A Guide to Walking in Belfast

WalkNI.com
Your definitive guide to walking in Northern Ireland

DIVIS MOUNTAIN, BELFAST HILLS
Make the Most of Belfast’s Walking Gems

This walker’s guide will give you information on all the key places to go walking in Belfast, so you can couple them with nearby attractions or enjoy them in their own right. A fantastic way to discover the less explored side of the city.

From parks blooming with colour to peaceful towpaths providing an alternative way around the city and breath-taking views across the capital there really is something for everyone when it comes to walking in Belfast. Whether you’ve brought your walking boots or not you can still enjoy a wide range of walks that bring a little slice of countryside to the city. Whilst some routes require a reasonable level of fitness there are many other interesting and picturesque walks great for people with limited mobility and small children. It’s time to add a different element to your city visit and get out and view Belfast from a completely different angle!

**THE BELFAST HILLS**

The Belfast Hills on the edge of the city tower over the North and West of Belfast and provide wonderful hill walking opportunities as well as walks for families and people with limited mobility. The hills are also home to two of Belfast’s key attractions, the zoo and Belfast Castle.

**LAGAN VALLEY REGIONAL PARK**

Lagan Valley Regional Park boasts thousands of acres of countryside on the southern fringe of Belfast City. It is home to the pretty and predominantly flat Lagan Towpath, one of Belfast’s iconic walks as well as large parks to walk in.

**BELFAST CITY**

Belfast City Centre provides a number of great parks to walk in as well as access to the Lagan Towpath taking you through Belfast on a very picturesque walk all the way to the neighbouring city of Lisburn.
The Belfast Hills

A striking visual boundary of the city, the Belfast Hills provide a tranquil contrast to the hustle and bustle of urban life below. Just minutes from the centre, fantastic views over Belfast and beyond can be easily enjoyed. Divis (the highest of the hills), Black Mountain and Cave Hill all provide great vantage points to spot the iconic landmarks below including: The Samson and Goliath cranes, Titanic Belfast and the Stormont Parliament Buildings to name a few. There are also opportunities to cast your eyes further afield across Belfast Lough and as far away as the Isle of Man and Scotland.

The hills are home to a wide range of wildlife and archaeological sites and have inspired writers and artists for centuries. Johnathan Swift was said to be inspired by the sight of Cave Hill while he was living in Belfast, leading him to pen his most famous work “Gulliver’s Travels”. He wasn’t the only famous author to have been inspired, with one of Ireland’s most famous poets, Seamus Heaney also using the hills as his muse. The area has also been the setting for movies such as Oscar winning short film ‘The Shore’ and Richard Attenborough’s ‘Closing the Ring’.
The Belfast Hills (continued)

A view from the top

Enjoy the experience of looking at Belfast from above and across to Scotland and the Isle of Man from the highpoints in the Belfast Hills:

<table>
<thead>
<tr>
<th>Hill</th>
<th>Height (m)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Divis</td>
<td>478 (1,568ft)</td>
</tr>
<tr>
<td>The Black Mountain</td>
<td>390 (1,275ft)</td>
</tr>
<tr>
<td>Cave Hill</td>
<td>370 (1,214ft)</td>
</tr>
<tr>
<td>Carnmoney Hill</td>
<td>232 (761ft)</td>
</tr>
</tbody>
</table>

Cave Hill Country Park

Cave Hill Country Park, located near Belfast Zoo in the North of Belfast, is a popular park for tourists and locals to walk and visit Belfast Castle.

Cave Hill Walk

4.5 miles (7.2km)

Starting in the carpark at Belfast Castle the walk follows a path uphill to McArts Fort, an Iron Age stronghold from which breathtaking views over Belfast can be enjoyed. An at times challenging route, over unsurfaced paths, with some steep sections.

Click here for a full route description, photos and Ordnance Survey Maps

Belfast Castle Walk

2.4 miles (3.9km)

Starting at the 19th century Belfast Castle this walk passes through woodland and parkland passing an adventure playground with the opportunity to enjoy unobstructed views of the city and Belfast Lough from the Castle. Mainly on gravel and tarmac paths with some steep sections, this is a less strenuous alternative to walking up Cave Hill.

Click here for a full route description, photos and Ordnance Survey Maps

Did you know?

