

**BOOKING ESSENTIAL**  
Tel: 028 9049 1922 or  
Email: admin@laganvalley.co.uk

- All children under 16 must be accompanied by an adult.
- Suitable clothing and footwear must be worn, depending on the conditions and terrain.
- Dogs are permitted on events but must be on a lead and under control. Unfortunately, they cannot attend events involving transport or where they may disturb livestock.
- Some parts of the walks may be steep or difficult and require some degree of fitness.
- If you have any queries please contact the office in advance.

**POINTS TO REMEMBER**

We welcome everyone on our events but please bear these important points in mind:

Distance (miles)	Terrain	All of our walks are likely to encounter some gradients
0-2	Surfaced paths	It is recommended that you bring a torch
2-5	Uneven and mixed terrain	
5+	Steep slopes / slippery surface	

**KEY TO EVENT SYMBOLS:**

To book, please contact the Park Office by telephone on **028 90491922** or by email at [admin@laganvalley.co.uk](mailto:admin@laganvalley.co.uk)

In order that we can effectively manage our events, to confirm all bookings are made through the Park office in advance.



Trails can be accessed directly from **Google Maps** or from Lagan Valley Regional Parks website from our **Google Trekker** side menu under



**CHOOSE YOUR OWN JOURNEY OF DISCOVERY!**



As well as enjoying one of our events there are many ways to explore the Regional Park. Purchase one of our O.S. maps available from the Lagan Valley Regional Park Visitor Centre and visit our website ([www.laganvalleylearning.co.uk](http://www.laganvalleylearning.co.uk)) where trails, activities and information can be downloaded free.

**TAKE A VIRTUAL JOURNEY.** Lagan Valley Regional Park have partnered with Google's innovative Trekker Program to map the tracks, trails and towpath in the area. The Regional Park has over 38 kilometres (24 miles) of paths and trails.



**EXPLORING LAGAN VALLEY REGIONAL PARK**



Lagan Valley Regional Park is a registered charity (NIC103700) and would welcome donations to help us continue to protect and conserve this special place. Just go to our website and click on the Donate button.

With an aim to protect and enhance the unique landscape character and features of over 4,000 acres from Belfast to Lisburn, the Regional Park is a distinctive corridor linking two major cities, providing a haven for both wildlife and people alike. It has many trails, paths and interesting places to explore and enjoy.

**WELCOME TO OUR EVENTS PROGRAMME**

Lagan Valley Regional Park is a registered charity. Founded in 1967, Northern Ireland's first and only Regional Park lies within a designated Area of Outstanding Natural Beauty.

**AT A GLANCE 2024 EVENTS**

Our exciting events programme has been created to help you discover and enjoy all that the Park has to offer. We have events for all the family and cater for a wide range of interests.

Sat 6th Jan	Holly Hike
Sat 13th Jan	Winter Wonderland
Fri 2nd Feb	Winter Discovery Morning
Sat 17th Feb	Aberdelghy Trail
Sat 23rd March	Spring Forage in the Forest
Wed 27th Mar	Get 'FIT' for pollinators
Sat 13th Apr	Spring Wildflower Walk
Sat 20th Apr	Dusk Chorus
Sat 27th/Sun 28th Apr	Belfast City Council Spring Fest
Fri 3rd May	Spring Discovery Morning
Sat 18th May	Mindfulness in the Meadow
Sat 15th June	Paddle on the Lagan
Thurs 20th Jun	Solstice Sunrise Yoga
Fri 5th Jul	Secret Garden

Fri 19th Jul	Bumblebee Safari
Fri 2nd Aug	Summer Discovery Morning
Thurs 15th Aug	Bats along the Lagan
Sat 24th Aug	Forest Yoga
Sat 31st Aug	Summer Forage in the Forest
Fri 13th Sep	Edenderry Evening Trail
Sat 21st Sept	Secrets of the Stone Age
Sept (Date TBC)	Bats About Lisburn
Sat 5th Oct	Fungal Foray
Sat 19th Oct	The Rambler's Way
Fri 1st Nov	Autumn Discovery Morning
Sat 30th Nov	Xmas Wreath Making
Sun 8th Dec	A Festive Forage in the Forest



**Events Programme 2024**

Park Office | 3 Lock Keeper's Lane  
Milltown Road | Belfast BT8 7XT  
admin@laganvalley.co.uk  
028 9049 1922

DISCOVER | EXPLORE | ENJOY

# EVENTS PROGRAMME 2024

## HOLLY HIKE

Sat 6th Jan

It may be the bleak Midwinter, but it is still a fantastic time to get out and about. Wrap up warm and take some time to look around and listen, you may be surprised how much there is to see and hear! We will return to warm up with refreshments on the barge.

