

Bog Meadows

Points of interest

Bog Meadows is a nature reserve which has a diverse range of habitats comprising a mixture of reed-beds, marsh, lowland meadows, ponds, streams and hedgerows.

In the summer months, look out for sedge and willow warblers, house martins and swallows. In autumn, a variety of waders are attracted to the ponds when water levels are low. The best time to see the variety of ducks, geese and swans that visit here is winter.

Bog Meadows is the last surviving remnants of the River Blackstaff's floodplain, which originally extended over 1,000 acres. Industrialization such as brick making, linen production and agriculture created pressure on the bog land as did the building of the M1 motorway in 1962.

In 1987, a concerned group of people formed the 'Friends of Bog Meadows' who campaigned to save the last remaining area of wetland. They teamed up with Ulster Wildlife in 1989 and received funding to purchase the land and manage it for conservation, recreation and education.

In 2000, Belfast City Council designated Bog Meadows as a Local Nature Reserve and in 2004, it was awarded the United Nations Educational Scientific And Cultural Organization Man and Biosphere Award for Urban Wildlife Excellence.

0.7 miles, 1.2 km, circular

Bog Meadows is a natural haven for wildlife and people. It is set in the heart of Belfast. Starting from the car park at the bottom of Milltown Row, off Falls Road, follow the path to the left of the playing fields. Reach the

footbridge and follow this over the Ballymurphy Stream. Take the path on your left. This path leads you around the perimeter of the site. Along the path there are viewing platforms. Enjoy the rich biodiversity of the site and the views of the Belfast Hills. Continue along the path until you reach a junction. Turn right alongside the main pond and cross another footbridge. Turn right around the meadows. The path runs alongside a drainage channel on your left. There is another viewing mound on your right. Follow the path as it turns right. Turn left at the next junction. This will take you back to the carpark via a steep hill.