Cave Hill provided the inspiration for Nobel Prize winning poet, Seamus Heaney’s work, ‘The Betrothal of Cave Hill’. Born on a farm in County Down—Londonderry, he studied English at Queen’s University in Belfast and has become one of Ireland’s most renowned poets, winning the Nobel Prize for Literature in 1995.

In 2003, the Seamus Heaney Centre for Poetry was opened at Queen’s University Belfast. It houses the Heaney Media Archive, a record of Heaney’s entire body of work, along with a full catalogue of his radio and television presentations.
Cave Hill Country Park (continued)

Best Place for a Drink / Snack
The Cellar Restaurant in Belfast Castle provides coffee and afternoon tea as well as main meals. Traditional music can be heard most weekends in the adjoining bar. Tel: +44(0)28 9077 6925

Nearby Attractions:
- Belfast Zoo (0 miles)
- Crumlin Rd Gaol (2.7 miles)

How to Get There:
Great transport links are available to Cave Hill Country Park. City Tours Belfast Hop on Hop Off bus tour www.citytoursbelfast.com stops at the castle and the translink Metro service Service 1 runs from Belfast City Centre (Upper Queen Street) to Strathmore Park just a short walk away. Alternatively you can get off at the Bellevue stop for the Belfast zoo, which is within walking distance of the park. See www.translink.co.uk for more details.

“The view from the top is just stunning, you could see the whole city of Belfast and it was amazing!”

Tripadvisor Reviewer, Oct 2013
Divis and the Black Mountain

At 478 metres (1,568ft) Divis is the highest point in the Belfast Hills. There are four walks to choose from at this National Trust owned site west of Belfast.

Click on the walks below for full route descriptions, photos and Ordnance Survey Maps.

<table>
<thead>
<tr>
<th>Walk</th>
<th>Distance</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lough Trail</td>
<td>0.9 miles (1.4km)</td>
<td>All ability circular route on a wide, flat and gentle sloping path near the foot of the mountain from which Lough Neagh and the Sperrins can be viewed.</td>
</tr>
<tr>
<td>Summit Trail</td>
<td>2.8 miles (4.5km)</td>
<td>Mountain slope with stone path to the summit of Divis where spectacular views of every county in Ulster can be enjoyed.</td>
</tr>
<tr>
<td>Ridge Trail</td>
<td>4.2 miles (6.8km)</td>
<td>This route takes in neighbouring Black Mountain with views across the Mourne Mountains, Strangford Lough and as far as Donegal in the Republic of Ireland.</td>
</tr>
<tr>
<td>Heath Trail</td>
<td>4 miles (6.4km)</td>
<td>A blanket bog trail (which can be muddy in places) around the Northern slope of Divis Mountain with views towards Slemish Mountain in Co. Antrim.</td>
</tr>
</tbody>
</table>

Did you know?
For 50 years, until 2005, this area was forbidden territory because the British Army used Divis for reconnaissance. This had a positive impact on the environment as habitats and their species have thrived safe from the tread of hiker’s boots. National Trust took over the area in 2005 and have led the development of the site and walks, opening it up to locals and visitors.

“The highlight of the walk, for me, is the fact that you are walking in the open countryside and, as you crown Black Mountain, only then can you see Belfast City as it opens up below you.”
Dermot McCann, National Trust Warden

Best Place for a Drink / Snack
The National Trust owned café at the Barn at Divis was opened in July 2014, at the start of the four walks.

Nearby Attractions:
• Falls Road and Shankill Road (6.8 miles)

How to Get There:
Whilst Divis can be accessed by bus, there is still quite a walk to get to the start of the trails (approx 1km) therefore it is recommended that you use a taxi or travel by car/bike. Directions are available by clicking on any of the walks above.

Other Walks in The Belfast Hills

Carnmoney Hill
0.6 miles (0.9km) – 2 miles (3km)
There are 3 waymarked walks to choose from around this local nature reserve incorporating a pond and landscaped woodland. The two longer walks take place cross-country with some steep inclines therefore sturdy footwear is advised.
Click here for a full route description, photos and Ordnance Survey Maps

Slievenacloy
1.5 miles (2.4km) – 4 miles (6.4 km)
This Area of Special Scientific Interest (ASSI) has 4 quality walks set within 125 acres of upland heath and meadows managed by Ulster Wildlife. The walks take place on off-road paths with some rough and boggy terrain.
Click here for a full route description, photos and Ordnance Survey Maps

