



Useful information from the Expedition Network

Welcome!

For more information, please contact your Licensed Organisation or DofE Northern Ireland Office on 028 9069 9100.

Travelling to Northern Ireland today involves a relatively short sea journey and there are a number of options. The fastest is the P&O route from Cairnryan to Larne, lasting one hour. Stena Line from Stranraer to Belfast will take under two hours. Other routes are Seacat from Troon to Belfast. There is also an overnight or daytime sailing from Liverpool to Belfast. Travel through the Port of Dublin from Wales will involve a journey of two hours to Belfast. You can be at the furthest destination within two and a half hours from Belfast.

Main Expedition Areas

The northern hills/mountains of Ireland consist mainly of the Mourne Mountains (45 minutes from Belfast), the Antrim Plateau (30 mins), the Sperrins (90 mins) and the mountains of Co. Donegal. The latter are within the boundaries of the Republic of Ireland but are as accessible as any of the other locations.

Maps

There are good maps available at 1:50 000 plus 1:25 000 for the Mournes and Upper Lorne Erne. None of the areas are large but they do offer solitude as recreational use is low, especially during weekdays. Access problems are minimal and there is a good support network from well established Expedition Panels. A range of reasonably cheap accommodation is available from youth hostels and outdoor centres.

Cycling expeditions

In addition to foot expeditions, Northern Ireland offers great potential for cycling expeditions due to the numerous minor roads and tracks which are almost traffic-free. These include the new Sustrans cycle routes, such as the Kingfisher Trail around Co. Fermanagh and Co. Leitrim.

DofE resources

The current DofE expedition kit list can be downloaded from: www.DofE.org/go/expeditionkit

A range of expedition downloads, such as the Green Form and spare expedition safety cards, can be downloaded from: www.DofE.org/go/downloads

Further information of the Expedition section can be found at: www.DofE.org/expedition

Vouchers for network assessors need to be bought from the DofE Essentials shop accessed through eDofE.