



North Foreshore Path

The award winning Lagan and Lough Cycle Way is a twenty-one mile, level, mostly traffic-free cycle ride or walk connecting Lisburn, Belfast and Newtownabbey. The route is suitable for novice and family cyclists of all ages and abilities and passes along the waterside environment of the Lagan Towpath and Belfast Lough. It can be split easily into shorter sections by the use of trains, which carry cycles and there are stations along the route. The Lagan and Lough Cycle Way is a section of the **National Cycle Network**, a comprehensive network of safe and attractive routes to cycle and walk throughout the UK, linking to routes in the Republic of Ireland. One third of the Network is traffic-free, the rest follows quiet lanes or traffic calmed roads. It is delivered through partnerships with Government Departments, Local Councils and community groups and is co-ordinated by the charity Sustrans. www.sustrans.co.uk

TRAVEL TO/FROM THE LAGAN AND LOUGH CYCLE WAY

The Northern Ireland Railways network serves the cycle route throughout its length. Central Station lies on the route whilst Lisburn and Jordanstown stations are within a few minutes cycle ride from either end. Many stations in between are only a short cycle ride or walk away from the route on quiet roads or traffic-free paths. Facilities exist for the carrying of up to four bicycles on trains except before 9:30 am Monday to Friday.

Useful Contacts

Tourism

Belfast Welcome Centre
Tel No: 028 9024 6609
www.gotobelfast.com

Lisburn Tourist Information Centre
Tel No: 028 9266 0038
www.visitlisburn.com

Newtownabbey Borough Council
Tel No: 028 9034 0000
www.newtownabbey.gov.uk

Lagan Valley Regional Park
Tel No: 028 9049 1922
www.laganvalley.co.uk

Cycling and Walking

Sustrans
Tel No: 028 9043 4569
www.nationalcyclenetwork.org.uk

Travelwise
Tel No: 0845 378 0908
www.travelwiseni.com

Belfast City Council
Tel No: 028 9032 0202
www.belfastcity.gov.uk

Public Art

Laganside Corporation
www.laganside.com

Lisburn City Council
Tel No: 028 9250 9509
www.lisburncity.gov.uk

Public Transport

Translink
Tel no: 028 9066 6630
www.translink.co.uk

Any comments or for more information on the route email:
belfast@sustrans.org.uk

Other contacts for cycling in Northern Ireland
Cycle Northern Ireland: www.cycleni.com
NI Tourist Board: www.discovernorthernireland.com



The Lagan and Lough Cycle Way

A 21 mile, mostly traffic-free cycle and walking route linking Lisburn, Belfast and Newtownabbey



www.sustrans.org.uk



Lagan Towpath near Lisburn

ATTRACTIONS ALONG THE ROUTE

Union Locks and Lisburn

Union Locks lie off the Blaris Road near Sprucefield where National Route 9 heads to Moira and beyond. This site contained a boathouse, a carpenter's workshop, a lock-keepers house, stables and the canal manager's house. The route continues along the towpath and Union Bridge into Lisburn and Lagan Valley Island. Situated between the River Lagan and a restored section of the Lagan Canal, it is built of white Portland Stone and is the home of Lisburn City Council. It holds the Council Offices, an arts centre, theatre and public restaurant. In addition, there are many art pieces throughout the site. The route rejoins the towpath after crossing the Millennium and Jubilee bridges.

Lagan Valley Regional Park

From Union Locks the cycle way passes through 11 miles of the Lagan Valley Regional Park to Stranmillis near Belfast. The Park not only includes the River Lagan and the popular towpath, but also a number of public parks, the National Trust property at Minnowburn and the historic Giant's Ring archaeological site. A walk or cycle through this section of the park will undoubtedly yield some of the varied flora and fauna to be found in this beautiful and tranquil area.

Belfast's Lagside Area

This area has undergone tremendous change in recent years, providing Belfast with attractive riverside pathways and a vibrant waterfront. Its traffic-free paths provide people with the opportunity to enjoy views, away from the bustling city centre, over the River Lagan, Belfast City Council's spectacular Waterfront Hall and the Odyssey complex. Links across the river enable walkers and cyclists to admire the Belfast Hills and the City Centre landscape from the eastern river bank and Comber Greenway..

Belfast's Dockland Area

From the Lagan Weir at Donegall Quay north to Dargan Road, Belfast's working docks are adjacent to the route. The docks have a variety of uses from passenger terminals to timber and grain docks, demonstrating that Belfast is still an important international port. Across the Victoria Channel can be seen the remnants of the Harland and Wolff shipyard with the two yellow cranes named Samson and Goliath. Here is the birthplace of many great liners such as the Titanic and Canberra.

Belfast Lough to Jordanstown

After leaving the dockland area, the route continues along the North Foreshore Path beside Belfast Lough. The path

gives cyclists and walkers the chance to observe the varied bird life, while on the move or at one of the bird observation points built especially on advice from the RSPB. Macedon Point, close to Hazelbank Park, is the perfect place to stop and take in a great view of the Lough, Cave Hill and the distant County Down coast. The park also offers seating, picnic tables, play areas and public amenities. Leaving Hazelbank the route continues to Whiteabbey Village, which offers a great opportunity to stop off for refreshments or a bite to eat. The route ends at the Loughshore Park overlooking Belfast Lough, within a stones throw of Jordanstown University.

Sculpture and Public Art Trails

Alongside much of the route, pieces of sculpture encourage cyclists and walkers to stop and admire the creativity of local artists. Highlights include the four different styles of National Cycle Network Mileposts which give directions and distances, the Big Fish at Donegall Quay in Belfast and Concentric Twist straddling the towpath at Lisburn.

LISBURN TO BELFAST

- Lagan & Lough Cycle Way
- Link routes (some may be on-road)
- Proposed routes
- KING'S BRIDGE Access point
- Rail station, bus station
- NCN Milepost

Scale 0 mile / 0 kilometres 1 2

Code of conduct for shared use paths

- Cyclists** please don't expect to cycle at high speeds
- be prepared to slow down or stop if necessary
 - be careful at junctions, bends and entrances
 - give way to walkers and wheelchair users - leaving plenty of room
 - remember that many people cannot hear or see well - don't assume that they can see or hear you
 - fit a bell and use it - don't surprise people

Walkers if you are walking with a dog, please keep it on a lead at all times

Motorbikes are not permitted on traffic free paths.
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At Lagan Valley Island



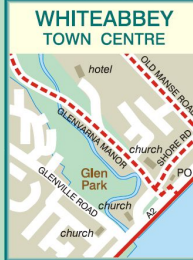
The Big Fish, Belfast



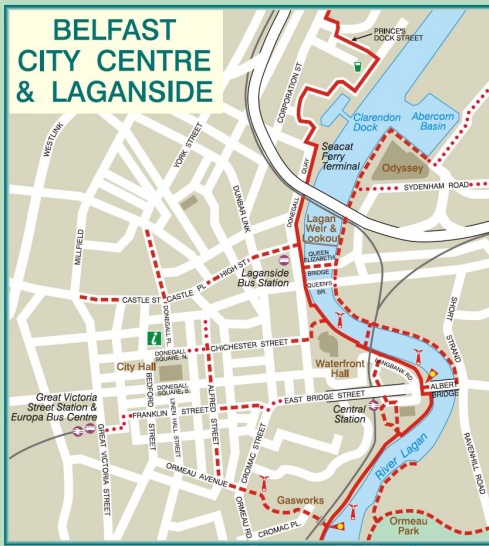
BELFAST TO JORDANSTOWN



Near Whiteabbey



Whiteabbey Town Centre



Lagan Side, Belfast