Colin Glen
4 miles (6.5km)
Comprising of 200 acres of scenic woodland, river, open grassland, waterfalls and wild flower areas there is plenty of beauty to behold on any of the trails teeming with wildlife. Whilst the shorter routes are accessible for buggies and wheelchairs, the longer Hannahstown trail is most suited to the more serious walker.
Click here for a full route description, photos and Ordnance Survey Maps

Add an exciting element to your visit…
SkyTrek High Ropes Activity Centre is situated within Colin Glen park featuring 100m of aerial trekking a 30ft rockface multi-level climbing wall and Irelands first double 90m zip lines www.skytrek.tv
Belfast Hills Heritage Festival
Organised by the Belfast Hills Partnership this annual festival, which usually takes place in the summer months, recalls the fascinating history of the people of the hills with walking tours, bus tours, traditional activities and much more taking place over the week! www.belfasthills.org.

Guided Tours / Self guided Tours
If you have a group wishing to walk the hills, the Belfast Hills partnership can provide detailed advice as well as a guide service, contact them by visiting www.belfasthills.org

For more information on the Belfast Hills contact:
Belfast Hills Partnership
www.belfasthills.org
+44(0)28 9060 3466
info@belfasthills.org
The Belfast Hills is cared for by the Belfast Hills Partnership who work with their partners to improve facilities and promote sustainable use of the hills.

National Trust (Divis and the Black Mountain)
www.nationaltrust.org.uk
+44(0)28 9082 5434
divis@nationaltrust.org.uk

Lagan Valley Regional Park
A picturesque haven on the doorstep of Belfast and stretching to neighbouring Lisburn, The Lagan Valley Regional Park and Area of Outstanding Natural Beauty covers some 4,200 acres of countryside and eleven miles of riverbank.

At the heart of the Lagan Valley lies the River Lagan and canal systems. The 26-mile Lagan canal was constructed in the 18th Century to transport bulk commodities between Belfast and Lough Neagh and flourished during the 19th Century until rail and road competition made canals redundant. The towpath is now used as one of Belfast’s most loved walking routes linking a number of parks and meadows so you can pick and choose which ones you would like to discover on foot. The flat, low paths running all the way from Belfast City Centre to Lisburn are perfect for young families and those who don’t want to over exert themselves as well as runners and cyclists. Dander along for hours or walk a small section, the beauty of the area is that you can do as little or as much as you like and, with markers and the river to guide you, it is very easy to find your way.
The Lagan Towpath

11 miles (18km), one way, linear

A tranquil riverside route, this continuous flat off-road path links the two cities of Belfast and Lisburn (see pink line on map). Starting from Stranmillis, not far from Queen’s University and the Ulster Museum and just minutes from Belfast City Centre, the walk follows the river and canal system through a variety of wetland, riverside meadows and mixed woodland. The route crosses over a number of stone and wooden bridges passing beautiful parks and meadows (listed on the next page) along the way. A flat, tarmacked path, the towpath is suitable for all abilities. Your map readings skills don’t have to be great - just follow the water! You can also begin this route from the heart of the city centre at the Odyssey Complex close to Titanic Belfast, although the towpath itself begins officially at Stranmillis. This is a mixed use path and walkers can expect to see cyclists along the route.

Click here for a full route description, photos and Ordnance Survey Maps

Did you know?
The canal system dates back to the late 18th century with many features along the towpath giving an insight into the majestic era of the ‘lighters’ – the name for the boats that originally travelled on the Lagan Canal. It is believed that this term originates from when the lighters took goods from larger boats in docks, therefore lightening their load.

Best Place for a Drink/Snack
Lock Keepers Inn – A restored look-keepers’ house from the 18th century with café and information centre.
+44(0)28 9064 0088

Cutters Wharf - A bar and restaurant situated on the riverside in Stranmillis with fantastic views of the Lagan.
+44(0)28 9080 5100

Nearby Attractions
Stranmillis as starting point:
- Ulster Museum (0.8 miles)
- Queen’s University (0.6 miles)

Odyssey Complex as starting point:
- Titanic Belfast (0.5 miles)
## Places to Visit Along the Lagan Towpath

Click on the walks below for full route descriptions, photos and Ordnance Survey Maps.

