

# North Down Tourism

Bangor, Holywood & Groomsport | Northern Ireland



## Welcome to the March North Down Ezine

The days are getting longer which can only mean one thing. Spring will soon be making an appearance.

So invigorate yourself, throw off the shackles of winter and get ready to enjoy a season of fun events in North Down.

There is no better way to do this than by checking out the latest edition of the 2010 North Down Events Guide which will be available for download from [northdowntourism.com](http://northdowntourism.com) from 15<sup>th</sup> March 2010 or simply email [info@northdown.gov.uk](mailto:info@northdown.gov.uk) to request a copy.



## What's On

### 5th April "Spring Fling" Easter Parade & Family Fun day

Easter Monday in Bangor has always been a fun day out with **free entertainment** for the whole family and this year proves no different!

Come along and see Bangor come alive with dancing, music and colourful costumes in our annual **Easter parade**, which will have gigantic themed floats, animals, flowers and insects alongside local children performing choreographed routines - **3pm**.

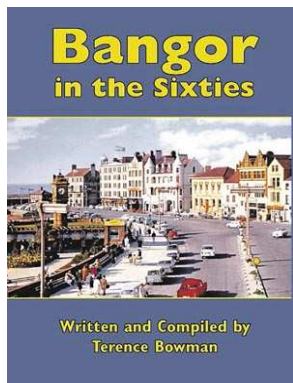
Bangor also plays host to **Ulster's Strongest Man 2010**, which will pit competitors against each other in six gruelling events for a chance to win the coveted

Calcullen Warrior Prince Trophy and be crowned Ulster's Strongest Man 2010 - **12-6pm: Bangor Seafont.**

The day will also have **Sunflower planting with the Bangor Castle Walled Garden** where green fingered young and old can pot sunflowers to take home and watch grow throughout the Summer - **12-6pm: Bangor Seafont.**

The day also has plenty of fun for even the youngest visitors with **Jump Jiggle and Jive** and their **dancing to fairytales** where little ones can join in and dance to themes from their favourite fairytales.

**The day's activities will take place at the Bangor Seafont from 12-6pm**



### **Win a copy of Bangor in the sixties**

If you grew up in Bangor, visited as a child or just want to take a nostalgic trip back in time then simply email [events@northdown.gov.uk](mailto:events@northdown.gov.uk) and place *Bangor in the sixties competition* in the subject heading for your chance to win your own copy of the fantastic Bangor in the Sixties book!!



### **Online Gift Shop open!**

We have the perfect range of gifts now available from our online shop; from our Bangor Teddy to magnets, books, key-rings and T-shirts we have the perfect stocking fillers for everyone!

Click on the link below and have a look!

[www.northdowntourism.com/Shop.aspx](http://www.northdowntourism.com/Shop.aspx)

You were sent this email because you asked to be included in the North Down Tourism e-newsletter mailing list. If you have received this email in error please click the link below unsubscribe.

Bangor Tourist Information Centre, Tower House, 34 Quay Street, Bangor. BT20 5ED  
Tel: +44 (0) 28 9127 0069