

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



and enjoy.

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

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



or by email at admin@laganvalley.co.uk

028 90491922

To book, please contact the Park Office by telephone on

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



CHOOSE

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

activities and information can be downloaded free. (www.laganvalleylearning.co.uk) where trails, Lagan Valley Learning website

Regional Park Visitor Centre and visit our of our O.S. maps available from the Lagan Valley ways to explore the Regional Park. Purchase one As well as enjoying one of our events there are many

> REGIONAL PARK YAJIAV NAĐAJ **EXPLORING**



- office in advance. If you have any queries please contact the
- require some degree of fitness. Some parts of the walks may be steep or difficult and

disturb livestock. events involving transport or where they may and under control. Unfortunately they cannot attend Dogs are permitted on events but must be on a lead

- depending on the conditions and terrain. Suitable clothing and footwear must be worn:
 - accompanied by an adult. • All children under 16 must be

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

POINTS TO REMEMBER

1	It is recommended that you bring a torch		
	Steep slopes / slippery surface	¥	+9
	Uneven and nisred terrain	¥	2-5
	Surfaced paths	¥	2-0
Terrsin All of our walks are likely to encounter some gradients		Sanstai (səlim)	

KEY TO EVENT SYMBOLS:



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.

Sun 8th Jan	Winter Wander	
Sat 14th Jan	Winter Birds of the Lagan Valley	
Wed 22nd Mar	Birdsong Training (online)	
Sat 25th Mar	Forage in the Forest	
Thurs 30th Mar	Birdsong Training (online)	
Fri 31st Mar	Spring Discovery Morning	
Sat 1st Apr	Spring Wildflower Walk	
Wed 5th Apr	Birdsong Training (online)	
Sat 22nd Apr	Dusk Chorus	
Sun 14th May	A Walk back in time	
Sun 21st May	Treasured Trees	
Sat 17th Jun	Secrets of the Stone Age	
Fri 30th Jun	Get 'FIT' for Pollinators	
Fri 7th Jul	Secret Garden	
Fri 21st Jul	Bumblebee Safari	
Fri 4th Aug	Summer Discovery Morning	
TBC August	Nature along the Lagan	
TBC Sept	Bats about Lisburn	
Fri 15th Sept	Edenderry Evening Trail	
Sat 7th Oct	Fungal Foray	
Sun 15th Oct	Aberdelghy Trail	
Fri 3rd Nov	Autumn Discovery Morning	
Sat 9th Dec	Holly Hike	



EVENTS PROGRAMME 202

WINTER WANDER

Sun 8th Jan





Enjoy a 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.

Meet outside Malone House at 2.30pm (Duration: 2 hours) **Booking essential!**

WINTER BIRDS OF THE LAGAN VALLEY





Sat 14th Jan

Join staff of Lagan Valley Regional Park and British Trust for Ornithology to explore the wonderful birdlife throughout the park. We will meet in the barge for a short presentation before setting out for a short stroll to discover what is out and about.

Meet at the barge, Lagan Valley Regional Park Visitor Centre at 2pm (Duration: 2 hours)

Cost: £5 per person. Booking and prepayment essential!

BITESIZE BIRDSONG (online sessions)

Wed 22nd Mar

Dates: Wed 22nd Mar

19:30-20:15 Thurs 30th Mar 19:30-20:15

Wed 5th Apr

Cost: Free



https://www.bto.org/community/events/202303-ripple-nibitesize-birdsong-3-sessions

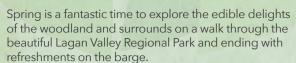
19:30-20:15

Name that tune!

Join Sorrel from the British Trust for Ornithology (BTO) for some short, interactive online sessions on how to identify common birds by song. You don't need to know anything about birds to join, these sessions are aimed at beginners.

FORAGE IN THE FOREST

Sat 25th Mar

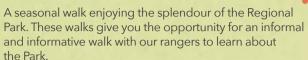


Meet at Lagan Valley Regional Park Visitor Centre at 2.30pm (Duration: 2 hours)

Cost: £7.50 per head. Booking and prepayment essential!

SPRING DISCOVERY MORNING

Fri 31st Mar



Meet at Malone House at 11am (Duration: 1.5 hours) **FREE EVENT!** Booking essential!