<table>
<thead>
<tr>
<th>Walks &amp; Parks Along the Towpath</th>
<th>Distance of walk</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lagan Meadows</strong></td>
<td>2.2 miles (3.5km)</td>
<td>The Lagan Meadows are located in a beautiful nature reserve with a chance to see cows grazing within a few miles of the city centre. This walk takes place on surfaced paths and grassland with some steep sections.</td>
</tr>
<tr>
<td><strong>Belvoir Park Forest</strong></td>
<td>1.5 miles (2.4 km)</td>
<td>Covering 75 hectares along the south bank of the River Lagan. A short walk on forest paths with interesting sites including an ice house and arboretum.</td>
</tr>
<tr>
<td><strong>Clement Wilson Park</strong></td>
<td>1.2 miles (1.9km)</td>
<td>A wide open park, near the Lock Keeper’s Cottage with plenty of green space to roam around. Walk along the main pathway through the park known locally as the Burma Road and across the River Lagan via the footbridge named after the artist John Luke.</td>
</tr>
<tr>
<td><strong>Barnett Demesne</strong></td>
<td>1.5 miles (2.4km)</td>
<td>This short circular route on both surfaced and unsurfaced paths with some steep hills contains seventy species of wildflowers and explores an historic estate taking in Malone House, meadows, Shaw’s Bridge and the River Lagan. Barnett Demesne is also home to a range of mountain bike trails with a shared use green trail running parallel to the River Lagan.</td>
</tr>
<tr>
<td><strong>Minnowburn &amp; Giant’s Ring</strong></td>
<td>2.1 miles (3.4km)</td>
<td>Accessed via Shaw’s Bridge, Minnowburn is a green oasis. Climb Terrace Hill to the walled garden where you can have a picnic or take in the views across the Lagan Valley. There is also a short walk to the Giant’s Ring, a huge Neolithic earth henge and tomb. These walks cross agricultural land in parts where you may encounter stock grazing as well as steps and stiles.</td>
</tr>
<tr>
<td><strong>Sir Thomas &amp; Lady Dixon Park</strong></td>
<td>2.5 miles (4km)</td>
<td>Tarmac and gravel paths through one of the most popular public parks in Belfast, boasting almost 130 acres and famous for its ornamental rose gardens. The park is also home to a very popular children’s playpark.</td>
</tr>
</tbody>
</table>

"Sir Thomas and Lady Dixon Park is a gem that will delight anyone with a passion for horticulture and especially those who enjoy a good walk on a day out"

Tripadvisor, Jan 2012

For more info on the Lagan Valley Regional Park including information on any upcoming events contact:

**Lagan Valley Regional Park**
Lagan Valley Regional Park aims to protect, conserve and enhance the environment of the Lagan Valley Regional Park
[www.laganvalley.co.uk](http://www.laganvalley.co.uk)
+44(0)28 9049 1922
admin@laganvalley.co.uk
Belfast City

Belfast is the hub of Northern Ireland with countless shops, restaurants and colourful nightlife however there is more to this bustling city than meets the eye. It boasts a wonderful mix of urban parks with glorious green space and riverside paths right in the heart of the city bringing a natural element to the urban setting.

The walks in this section are a fantastic way to see less explored parts of the city and with all the walks available to experience for free they are the perfect way to add that little something extra to your city experience without any added cost.
## Belfast City Park Walks

Click on the walks below for full route descriptions, photos and Ordnance Survey Maps.

<table>
<thead>
<tr>
<th>Park</th>
<th>Distance of walk</th>
<th>Information</th>
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</thead>
</table>
| **Bog Meadows**    | 1.1 miles (1.8 km) | This route explores an area of floodplain, now managed as an award winning urban nature reserve which provides a fantastic oasis for wildlife with viewing platforms along the route. This walk mainly follows level stone paths with a wheelchair and buggy friendly route available.  
*Close to: Falls and Shankill Road* |
| **Botanic Gardens**| 0.8 miles (1.3km) | This route on surfaced paths with some steps is in the grounds of the Ulster Museum. An historic city park with interesting features, buildings and botanical collections. As well as beautiful landscaped gardens the park contains a tropical ravine with a fascinating collection of exotic species.  
*Close to: Ulster Museum; Queen’s University* |
| **Cregagh Glen**   | 1.5 miles (2.4km) one way linear | This glen climbs along a tumbling stream with several waterfalls through mixed woodland and farmland emerging at the top of the Castlereagh Hills with magnificent view. Once at the top of the glen the route continues towards the former Lisnabreeny House and open field. Partly on grass tracks this path may be wet and muddy in places.  
*Close to: Odyssey; Titanic Belfast* |
| **Ormeau Park**    | 1.3 miles (2.1km) | An historic parkland overlooking the River Lagan, with colourful flowerbeds, an array of trees and an abundance of wildlife, Ormeau Park is a real haven within the city. A walk along well surfaced paths past a Victorian bandstand, flower beds and Victorian House, the park also has an outdoor gym.  
*Close to: City Hall; Grand Opera House* |
| **Stormont Estate**| 2.5 miles (4km)  | One of the stops on the Belfast City Sightseeing Bus Tour [www.belfastcitysightseeing.com](http://www.belfastcitysightseeing.com), the 407 acre Stormont Estate, is home to the impressive parliament building. There are two official walking routes within the grounds, on gravel paths and open parkland. Free guided tours of the Parliament Buildings take place Monday to Friday and there is also an adventure playground to keep the kids amused.  
*Close to: Stormont Parliament Buildings* |

