Activity Sheet 1: i spy around the Lough

As you are driving around the Lough, why not play iSpy with a difference. The castles, abbeys and estates make Strangford special - but almost everywhere you look there are all sorts of clues to how our ancestors used the Lough and its landscape.

The features have been scored according to how common they are. The person with the highest number of points on the journey wins.

<table>
<thead>
<tr>
<th>Did you know?</th>
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<tbody>
<tr>
<td>Windmill stumps (10 points)</td>
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<tr>
<td>Strangford Lough has the highest concentration of windmill stumps in Northern Ireland. Look for them on top of the drumlin hills.</td>
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<tr>
<td>Raths (or hill forts) (9 points)</td>
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<tr>
<td>These Early Christian farm settlements (often covered in trees now) usually command strategic defensive viewpoints.</td>
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<tr>
<td>Mottes (9 points)</td>
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<tr>
<td>There are 7 mottes around the lough, on which stood the wooden campaign castles put up by the Anglo-Normans.</td>
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<td>Seawalls (2 points)</td>
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<td>Found all around the lough, especially by Portaferry and Strangford, where the stones are laid vertically giving a stronger defence against storms.</td>
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<tr>
<td>Piers and jetties (4 points)</td>
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<tr>
<td>The older ones are built in stone. More modern ones are usually of metal or wood.</td>
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<tr>
<td>Historic slipways (8 points)</td>
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<tr>
<td>These are simple cleared slopes down into the water, that enabled boats to be hauled up onto the shore.</td>
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<tr>
<td>Causeways (to islands) (7 points)</td>
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<tr>
<td>Most of the inhabited islands have a causeway, and even some that aren’t, that are used for animals.</td>
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<tr>
<td>Historic placenames or roadsigns (3 points)</td>
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<tr>
<td>Examples might be ‘Cuan Beach’, ‘De Courcy Place’, Ballyweird, etc</td>
</tr>
<tr>
<td>Total scores</td>
</tr>
</tbody>
</table>

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Activity Sheet 2: spot the motte at Ardkeen

1. Motte and bailey with later towerhouse
2. Church and graveyard & coffin lids
3. Findspot of possible shell midden
4. Intertidal wall
5. Field boundary extension
6. ‘Marine waterfall’ feature
7. Placename
8. Cleared slipway
9. Linear wall
10. Lime kiln
11. Intertidal wall
12. Landing place

The Savage Family Crest

My Family Crest

Try drawing your ideal family crest

Note: there is no car parking available at Ardkeen and extra care should be taken when exiting your vehicle close to the site.

Access to Castle Hill is via the wrought-iron gates beside the main road (marked by X) which leads to a little path along the shore, which you follow until the rath and the church are directly to your right.

As well as being full of historic interest, Ardkeen is also part of the Dorn National Nature Reserve. So bring your binoculars along!

You need to let your imagination run, as there is little left of what was here..... an early rath, the Anglo-Norman castle (motte and bailey), then the towerhouse, and finally a ‘big house’ - a full blown estate house and park (which was burnt down). Use the map above to see how many clues there are around the shore to the previous inhabitants of Ardkeen.
## Activity Sheet 3: Towerpower at Kilclief Castle

**Using what you see in the castle, imagine that...... (each person can take a different role then compare notes)**

You are........**Bishop Cely - the tenant of Kilclief.** You are planning a banquet for your friends in the area.

<table>
<thead>
<tr>
<th>How many guests can you fit in?</th>
<th>What will you have on the menu?</th>
<th>Where will the food be cooked?</th>
<th>Where will they sleep?</th>
</tr>
</thead>
</table>

You are..........**a guest at the banquet**, wanting to go to the loo.

<table>
<thead>
<tr>
<th>Where is the loo?</th>
<th>Where does the sewage go from the loo?</th>
<th>Is there separate girls &amp; boys?</th>
<th>Where do you wash your hands?</th>
</tr>
</thead>
</table>

You are..........**the architect** commissioned to build Kilclief Castle.

<table>
<thead>
<tr>
<th>Why would you choose Kilclief to build the castle?</th>
<th>What building materials will you use and where can you get these?</th>
<th>What’s the best location to build here and why?</th>
<th>How will you keep it dry, so what sort of roof will you have?</th>
</tr>
</thead>
</table>

You are..........**a Gaelic Lord**, wanting control of this part of the coast, so you are planning to attack the castle.

