

- **How do I get there?**

Details are on our website: <http://www.thegobbinscliffpath.com/find-us/> The nearest public transport would be by train using the Ballycarry stop on the Belfast to Larne railway line, the centre is about a 15 minute walk from there.

- **How Far do I need to book in advance?**

We recommend you book as far in advance as possible, during the April to September season in previous years we have found that we are usually booked 2 weeks in advance with morning tours being most popular.

- **What should I wear?**

Suitable outdoor clothing you will be on the tour for approx. 2.5 to 3 hours and the weather can change during this period, we would advise that a light rain coat be brought, remembering that no backpacks are permitted.

- **What footwear is permitted?**



Sturdy walking boots (i.e. thick tread, with ankle support) must be worn. Footwear will be checked before departure and if unsuitable, you may be refused access to the walk.

A limited number of pairs of boots are available for hire at £5 with an additional refundable £5 deposit. However, these may not always be available in ALL sizes and should not be depended upon. All visitors are required to wear a hard hat which is provided.

- **How fit should I be?**

A reasonable level of fitness is required. Experience has taught us that The Gobbins walk is unsuitable for visitors with cardiac conditions including pacemakers, respiratory problems, back and joint pain or diabetics who have not been medicated properly due to the exertion incurred on the walk. If you use an Epi-Pen please inform your guide and ensure you carry this with you.

- **How long will it take and what does it consist of?**

The Gobbins tour takes between 2.5 to 3 hours depending on the fitness level of the group. It is a strenuous 3 mile walk with a steep access path to the lower cliff path which includes gradients of up to 1:4 in places. The path is narrow with many hand carved uneven steps that wind up and down along the bottom of the cliff. It is the equivalent of climbing and descending 50 flights of stairs.

- **I've read your information and I'm scared of heights?**

This is a very individual situation, although we have had a number of people who have a fear of heights express that they didn't feel any anxiety, please watch the video on our website so you can make a reasoned decision.

- **I've read your information and I'm scared of Birds?**

The Gobbins is an active bird colony especially between – April and August, you do get close to the birds so the walk may not be suitable for you.

- **I've read your information and I suffer from Claustrophobia?**

There is only one part of the path which may cause you concern, The tunnel is an enclosed walkway which is approximately 22m in length. There are steps at the entrance which lead under sea level to a small widened platform which is artificially lit with motion censored lights. At the far end of the tunnel there are a set of steep steps which lead out to the rest of path. The tunnel also incurs overhanging rock. All visitors are reminded that if they suffer from claustrophobia to make their Tour Guide aware before proceeding. There may also be birds nesting among the rocks.

- **What happens if a member of our party is unable to do the walk?**

If for whatever reason any of your party is unable to undertake the guided walk, they may wish to remain in the Visitor's Centre and view the exhibition on The Gobbins, The Gobbins Gallery which displays local artists work, have refreshments in the café, undertake the less strenuous cliff top path or visit some of the other attractions in the area or the local town of Whitehead with its many cafes and craft shops.

- **Can we do the walk unguided?**

Unfortunately the walk is a fully guided walk.

- **Can I cancel my booking?**

No refunds will be given unless the tour is cancelled by us. Should you be unable to attend we would request at least 72 hours' notice. We will try and reschedule your visit on the next suitable date available for your party if this is an option to you.

- **Do tours happen when it's raining?**

Tours operate in most weathers it is usually only in stormy weather i.e. Near Gale or Gale Force winds that we have to cancel tours and there needs to be an Easterly wind and a High tied, so be prepared you may get wet. We use the www.yr.no weather site for Portmuck Bay. If we have to cancel tours we will endeavour to contact you before your visit.

- **What Languages have you available?**

Live commentary is in English and we will soon have a downloadable application for smart devices in French and Spanish.

- **What do I do with my personal belongings?**

We offer free lockers where you may store your items while undertaking the walk.

- **What else is there to do?**

Visit the tourism website shaped by Sea and Stone for ideas on what else you can do in the Mid and East Antrim Area. www.shapedbyseanadstone.com