### Belfast City Park Walks (continued)

Click on the walks below for full route descriptions, photos and Ordnance Survey Maps.

<table>
<thead>
<tr>
<th>Park</th>
<th>Distance of walk</th>
<th>Information</th>
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</thead>
</table>
| **Victoria Park**  | 1-2 miles (1.6 – 3.2km) | An oasis of wildlife the historic Victoria Park provides an inner and outer walking loop around the lake on a mixture of flat surfaced and grass paths. Passing a small rose garden, children’s playground and BMX track, the walks pass under the shadow of one of the most iconic landscapes of Belfast; Samson and Goliath.  
*Close to: Odyssey Arena; Titanic Belfast* |
| **Waterworks**     | 0.4 - 1.4 mile (0.64 - 2.3km) | Belfast’s former water supply, there are three walks around the site, on surfaced path with steps and some hills. Along the way there will be plenty of opportunities to enjoy the birdlife and views of Cave Hill with an opportunity to feed the swans and ducks as they swim in the pond. Kids will also enjoy the small playground within the grounds.  
*Close to: Belfast Zoo; Belfast Castle* |

Visit Belfast can provide information on even more green spaces in Belfast [www.visit-belfast.com](http://www.visit-belfast.com)

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*"The grounds at Stormont Estate are wonderful with lovely views everywhere... Definitely a highlight of my trip to N Ireland”*

Trip Advisor Reviewer, Newton Stewart, UK, May 2013
Walk Around the City

Belfast City Walking Tours
Belfast offers some great urban walking too. From fascinating history to ghostly goings on there are lots of informative and interesting walking tours led by guides through the city.

Click on the company name below to visit the website for more information.

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Belfast City Walking Tours</td>
<td>+44(0)79 7431 5293</td>
</tr>
<tr>
<td>Belfast Compass Tours</td>
<td>+44(0)79 4425 6560</td>
</tr>
<tr>
<td>Belfast City Sightseeing</td>
<td>+44(0)28 9032 1321</td>
</tr>
<tr>
<td>Dead Centre Tours</td>
<td>+44(0)77 1694 9460</td>
</tr>
<tr>
<td>Experience Belfast</td>
<td>+44(0)77 7164 0746</td>
</tr>
<tr>
<td>Ghost Walk Belfast</td>
<td>+44(0)79 6171 7992</td>
</tr>
<tr>
<td>Hidden Belfast Walking Tours</td>
<td>+44(0)77 7164 0746</td>
</tr>
<tr>
<td>Imaginary Micky</td>
<td>+44(0)74 1407 3145</td>
</tr>
<tr>
<td>Irish Political Tours</td>
<td>+44(0)28 9020 0770</td>
</tr>
<tr>
<td>Lets Go For A Dander</td>
<td>+44(0)75 5230 9575</td>
</tr>
<tr>
<td>Richard Hayward Walking Tour</td>
<td>+44(0)77 6237 9303</td>
</tr>
<tr>
<td>Titanic Walk</td>
<td>+44(0)75 4648 9875</td>
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</tbody>
</table>

Visit-Belfast.com also provides information on walking tours and there are some honest reviews on Trip Advisor to help you select your preferred tour.

Self Guided Walking Tours
If you want to take things at your own pace there are also a number of self-guided walking tours of the city available with downloadable apps to guide you along the way.

