

# Loop River and Cregagh Glen

**Greenways** are traffic-free routes for use by pedestrians and cyclists and they provide an amenity suitable for people of all abilities due to smooth surfaces and wide paths.

The **Connswater Community Greenway (CCG)** is 16km of continuous cycle and walkway through east Belfast and is a valuable asset for schools in the surrounding areas. The path along the Greenway is accessible due to the smooth surfaces, dropped curbs where road crossing is required, wide paths and clearly labelled signage.

## Loop River

- Getting there: Loop River Park can be accessed via
  - The Connswater Community Greenway off the Castlereagh Road
  - Loopland Road or Ladas Park
- Parking: not official parking area but on street parking can be used
- Toilet facilities: there are no public toilet facilities in this area
- Facilities: Daddy Winklers Play Park and a new MUGA are situated in at Loop River Park accessible via Loopland Road or Ladas Park.
- Other points of interest include [George Best House](#) and the [Museum of Orange Heritage](#).

## Cregagh Glen

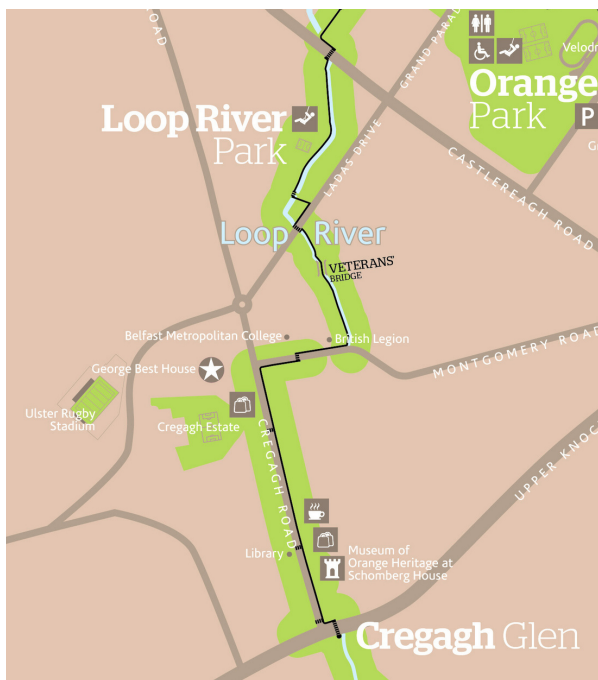
- The Cregagh Glen and Lisnabreeny Walk is a great family-friendly adventure that will take you uphill for some beautifully scenic views.
- While out on the trail, you will make your way through the woodland expanse of Cregagh Glen, before climbing uphill to reach Lisnabreeny Rath and enjoy some scenic views of Belfast.

### Cregagh Glen:

- This wooded glen is all that remains of a forest that once covered 1000 acres.
- There are several waterfalls on the river, and the glen contains some mature mixed woodland of sycamore, beech, Scots pine and ash.

### Lisnabreeny Rath:

- The well preserved rath, or ring fort, is thought to have been built in the early Christian period between 500 and 1000 AD.
- The rath is the highest point in the Castlereagh Hills.
- Rathes served as homesteads, providing protection for family and livestock from wild animals and warring neighbours.
- The Lisnabreeny Rath gives the townland its name: in Irish 'Lis' means fort and 'breeny' means fairy, therefore 'Lisnabreeny' is said to mean 'Fort of the fairy dwelling'.



For more info visit EastSide Greenways [Interactive Map](#) of the Connswater Community Greenway or email [greenway@eastsidepartnership.com](mailto:greenway@eastsidepartnership.com)