

Causeway Coastal Route

Shopping & Spa Tour

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Day 1: Belfast to Ballymena

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Departing from Belfast, Northern Ireland's vibrant capital city, the tour follows the Causeway Coastal Route signage (white writing on a brown background) along the M2 motorway in the direction of Larne. With the Belfast Hills providing the backdrop on one side and the peaceful waters of Belfast Lough the other, the mood is set for three days of treats and tranquillity.

Prepare yourself for the pampering to come as you pass through **Carrickfergus** with its imposing castle that dominates the town's skyline, and on to the famous Glens of Antrim. The village of **Glenarm**, the southernmost of the nine Glens, is a perfect stopping off point with **Stenson's Jewellery Workshop** a real hidden gem. Purchase one of the uniquely designed pieces or just watch and wonder as the goldsmiths go about their craft.

Continuing to **Larne**, gateway to the glens, the tour diverts inland along Glenarm Glen to **Ballymena**, one of Northern Ireland's most popular shopping towns with its eclectic mix of independent retailers and major high street chains. The town also boasts two shopping centres (The Tower Centre and Fairhill) with more than 100 shops housed within. Lovers of original arts and crafts are also extremely well catered for in Ballymena and its surrounding area with Galgorm's Marion Woodburn Jewellery offering contemporary handcrafted designs; **Gloonan Gallery** in Ahoghill boasting original Irish art, designer jewellery, pottery, and ceramics; and the popular **Bannside Crafts & Coffee Shop** in the village of Portglenone. Having followed the old adage 'shop 'til you drop', what could be better for a next stop than the **Galgorm Resort & Spa**. Set amidst 163 acres of rolling lush parkland, the spa offers the opportunity to indulge in a comprehensive range of unique therapies. Designed by renowned spa consultant Jennifer Gorman, this luxury spa also features a hi-tech fitness suite, Infinity hydrotherapy pool, outdoor hot tub, individual climate rooms, and much more. Galgorm is also an ideal choice for your overnight stay, or why not try some of the accommodation on offer in the surrounding area.

Day 2: Ballymena to Coleraine

Replenished after your pampering experience at Galgorm, day two provides an opportunity to glow on the inside too with a visit to Ireland's oldest licensed whiskey distillery situated 28 miles away in the village of **Bushmills**. The **Old Bushmills Whiskey Distillery** tour attracts more than 110,000 visitors a year from all corners of the globe, with this fascinating insight culminating in a visit to the gift shop with its range of whiskeys, crafts, and clothing. If shopping's your bag then why not make the seaside town of Portrush your next stop. With long-standing retailers like **R&J Hillis** and **The White House** (trading since 1891) this is the perfect port of call for those seeking something special.

Less than six miles away lies the town of **Coleraine**, another bustling shopping mecca with some of the best independent stores sitting side-by-side with the leading high street names.

Shopping bags deposited to one side, why not spend the afternoon at **Springwell Manor Health Farm** or the **Nirvana Beauty And Day Spa**, both located just outside Coleraine. Put a spring in your step at Springwell by sampling one of the therapeutic massage treatments or lose yourself in the sensory experience of aromatherapy. Why not indulge in your own personal Nirvana with this warm and welcoming spa's seaweed baths, hydrotherapy, mud wraps and facials.

Day 3: Coleraine to Limavady

The final leg of the tour departs Coleraine for the scenic Roe Valley and the market town of **Limavady**. Situated on the outskirts of the town is the **Radisson Blu Roe Park Resort** which effortlessly combines the charm of an Irish country house hotel with the modern amenities associated with a 4 star resort. Husband or partner can be dispatched to chase that little white ball around the stunning 18-hole golf course whilst you complete your three-day pamper with a visit to the on-site **Roe Spa**. It's a total head-to-toe experience with foot Jacuzzi, steam showers, aqua meditation chambers, and Moroccan mud rasul bath.

If the Shopping and Spa Tour is your idea of holiday heaven why not visit our accommodation and special offers section and spend a few days sampling what the region has in store.

For further information, including a full list of studios and galleries, plus a comprehensive guide to the area's family-owned department stores check our website **www.causewaycoastandglens.com**.

Alternatively, if you would like details of local markets and the exciting range of evening entertainment check out the Events section on the same website.