Click on the links below to visit the website and download the guides:

- Belfast iTours
- George Best Trail
- Titanic Trail
- Treasure Trails

Belfast Cycling Tours
You can also experience Belfast on two wheels! Here are two fantastic city tours available by bike:

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Belfast City Bike Tours</td>
<td>+44 (0)77 8049 6969</td>
<td><a href="http://www.belfastcitybiketours.com">www.belfastcitybiketours.com</a></td>
</tr>
<tr>
<td>Belfast Bike Tours</td>
<td>+44(0)78 1211 4235</td>
<td><a href="http://www.belfastbiketours.com">www.belfastbiketours.com</a></td>
</tr>
</tbody>
</table>

Top Tourist Attractions
Many of the top tourist attractions are close to or easily accessed from some great walks so why not visit the attraction and add a different element to your visit by incorporating a nearby walk.

<table>
<thead>
<tr>
<th>Attraction</th>
<th>Nearby Walks</th>
<th>Distance from Attraction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belfast Zoo</td>
<td>Cave Hill Country Park (see page 5)</td>
<td>0 miles</td>
</tr>
<tr>
<td></td>
<td>Belfast Castle Estate (see page 5)</td>
<td>0 miles</td>
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<tr>
<td></td>
<td>Waterworks (see page 19)</td>
<td>1.9 miles (3.1km)</td>
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<tr>
<td></td>
<td>Cave Hill Country Park (see page 5)</td>
<td>4.8 miles (7.7km)</td>
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<tr>
<td>City Hall</td>
<td>Ormeau Park (see page 18)</td>
<td>1.0 mile (1.6km)</td>
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<tr>
<td></td>
<td>Botanic Gardens (see page 18)</td>
<td>1.2 miles (1.9km)</td>
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<tr>
<td>Crumlin Road Gaol</td>
<td>Botanic Gardens (see page 18)</td>
<td>2.2 miles (3.5km)</td>
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<tr>
<td>Fall’s Road &amp; Shankill Road</td>
<td>Bog Meadows (see page 18)</td>
<td>0 miles</td>
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<td></td>
<td>Divis (See page 8)</td>
<td>6.8 miles (11km)</td>
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<tr>
<td>Odyssey Arena</td>
<td>Lagan Towpath (Odyssey) (see page 13)</td>
<td>1.0 mile (1.6km)</td>
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<td></td>
<td>Victoria Park (see page 19)</td>
<td>2 miles (3.2km)</td>
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<tr>
<td></td>
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<tr>
<td></td>
<td>Lagan Towpath (Stranmillis) (see page 13)</td>
<td>0.8 miles (1.3km)</td>
</tr>
<tr>
<td></td>
<td>Ormeau Park (see page 18)</td>
<td>1.0 mile (1.3km)</td>
</tr>
<tr>
<td></td>
<td>Minnowburn &amp; Giant’s Ring (see page 14)</td>
<td>2.6 miles (4.2km)</td>
</tr>
<tr>
<td></td>
<td>Clement Wilson Park (see page 14)</td>
<td>2.9 miles (4.9km)</td>
</tr>
<tr>
<td></td>
<td>Barnett Demesne (see page 14)</td>
<td>2.4 miles (3.9km)</td>
</tr>
</tbody>
</table>
A GUIDE TO WALKING IN BELFAST

Northern Ireland is home to many beautiful regions, all with their own unique appeal when it comes to Walking. Below are the 5 main walking regions all offering something completely different:

**The Mourne Mountains**
The Mournes are the highest and most dramatic mountain range in Northern Ireland, its summits crowned by granite torrs. Dominated by a compact ring of 12 mountains, each rising above 600m, the highest peak, Slieve Donard reaches 853m. Whilst many of the walks are mountain walks, there are also several hillwalking options through the heart of the mountains. Download A Walkers Guide to the Mourne Mountains here: www.walkni.com/destinations/mourne-mountains/walking-guide/

**The North Coast and Antrim**
The North Coast and the Glens of Antrim are justifiably famous for the Giant’s Causeway, wonderful coastlines and a unique natural beauty. The area includes three designated areas of outstanding natural beauty, nine glens, secluded coastal tracks and numerous quaint fishing villages. Download A Walkers Guide to the North Coast here: www.walkni.com/destinations/north-coast-and-antrim/walking-guide/

**The Sperrin Mountains**
The Sperrin Mountains, stretching along the border of counties Tyrone and Derry, can best be described as wild, untouched and beautiful. Walkers can expect undulating hills covered in heather, quiet valleys, boggy uplands and a land teeming with wildlife.

