-day bucket list experience for more ideas on places to visit before or after the event, visit the Discover Northern Ireland website: www.discovernorthernireland.com

Newcastle & The Mourne Area (Event Base) - 2 to 3 days This is the heart of your trip, mountains meeting the sea, with plenty of relaxed exploring options.

Must-See Highlights:

1. Murlough National Nature Reserve for dunes and coastal views
2. Tollymore Forest Park for rivers, bridges, and short scenic walks
3. Castlewellan Forest Park for lake and castle views
4. Newcastle Promenade for cafés and seaside walks Perfect for: recovery days, light exploring, and scenery without effort

County Down Castles & National Trust Gems - 1 to 2 days

Must-Visit:

1. Mount Stewart (National Trust), a grand house and world-class gardens
2. Castle Ward (National Trust) - filming location for Winterfell in Game of Thrones
3. Hillsborough Castle, the royal residence with gardens
4. Dundrum Castle for coastal ruins with views Perfect for: culture, history, and relaxed sightseeing



CROSSING FOR CYSTIC FIBROSIS

ULTIMATE HIKER'S GUIDE

TOP PLACES TO VISIT: ONE WEEK GUIDE

Belfast City (Gateway Hub) - 1 to 2 days - A compact city packed with history, food, and atmosphere.

Top Experiences:

1. Titanic Belfast, a world-class museum
 2. Cathedral Quarter for pubs and street art
 3. Belfast City Hall for tours and gardens
 4. St George's Market, a local food and crafts (weekends only)
- Perfect for: food, culture, and easy exploring

County Down Coastal Highlights (Near Newcastle) - 1 day - A quieter alternative to the north coast but still beautiful and less crowded.

Highlights:

1. Tyrella Beach for a peaceful sandy beach
 2. Dundrum Village for cafés and pubs
 3. Strangford Lough for scenic drives and ferry
- Perfect for: slow travel, photography, and relaxing days

Causeway Coastal Route (Iconic Day Trip) - 1 to 2 days - One of the most famous coastal routes in the world so a must-do if time allows.

Must-See Stops:

1. Giant's Causeway, a UNESCO site
 2. Carrick-a-Rede Rope Bridge
 3. Dunluce Castle
 4. The Dark Hedges
- Perfect