

WALK
THIS WAY

Victoria Park

SAM THOMPSON BRIDGE

P

P

SYDENHAM BYPASS

JAMES ELLIS

MERSEY

STREET

EastSide
Visitor Centre

ALL WALKS START AT THE
MEETING POINT

CS Lewis Square

● The Arches Centre

CONN SWATER BRIDGE



connswater community
greenway

Connswater Community Greenway is the perfect place to walk. From the Cregagh Glen to Victoria Park there are lots of safe, accessible routes to explore.

Not only is walking good for your health and wellbeing, but it is a great way to spend time together as a family or with friends.

BENEFITS OF WALKING THIS WAY

- + IMPROVES SLEEP
- + IMPROVES HEALTH AND FITNESS LEVELS
- + HELPS TO MANAGE STRESS LEVELS
- + BOOSTS VITAMIN D LEVELS
- + IMPROVES ENERGY AND MOOD LEVELS
- + MAINTAIN A HEALTHY WEIGHT

RECORD YOUR WALKS BELOW

3RD MAY (3)			NOTES

2 MINUTES 200 METRES 250 STEPS

1 CS Lewis stroll

Start at the Meeting Point. Walk down the steps and around the perimeter of the event space. Do a few more laps if you can.

6 MINUTES 600 METRES 750 STEPS

2 Aslan amble

Start at the Meeting Point. Turn right past Mr & Mrs Beaver, Maugrim and Mr Turnus before coming to 'The Searcher' at the library. Walk around The Searcher and follow the path until you get to Aslan. Return to the start.

14 MINUTES 1400 METRES 1750 STEPS

3 Jimmy and back

Start at the Meeting Point. Walk past Aslan alongside the Connswater River to Mersey Street. Cross at the lights and turn right over Mersey Street Bridge then take a left along the path. Cross the James Ellis Bridge and return to the start.

20 MINUTES 2000 METRES 2500 STEPS

4 Victoria and back

Follow Walk 3 but go straight on when you reach the James Ellis Bridge. Follow the path into Victoria Park, staying beside the road until you get to the car park. Turn left and take the next left, back over the hill and walk back to the start.

40 MINUTES 4000 METRES 5000 STEPS

5 Sam and back

Follow Walk 4 until you reach the car park in Victoria Park. Turn right past the playpark and follow the path around the park. Once you have passed Sam Thompson Bridge and reach a fork in the path, stay right and follow the path out of the park and walk back to the start



USE THIS MAP TO EXPLORE THE CONNSWATER GREENWAY, AND IMPROVE YOUR HEALTH