

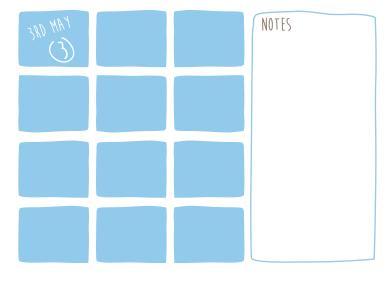
Connswater Community Greenway is the perfect place to walk. From the Cregagh Glen to Victoria Park there are lots of safe, accessible routes to explore.

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.



- + 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













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.



Start at the Meeting Point. Turn right past Mr & Mrs Beaver, Maugrim and Mr Tumnus 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.



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.

## 70 MINUTES 2000 METRES 7500 STEPS



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.



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