SPRING WILDFLOWER WALK

Sat 1st 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 in Minnowburn car park at 2pm (Duration: 2 hours) Cost: £5 per head. Booking and pre-payment essential



GET 'FIT' FOR POLLINATORS

10 Minute Citizen Science!

Fri 30th Jun

Join LVRP and Buglife at the wildflower meadows in Clement Wilson Park to learn how to identify flowers and pollinators and how to carry out your own FIT (Flower-Insect Timed) Counts and be a 'citizen scientist' for pollinators.

Meet at Newforge entrance to Clement Wilson Park at

11am (Duration: 2 hours)

FREE EVENT! Booking essential!

SECRET GARDEN Fri 7th 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: £5 per person.

Booking and pre-payment essential

BUMBLEBEE SAFARI Fri 21st 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 the Lock Keepers Cottage at 11.00am

(Duration: 1.5 hours)

FREE EVENT! Booking essential!





SUMMER DISCOVERY MORNING

Fri 4th Aug

Join our rangers on a seasonal walk enjoying the splendour of the Regional Park. These walks give you the opportunity for an informal and informative walk to learn about the Regional Park.

Meet at Belvoir Park Forest car park at 11am

(Duration: 1.5 hours)

FREE EVENT! Booking essential!

NATURE ALONG THE LAGAN



Aug (Details to be confirmed)

Meet at Glenmore Activity Centre (Duration: 2 hours) **FREE EVENT!** Booking essential!

To register for this event, please: Tel: 028 9244 7551 or Email: tracey.connolly@lisburncastlereagh.gov.uk

BATS ABOUT LISBURN





To register for this event, please Tel: 028 9244 7551 or Email: tracey.connolly@lisburncastlereagh.gov.uk

EDENDERRY EVENING TRAIL

Fri 15th Sept

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 £2.50 per head.

Booking and pre-payment essential!

DUSK CHORUS Sat 22nd April

Sorrel joins us from the British Trust for Ornithology for a relaxed dusk chorus walk through the Lagan Valley Regional Park to enjoy the spring birdsong. Sorrel will be talking through identification of birds by sound in this beginnerfriendly event. You don't need to know anything about birds to come along! We'll provide binoculars.

Please bring a torch, wear warm clothes and good footwear

Meet at Belvoir Park Forest car park at 8.00pm

(Duration: 1.5 hours) Cost: £5 per head.

Booking essential and pre-payment essential.

A WALK BACK IN TIME Sun 14th May



A stroll to explore the treasured landscapes of Belvoir Park with local historian and author Dr Ben Simon.

Meet at the main car park in Belvoir Park Forest at 2.30 pm. (Duration 1.5 hours)

FREE EVENT! Booking essential!

TREASURED TREES Sun 21st May





Discover Belfast's oldest trees, the veteran oaks of Belvoir Park with local historian and author Dr Ben Simon.

Meet at the main car park at Belvoir Park Forest at 2.30 pm. (Duration 1.5 hours)

FREE EVENT! Booking essential!

SECRETS OF THE STONE AGE

Sat 17th Jun



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.

Cost: £5.00 per head. Booking and pre-payment essential

Meet at the Shaws Bridge car park at 2.00pm (Duration: 2 hours)

FUNGAL FORAY

Sat 7th 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 £5 per head. Booking and pre-payment essential!

ABERDELGHY TRAIL Sun 15th Oct



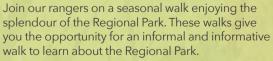
Head along the towpath from Lisburn's Island Civic Centre on this circular hike. This challenging walk will take in some of the more remote and less frequented areas of the park

Meet at Island Civic Centre (outside main door) at 2pm (Duration: 2.5 hours)

Cost: £2.50 per head. Booking and pre-payment essential!

whilst enjoying the local and natural history along the way.

AUTUMN DISCOVERY MORNING



Meet at Lockview car park, Stranmillis at 11am (Duration: 1.5 hours)

FREE EVENT! Booking essential!





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!

Meet at Lagan Valley Regional Park Visitor Centre at 1.30pm (Duration: 2 hours)

Cost £2.50 per head. Booking and pre-payment essential!

Fri 3rd Nov