<table>
<thead>
<tr>
<th>Will you attack by land or sea?</th>
<th>Which side of the castle offers the best chance of entering?</th>
<th>What weapons will you have?</th>
<th>What will you do about the Murder Hole (above the entrance)?</th>
</tr>
</thead>
</table>

<table>
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<tr>
<th>How can you break down the walls?</th>
<th>What will you do with the occupants if you win?</th>
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</thead>
</table>

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Activity Sheet 4: i spy on the Strangford ferry

As you cross on the ferry, see how many historical landmarks you can name on the map below, using the clues. (Answers in case you need them upside down below.)

SC: Towerhouse behind the harbour
F: a ‘foolish’ castle (ruined)
A: Towerhouse with a view
P: A historic Tourist Information Centre
B: Graveyard of wrecks
OCW: Castle Ward’s towerhouse
AR: Great hazard in the Narrows
N: What lies between Portaferry and Strangford
OCQ: Smaller quay north of Strangford village
T: Renewable energy and a ship’s marker
PH: House named after town
ST: Underwater windmill

Illustrations by Downpatrick Young Archaeologists Club, courtesy of Down County Museum

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Activity Sheet 5: Greyabbey herb garden quiz

Find the answers and the herbs in the garden!

1. Can you find 2 herbs which are also girl’s names?

2. What might a monk have used to treat insect bites?

3. What was believed to have worked against witches and the plague?

4. What was used to heal bones?

5. What was used for sores, ulcers and wounds?

6. Which ‘magical’ herb was used in spells and potions?

7. What could you use for coughs and sore throats?

8. What could you use to expel worms and repel moths?

9. Which herb was used to treat inflamed eyes?

10. What was used to treat cholera?

11. What worked against nosebleeds?


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Activity Sheet 6: a matter of grave concern

Graveyards are full of clues for the ardent archaeologist; they not only tell us about the use of stone and masonry design of the time, but also about the specific individuals, how long they lived for, and sometimes their connections to the area.

Historic graveyards around the Lough include Greyabbey, Inch, Saul, Tullynakill, Ardkeen, Kilclief, Down Cathedral and Killyleagh.

See if you can recognise the local headstone designs below from each graveyard and tick them off as in the example. Then make an inventory of some of the people buried here.

<table>
<thead>
<tr>
<th>Name</th>
<th>Born</th>
<th>Died</th>
<th>Age</th>
<th>Relatives</th>
<th>Stone type</th>
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Using the template on the right, make a fitting inscription to someone dear to you in your life, like your pet for instance. Or you can make one up.

Can you work out the average age people here lived from your investigations?
Why do you think it was so short?
Where did the stone for the graves came from?
Activity Sheet 7: make a sundial at Nendrum

Why might the monks of Nendrum have been late for prayers on a cloudy day?

Before we had clocks and watches (mechanical time pieces), people used the sun to tell the time - in fact the earliest sundial known from the archaeological record is at the Knowth passage tomb in Ireland (5000BC).
The monks led a very organised life at Nendrum, hence the need for a daily routine that depended on knowing what time it was time.
Why not make your own sundial:

Materials

* stick
* rocks or chalk
* 1 lump of plasticine (optional)
* watch or clock
* compass

1. Choose a sunny spot in your lawn or perhaps the pavement.
2. Put the stick in the ground. If it is a pavement, put the stick in the plasticine and use it to hold the stick upright on cement.
3. Throughout the day, place a rock, or mark with chalk for each hour indicating where the shadow falls at that time. You may have to place and rearrange the rocks over a couple of days before your sundial is complete.

Now your sundial is ready to use. When you want to tell the time, just look for the shadow.

In the beginning, you may find it hard to be very precise. With a bit of practice, you should be able to tell time to the nearest 15 minutes, and maybe even more closely.

Alternative method

Instead of placing rocks to mark each hour, use chalk and a ruler to draw a line along where the shadow falls each hour.

Turn over and you can make a special Nendrum sundial with the round tower as the pointer.
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- Cut out and roll/glue into round tower cylinder
- Cut along dotted line, pinch and glue to make pointed roof

**Diagram:**

- Glue your round tower here
- Point towards the north

**Legend:**

- 6: Sundial base
- 7
- 8
- 9
- 10
- 11
- 12