



HEALTHY OCEANS

Healthy Minds

Family fun 
Age Restricted 
All Ability 

PHOTO COURTESY OF TOURISM NORTHERN IRELAND

Week 1
29th July - 4th August

All Ability Beach Fun Day

1st August 2024, 1pm - 3pm, Cranfield Beach
In partnership with Mae Murray Foundation



[REGISTER HERE](#)



Carbon Smart Session

2nd August 2024, 10am - 12.30pm, online
In partnership with KNIB Carbon Action Team



[REGISTER HERE](#)



Currach Boat Row Experience

3rd August 2024, 10am - 11.30am, Lough Erne
In partnership with Row the Erne



[REGISTER HERE](#)



Currach Boat Row Experience

3rd August 2024, 12pm - 1.30pm, Lough Erne
In partnership with Row the Erne



[REGISTER HERE](#)



Paddleboarding

3rd August 2024, 1pm- 3pm, Cranfield Beach
In partnership with Geology Rocks Adventure Tourism



[REGISTER HERE](#)



Beach Fun Day & Litter Pick

3rd August 2024, 11am - 1pm, Groomsport Beach
In partnership with Mae Murray Foundation



[REGISTER HERE](#)



Vinyasa Yoga on The Beach

4th August 2024, 10am - 11am, Helens Bay
In partnership with Ursula Perez



[REGISTER HERE](#)



www.livehereandlovehere.org/healthyoceanshealthyminds



HEALTHY OCEANS

Healthy Minds




Family fun 
Age Restricted 
All Ability 

PHOTO COURTESY OF TOURISM NORTHERN IRELAND

Week 2
5th August - 11th August..

Snorkelling

7th August 2024, 12.30pm - 3.00pm at Greencastle
In partnership with Oceanuts



REGISTER HERE



Kayaking/ Paddleboarding

8th August 2024, 9.30am- 12.30pm at Tollymore
In partnership with Tollymore National Outdoor Centre



REGISTER HERE



Kayaking/ Paddleboarding

8th August 2024, 2pm- 5pm at Tollymore
In partnership with Tollymore National Outdoor Centre



REGISTER HERE



Carbon Smart Session

8th August 2024, 10am - 12.30pm, online
In partnership with KNIB Carbon Action Team



REGISTER HERE



Mindfulness, Tai Chi & Picnic

8th August 2024, 1pm -4pm, Groomsport
In partnership with Groomsport Village Association



REGISTER HERE



Kayaking/ Paddleboarding

9th August 2024, 9.30am- 12.30pm at Tollymore
In partnership with Tollymore National Outdoor Centre



REGISTER HERE



Kayaking/ Paddleboarding

9th August 2024, 2pm- 5pm at Tollymore
In partnership with Tollymore National Outdoor Centre



REGISTER HERE



Carbon Smart Session

9th August 2024, 10am - 12.30pm, online
In partnership with KNIB Carbon Action Team



REGISTER HERE



www.livehereandlovehere.org/healthyoceanshealthyminds



HEALTHY OCEANS

Healthy Minds


Family fun 
Age Restricted 
All Ability 

PHOTO COURTESY OF TOURISM NORTHERN IRELAND

Week 2
...5th August - 11th August

Tour & Talk at Belfast Water Heritage Centre

10th August 2024, 10am- 12.30pm in Belfast
In partnership with NI Water



REGISTER HERE



Water Yoga

10th August 2024, 10am - 12pm, at Ballyronan Marina
In partnership with Ballyronan Boat Club



REGISTER HERE



Waterskiing

10th August 2024, 9am - 11pm, in Lisburn
In partnership with Meteor Waterski & Wakeboard Club



REGISTER HERE



Wet Bouldering

11th August 2024, 1.30pm- 4pm at Bloody Bridge
In partnership with Geology Rocks Adventure Tourism



REGISTER HERE



Beach Sound Healing

11th August 2024, 8am- 10pm at Kilclief Beach
In partnership with Mourne Magic



REGISTER HERE



Litterpick at Cavehill

11th August 2024, 11am- 12.30pm at Cavehill
In partnership with Keep Northern Ireland Beautiful



REGISTER HERE



Litterpick at Seapark

11th August 2024, 9.30am- 11am at Cavehill
In partnership with Keep Northern Ireland Beautiful



REGISTER HERE



www.livehereandlovehere.org/healthyoceanshealthyminds