Meet at Lagan Valley Regional Park Visitor Centre at 1.30pm  
(Duration: 2 hours) Cost £3.50 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## WINTER WANDER

Sat 13th Jan

Enjoy a hearty circular walk as we explore the different aspects of the Lagan Valley Regional Park in all its winter glory. Wear your winter woollies and good footwear. This walk will require a certain degree of fitness and includes some challenging hills and terrain.

Meet outside Malone House at 2pm  
(Duration: 2 hours) Cost £2.50 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## WINTER DISCOVERY MORNING

Fri 2nd Feb

The Discovery Mornings give you an opportunity to join the rangers on one of their patrols. At different locations throughout the seasons, they offer the perfect way to explore the local and natural history of the park.

Meet at Minnowburn car park at 11am  
(Duration: 1.5 hours)  
**FREE EVENT! BOOKING ESSENTIAL!**

## ABERDELGHY TRAIL

Sat 17th Feb

Head out along the towpath from Lisburn's Island Civic Centre on this circular hike. This challenging walk will take in some of the more remote and less frequented areas of the park whilst enjoying the local and natural history along the way.

Meet at Island Civic Centre (outside main door) at 2pm  
(Duration: 2.5 hours) Cost £3.50 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## SECRET GARDEN

Fri 5th Jul

Join us for an evening stroll through Sir Thomas and Lady Dixon Park, famous for the International Rose Garden. This walk will focus on some of the less well-known aspects of the grounds and the local history of the Park.

Meet at Lower Stables car park, Sir Thomas and Lady Dixon Park at 7pm. (Duration: 1.5 hours) Cost £6 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## BUMBLEBEE SAFARI

Fri 19th Jul

Join us for a short talk on Bees and Butterflies followed by a walk to see them out and about. We will learn about some of our more common species, their life cycle, how to spot them in your garden, what plants they like and what you can do to help them.

Meet at Lagan Valley Regional Park Visitors Centre at 11am  
(Duration: 1.5 hours)  
**FREE EVENT! BOOKING ESSENTIAL!**

## SUMMER DISCOVERY MORNING

Fri 2nd Aug

The Discovery Mornings give you an opportunity to join the rangers on one of their patrols. At different locations throughout the seasons, they offer the perfect way to explore the local and natural history of the park.

Meet at Belvoir Park Forest car park at 11am.  
(Duration: 1.5 hours)  
**FREE EVENT! BOOKING ESSENTIAL!**

## BATS ALONG THE LAGAN

Thurs 15th Aug

Discover the secret world of bats. Enjoy a short informative presentation on the barge about Irelands only flying mammal before heading out into the night with bat detectors to discover what species may emerge along the way.

Please bring warm clothes and a torch if you have them.  
Meet at Lagan Valley Regional Park Visitors Centre at 9.30pm.  
(Duration: 2 hours) Cost £9.50 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## SPRING FORAGE IN THE FOREST

Sat 23rd Mar

Spring is a fantastic time to explore the edible delights of the woodland and surrounds on a walk through the beautiful Lagan Valley Regional Park and ending with refreshments on the barge.

Meet at Lagan Valley Regional Park Visitor Centre at 2.30pm  
(Duration: 2 hours) Cost £8.50 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## GET 'FIT' FOR POLLINATORS - 10 MINUTE CITIZEN SCIENCE!

Wed 27th Mar

Be a 'citizen scientist' for pollinators! Join Buglife and LVRP on the Barge for a presentation to learn how to identify pollinator groups and wildflowers and find out how you can carry out your own FIT (Flower-Insect Timed) Counts for the UK Pollinator Monitoring Scheme. A practical session will follow at the wildflower meadows nearby in Clement Wilson Park.

Meet at the Lock Keeper's Cottage at 11am  
(Duration: 2 hours)  
**FREE EVENT! BOOKING ESSENTIAL!**

## SPRING WILDFLOWER WALK

Sat 13th Apr

The woodlands and hedgerows come alive in springtime. Discover the first flush of flowers adding colour to Minnowburn - lesser celandine, wood sorrel, wood anemone, bluebells, violets and more - and learn about their colourful stories.

