

GETTING READY TO LEARN



WNI

This year's Mental Health Awareness Week runs from 10 -16 May 2021. In addition, May is also National Walking Month.

Walk NI believe there has never been a better time to get outside and go on adventures with your children. [On their website](#) they share some of their top family walks in Northern Ireland.

From magical adventures through a wardrobe door and trails around castle ruins to waterfalls and an opportunity to see some deer, there is something suitable for all.



Castlewellan Forest Park Lakeside Walk

The perfect place to go for a morning, afternoon or pack a picnic and stay for the whole day. After your walk work together to find your way out of one of Ireland's largest hedge mazes or head to Animal Wood and meet the animals carved out wood in the natural play area.

Stormont Woodland Walk & Fitness Trail

Just a stone's throw from the city, this large open green-space is a popular choice for families looking to spend a day outside. Spend a morning or afternoon exploring the woodland trails before heading to the Mo Mowlam playpark for some fun.

Tully Castle Loughshore Walk

Part of the Marble Arch Caves Global Geopark, the start of this walk takes in the impressive remains of Tully Castle and commanding views of the surrounding countryside. The trails then lead around the headland into woodland before breaking out into views across Lough Erne.

Gruffalo Trail, Colin Glen

The characters from the much loved picture book, *The Gruffalo*, written by Julia Donaldson and illustrated by Axel Scheffler, have been brought to life along a trail at Colin Glen Forest Park in Belfast. Follow in the Gruffalo's footsteps and meet the silly old fox, owl and snake on the way to an amazing 8-foot-tall Gruffalo!



"Where are you going to, little brown mouse?
Come and have tea in my treetop house."
"But I don't want a fine, and your tree might be
Outside of my exercise boundary."

Ballyronan Wood Walk

Located on the shores of Lough Neagh this beautiful walk through a small 5-acre woodland is the perfect place to spot a wealth of wildlife including swans, great crested grebes and ducks. There are picnic areas to enjoy you lunch or a flask of hot chocolate.

Lough Fea

Set in wild mountain scenery, Lough Fea is one of the many delightful lakes dotted throughout the Sperrins Region. With a mixture of panoramic scenery this is the ideal place to retreat to for a family walk. A children's play area and toilet facilities are provided on site.

Gortin Forest Pollan Trail

With so much to see and do in Gortin Forest this is another fantastic location to spend a morning, afternoon or pack a picnic and stay for the day. After your walk follow signs to visit the Deer and ducks or head to the new play park.

Narnia Trail Kilbroney Park

This family loop trail brings to life the Chronicles of Narnia and is entered like the magical world of Narnia itself, through a 'Wardrobe Door', beyond which lies a land filled with strange and intriguing creatures. Other features along the way include 'The Lamp Post', 'The Beaver's House' and 'Aslan's Table'.

Wonderland Wood, Antrim Castle Gardens

This interactive Fairy Trail is suitable for families with young children. This enchanting trail will take you on an adventure around the Gardens to less well known paths and places where you will discover lots of beautiful features and unlock the magic of Wonderland Wood!

Connswater Community Greenway

The ideal adventure for those who are looking a family adventure close to the city. Head to Victoria Park at the start of the Greenway to see the ducks or to Cregagh Glen at the end of the Greenway for a peaceful riverside walk. With lots of open green spaces and playparks there is something for everyone in the heart of East Belfast.



PLEASE FOLLOW THE PHA
GUIDANCE FOR YOUR AREA
WHEN OUT & ABOUT:

[https://
www.nidirect.gov.uk/
articles/coronavirus-covid-
19-staying-safe-outside-
your-home](https://www.nidirect.gov.uk/articles/coronavirus-covid-19-staying-safe-outside-your-home)