**Fermanagh**
Home to spectacular waterways, castles and forest parks, Fermanagh and its stunning Lakelands has plenty of walking options. It is home to UNESCO Marble Arch Caves, the world’s first global geopark and Lough Erne with a vast array of wildlife to be found on the many walks along its shores.

**Strangford**
Tower houses, castles and ancient monuments are dotted throughout the Strangford landscape and a wealth of wildlife can be discovered along the contrasting shores of Strangford Lough and the Irish Sea. Walkers will enjoy mostly flat coastal walking along this unique coastline and is a must for those with an interest in bird-life and seals.

**Leave No Trace**
Leave No Trace is an Outdoor Ethics Programme designed to promote and inspire responsible outdoor recreation through education, research, and partnerships. As increasing numbers of people seek the beauty and exhilaration of outdoor recreation, our collective mark on the environment and its natural processes, increases. Litter, disturbance to vegetation, water pollution, wildlife, livestock and other people are all indicators of the need to develop a national ethic that protects both natural and cultural heritage. Techniques designed to minimise the social and environmental impacts to these areas are incorporated into the Leave No Trace Outdoor Education Programme as seven principles.

**The Seven Principles of Leave No Trace:**
1. Plan Ahead and Prepare
2. Be Considerate of Others
3. Respect Farm Animals and Wildlife
4. Travel and Camp on Durable Ground
5. Leave What You Find
6. Dispose of Waste Properly
7. Minimise the Effects of Fire

Practising a Leave No Trace ethic is very simple: Make it hard for others to see or hear you and LEAVE NO TRACE of your visit. For more information on Leave No Trace, please visit www.leavenotraceireland.org.

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**Quality Walks**
All the walks included in this guide have been fully assessed and are deemed to be Quality Walks. In total, there are over 20 Quality Walks in the Belfast region as part of the Quality Walk Scheme, accommodating all levels of fitness. To learn more about the Quality Walk Scheme visit www.walkni.com/useful-info/quality-walks

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**TITANIC BELFAST**
Other Outdoor Activities in Belfast

The range of activities that can be found in and around the capital is proof that adventure is most definitely not confined to the countryside! Check out these other outdoor activities you can also incorporate into your city visit:

**Segway Titanic Tour**
Titanic Quarter
[www.segwayni.co.uk](http://www.segwayni.co.uk)
Visit all the key sites of the famous ship's history including the Titanic Dock and Pump House on your very own Segway! Guided by an instructor you'll hear lots of fascinating facts about the area whilst having fun on two wheels.

**Cable Wakeboarding**
Titanic Quarter
[www.cableandwake.com](http://www.cableandwake.com)
Have an exhilarating experience in the city at Northern Ireland's only cable wakeboarding site and try out one of the fastest growing and most exciting watersports.

**Mountain Biking**
Barnett Demesne Trails & Jumps Park
[www.mountainbikeni.com](http://www.mountainbikeni.com)
Situated on the outskirts of Belfast starting from the Mary Peters Track, the trails have a number of options to suit all abilities from beginners right through to top riders.

**Canoeing**
Shaw’s Bridge
[www.mobileteamadventure.co.uk](http://www.mobileteamadventure.co.uk)
Have a splash on the River Lagan as you learn the basics of paddling before floating along the water.

Visit [OutdoorNI.com](http://www.outdoorni.com) for a full list of outdoor activities happening in Belfast and throughout Northern Ireland.

### Outdoor Shops

<table>
<thead>
<tr>
<th>Shop</th>
<th>Location</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cotswold Outdoor</td>
<td>Boucher Rd, Belfast</td>
<td><a href="http://www.cotswoldoutdoor.com">www.cotswoldoutdoor.com</a></td>
<td>+44(0)28 9066 5003</td>
</tr>
<tr>
<td></td>
<td>Castle Lane, Belfast</td>
<td></td>
<td>+44(0)28 9024 8607</td>
</tr>
<tr>
<td>Decathlon</td>
<td>Holywood Exchange, Belfast</td>
<td><a href="http://www.decathlon.co.uk">www.decathlon.co.uk</a></td>
<td>+44(0)28 9042 2049</td>
</tr>
<tr>
<td>Jackson Sports</td>
<td>High Street, Belfast</td>
<td><a href="http://www.jackson-sports.com">www.jackson-sports.com</a></td>
<td>+44(0)28 9023 8572</td>
</tr>
<tr>
<td>Sports Direct</td>
<td>Yorkgate, Belfast</td>
<td><a href="http://www.sportsdirect.com">www.sportsdirect.com</a></td>
<td>+44(0)84 4332 5657</td>
</tr>
<tr>
<td>Trespass</td>
<td>Donegall Place, Belfast</td>
<td><a href="http://www.trespass.co.uk">www.trespass.co.uk</a></td>
<td>+44(0)28 9024 0570</td>
</tr>
<tr>
<td></td>
<td>Titanic Walk</td>
<td></td>
<td>+44(0)75 4648 9875</td>
</tr>
</tbody>
</table>