Meet at Minnowburn car park at 2pm  
(Duration: 2 hours) Cost £5.00 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## DUSK CHORUS

Sat 20th Apr

Often overlooked at the end of a busy day, the beautiful evensong of some of our favourite birds is the perfect way to relax and unwind as you enjoy a twilight walk through the stunning Belvoir Park Forest. **Please bring a torch, wear warm clothes and good footwear.**

Meet at Belvoir Park Forest car park at 8pm  
(Duration: 1.5 hours) Cost £6.00 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## NATURES EMBRACE: YOGA AND FOREST WELLNESS

Sat 24th Aug

Immerse yourself in the serene embrace of the forest as you embark on a rejuvenating journey combining the ancient practice of yoga with the therapeutic art of forest wellness.

Guided by a seasoned yoga instructor and the Park ranger, this immersive experience invites you to harmonise body and mind amidst the natural splendour of Lagan Valley Regional Park. Whether you're a seasoned yogi or a newcomer to both yoga and forest bathing, this event caters to all levels of experience.

Join us at "Nature's Embrace" for a harmonious blend of movement, mindfulness, and immersion in nature, leaving you feeling refreshed, revitalised, and deeply connected to the beauty of the natural world.

Please bring your own yoga mat where possible, a limited number are available to borrow on a first come, first serve basis (please enquire when booking).

Meet at Lagan Valley Regional Park Visitors Centre at 7.30am  
(Duration: 1.5 hours) Cost £15 per person (Includes refreshments). **BOOKING AND PRE-PAYMENT ESSENTIAL!**

Places are limited so please book early to avoid disappointment.

## SUMMER FORAGE IN THE FOREST

Sat 31st Aug

Summer brings the opportunity for a fantastic walk and a closer look into the hedges and woodlands with time to explore the edible delights that may be found within the beautiful Lagan Valley Regional Park and ending with refreshments on the barge.

Meet at Lagan Valley Regional Park Visitor Centre at 2.30pm.  
(Duration: 2 hours) Cost £8.50 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## BATS ABOUT LISBURN

Sep (TBC)

**TO REGISTER FOR THIS EVENT, PLEASE  
TEL: 028 9244 7551 OR  
EMAIL: TRACEY.CONNOLLY@LISBURNCASTLEREAGH.GOV.UK**

## BELFAST CITY COUNCIL - SPRING FEST

Sat 27th & Sun 28th Apr

[www.belfastcity.gov.uk/events/spring-fest-2024](http://www.belfastcity.gov.uk/events/spring-fest-2024)

## SPRING DISCOVERY MORNING

Fri 3rd May

The Discovery Mornings give you an opportunity to join the rangers on one of their patrols. At different locations throughout the seasons, they offer the perfect way to explore the local and natural history of the park.

Meet at Glenmore Activity Centre at 11am  
(Duration: 1.5 hours)  
**FREE EVENT! BOOKING ESSENTIAL!**

## MINDFULNESS IN THE MEADOW

Sat 18th May

Escape the hustle and bustle of daily life at our Mindfulness in the Meadow event on Saturday 18th May in collaboration with Ullasana Yoga ([www.ullasana.com](http://www.ullasana.com)). In the tranquil surroundings of the Lagan Valley Regional Park, immerse yourself in a rejuvenating experience that combines yoga, foraging, forest bathing, and mindfulness.

We will meet at the Lock Keeper's Visitor Centre at 10am and embark on a refreshing Mindfulness walk amidst the beauty of nature before returning to the barge where you can savour tea/coffee and indulge in light breakfast snacks crafted from foraged treasures within the park.

Wear comfortable shoes and attire suitable for a harmonious blend of movement and meditation.

Join us for a day of self-care, connection with nature, and holistic well-being. It's time to prioritise your peace of mind and embrace the present moment in the heart of Lagan Valley.

Meet at Lagan Valley Regional Park Visitor Centre at 10am  
(Duration: 1.5 hours) Cost £15 per person  
(Includes light refreshments)

**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## EDENDERRY EVENING TRAIL

Fri 13th Sep

How better to shake off the working week than a relaxing early evening stroll through the summer splendour of the Lagan Valley Regional Park. The trail will take you along some of the best scenery and vistas in the Park including riverside, hidden hilltop gardens, woodlands and the Stone Age Giant's Ring.

