

## LARNE AND DISTRICT FOLKLORE SOCIETY



### LARNE PROMENADE

*Photo courtesy of Nella Buckley*

Larne is the first Town on the scenic Antrim Coast Road that links the coastal villages of Ballygally up to the Nine Glens of Antrim. Before reaching the main Coast Road there is a mile long stretch of Promenade that can easily be missed as it is for walkers only. This is a level stretch of roadway free of traffic. Until the 1950s there were bathing boxes for females to facilitate the so-called weaker sex to brave the cold waters of the North Channel. One can walk, stop, lean on the railings observe the patient heron standing by a rock pool, the flock of oyster catchers probing for food or the shag with wings out-stretched to dry.

The rocks of the cliff bordering the promenade are particularly important to the geologist: an area known as Waterloo was designated an Area of Special Scientific Interest in 1995. This provides an outcrop of Triassic Mercia mudstone at the southern end and, further north, the foreshore rocks of the Cretaceous age. It is the most accessible locality for this rock series anywhere on the island of Ireland where rocks of this age do not crop out on land. Walk, swim, look for fossils or just stare - the promenade is a special place.