### Maps

All of the walks listed in this guide have downloadable maps from WalkNI.com however it is always recommended to have an Ordnance Survey map with you. The Ordnance Survey for Northern Ireland (OSNI) have maps covering the Belfast area and are available from the Ordnance Survey website [www.osni.gov.uk](http://www.osni.gov.uk)

### Getting Around Belfast

There are many options for getting around Belfast. As well as a wide range of taxi services available, Translink runs a metro service with many stops just a short walk away from the walks listed in this guide. See [www.translink.com](http://www.translink.com) for more information.

There are a number of hop on, hop off city sightseeing tours that are also a great away to get around the city:

<table>
<thead>
<tr>
<th>Sightseeing Tour</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Sightseeing Belfast</td>
<td><a href="http://www.belfastcitysightseeing.com">www.belfastcitysightseeing.com</a></td>
<td>+44(0)28 9032 1321</td>
</tr>
<tr>
<td>Allens Tours</td>
<td><a href="http://www.allensbelfastbustours.com">www.allensbelfastbustours.com</a></td>
<td>+44 (0)28 9091 5613</td>
</tr>
<tr>
<td>City Tours Belfast</td>
<td><a href="http://www.citytoursbelfast.com">www.citytoursbelfast.com</a></td>
<td>+44 (0)28 9032 1912</td>
</tr>
</tbody>
</table>
Tourist Information
For more information on other tourist attractions, things to do in Belfast and accommodation check out:

Visit Belfast
www.visit-belfast.com
+44(0)28 9024 6609
info@visit-belfast.com

Discover Northern Ireland
www.discovernorthernireland.com

Staying in Belfast
There are many accommodation options for staying overnight in Belfast to suit all tastes and budgets. A full list of accommodation providers and offers can be found at www.discovernorthernireland.com

Getting to Belfast
From the Republic of Ireland

By Car
If you are travelling to Belfast from Dublin by car you can expect to reach the city centre in around 1 hour and 45 minutes.

By Bus
Aircoach provides a 24-hour coach service between Dublin Airport to Belfast. Please follow the link for journey times and prices www.aircoach.ie or call +353 (0)1 8447118. Bus Eireann also provides bus services to Belfast. Call +353 (0)1 8366111 or visit www.buseireann.ie

By Train
Translink and Irish Rail offer a joint Enterprise service from Dublin to Belfast. Information on the Enterprise and buses linking Newry and Rostrevor visit www.translink.co.uk or call +44 (0)28 9066 6630.

From Great Britain

By Plane
Scheduled air services operate to both the George Best Belfast City and Belfast International Airports from nearly all other major UK airports. The George Best Belfast City Airport is around 5 miles (8km) from the heart of Belfast. The Belfast International Airport is located around 18.5 miles (30km) north west of the city with regular bus services to and from the City Centre. Visit www.discovernorthernireland.com/information/travel.aspx for up to date information on flights operating in and out of Northern Ireland.

By Ferry
Northern Ireland has first-class ferry connections with Scotland, England and the Isle of Man. High speed vessels, enhanced on-board amenities, entertainment and shopping, together with lower prices, make the car ferry a very attractive, affordable travel option. Stena Line offer frequent sailings from Liverpool and Cairnryan direct to Belfast Port. Visit www.stenaline.co.uk for timetable information and to book. P&O Ferries also operate between Larne, Cairnryan and Troon. Visit www.poferries.com for timetable information and to book.

Outdoor Recreation NI has provided this information and images. Every care has been taken to ensure accuracy of the information. Outdoor Recreation NI, however, cannot accept responsibility for errors or omissions but where such are brought to our attention, the information for future publications will be amended accordingly.

If you have any comments or queries regarding this Walker’s Guide or require the Guide in an alternative format please contact:

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Email: info@walkni.com

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