In the past, the communities of the Causeway Coast did not end at the sea, but stretched to include people living on the West Coast of Scotland. The sea was central to trade and communication rather than acting as a barrier.

Almost every landing place, spring, cave, bay, rock and headland has been named. An intimate knowledge of the coastline was vital for fishing and the gathering and processing of seaweed, not to mention smuggling. As these industries have disappeared, the need for the names has lessened. Many have fallen out of use, despite being an aid to navigation.

**CAPPLECARRY CLIFF**
Interpreted as ‘the rock encrusted mare’ or ‘the mangy horse’ because of its appearance.

**KATE’S ROCK AND ESTHER’S HOLE**
Believed to refer to spots where individual women gathered dulse and limpets and did washing.

**CARRICK-A-REDE**
*Carraig a Róid* – ‘rock of the road’ or *Carraig an Raid* – ‘rock of the casting’

**LACADA POINT**
*Leac Fhada* – ‘long flagstone’

This was a good place to collect lugworms, which were used as bait for long-line fishing in the winter.

**PORTMOON**
*Port Muáin* – ‘Muán’s port’

In summer, one of several old salmon fishing stations dotted along the Causeway coastline. The fishing activity has been reduced much since used by local anglers.

**PORTNALUG**
Many names for landing places were clearly established when Irish was the dominant language. Several survive in Gaelic form, unusual in North Antrim.

**PORTCOON**
*Port Cung* – ‘narrow port’

**PORTNABOE**
*Port na Bó* – ‘the cow’s port’

Possibly named for a rock shaped like a cow. Now sometimes called Camel’s Rock or Hump.

**PORT NA TRUIN**
‘the port of the miserable wretch’

**PORT NA GAETHIE**
‘the windy port’

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