Meet at Minnowburn car park at 5.30pm  
(Duration: 2 hours) Cost £3.50 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## SECRETS OF THE STONE AGE

Sat 21st Sep

The Lagan Valley has been host to human settlement for thousands of years. Follow in the footsteps of the ancestors along the river Lagan and up to the heights of the Ballynahatty plateau. See some of the best vistas in the park and discover the fascinating Giants Ring.

Meet at the Shaws Bridge car park at 2.00pm  
(Duration: 2 hours) Cost £6.00 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## FUNGAL FORAY

Sat 5th Oct

Join local mycologist and LVRP staff to explore the amazing variety of shapes and colours of fungi on a walk through the autumnal splendour of the Lagan Valley Regional Park.

Meet at Shaw's Bridge car park at 11am  
(Duration: 2 hours) Cost £6.00 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## THE RAMBLER'S WAY

Sat 19th Oct

Explore deep into the heart of the Lagan Valley Regional Park on this hearty hike, approximately 5 miles, from Drum Bridge to Ballyskeagh, before we cross the Rambler's bridge and make our way through Derraghly Glen, enjoying some of the varied wildlife of the river and woodland encountered along the way. Returning through the beautiful gardens of Sir Thomas and Lady Dixon Park.

Meet at Drum Bridge Car Park at 1.30pm  
(Duration: 2.5 hours) Cost £5.00 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## PADDLE ON THE LAGAN

Sat 15th Jun

Come and enjoy a fun day out with Belfast Activity centre and Lagan Valley Regional Park and sign up to our River Lagan paddling event.

\* Ages 8 and over

Meet at: Shaws Bridge car park.

**Times:**  
10.30am to 11.30am (12 spaces)  
11.45pm to 12.45pm (12 spaces)

**Maximum group size:** 12 people per time slot  
**Cost** £5 per person

All training and equipment will be provided by Belfast Activity Centre

**Booking and pre-payment essential online at:**

<https://belfastactivitycentre.cinolla.com/course/lagan-paddle-session>

## SOLSTICE SUNRISE YOGA

Thurs 20th June

Celebrate the magic of the summer solstice with a serene and unique morning of Solstice Sunrise Yoga at the Neolithic Giants Ring Henge Monument within our beautiful regional park.

Join us as we welcome the longest day of the year with an uplifting yoga session guided by Olivia from Ullasana Yoga. Whether you're a seasoned yogi or a beginner, this experience is designed for everyone, and Olivia will provide expert guidance to ensure a harmonious practice for all.

Don't forget to bring your yoga mat if you have one (limited number available to borrow on a first come, first serve basis. Enquire when booking). As you move through the guided yoga poses and breathwork, feel the connection to the surroundings and embrace the significance of this celestial event.

Meet at Giants Ring car park at 5am (Duration 1.5 hours)  
**Cost** £20 per person (includes hot drinks).  
**PLEASE NOTE** this event is weather dependent.  
**PLACES ARE LIMITED SO PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT.**

## AUTUMN DISCOVERY MORNING

Fri 1st Nov

The Discovery Mornings give you an opportunity to join the rangers on one of their patrols. At different locations throughout the seasons, they offer the perfect way to explore the local and natural history of the park.

Meet at Lockview car park, Stranmillis at 11am  
(Duration: 1.5 hours)  
**FREE EVENT! BOOKING ESSENTIAL!**

## CHRISTMAS WREATH MAKING

Sat 30th Nov/Sun 1st Dec

Come and enjoy making your own Christmas wreath on the barge using materials sustainably sourced from the Lagan Valley Regional Park. Everything will be provided. There will be Festive food and drink, music and craic. All you need to bring is the Christmas spirit!

Meet at Lagan Valley Regional Park Visitors Centre at 1.30pm  
(Duration: 1.5 hours) Cost £15.00 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

## A FESTIVE FORAGE IN THE FOREST

Sun 8th Dec

Winter is a hard time for wildlife and only the tough survive. So, wrap up warm and step out into the beautiful Lagan Valley Regional Park to find out what is out and about. This walk may well give inspiration for your traditional Christmas decorations!

As usual, we will get back to the barge for refreshments and warm up with hot drinks and festive nibbles.

Meet at Lock Keepers Cottage at 1.30pm  
(Duration: 2 hours) Cost £10.00 per person  
**BOOKING AND PRE-PAYMENT ESSENTIAL!**

Giants Ring

Belfast

Lisburn