

Musgrave Park Highway to Health



Route description

This route explores attractive parkland on fairly level surfaced paths.

Distance

1.3 miles 2.1 km, including side trip to Grovelands.

Average Time

40 - 45 mins.

Access

By bus – Metro Services 9A-C to Upper Lisburn Road, 90, 92 Stockman's Lane.

By car - No parking in park. Pedestrian access from Stockman's Lane or via the Musgrave Park Hospital entrance.

Trail Route

This route begins at the park entrance from Musgrave Park Hospital, but you can start the walk at any point.

From the Highway to Health **(1)** map board continue along the path into the park. Follow the main path to your left along the side of the bowling greens.

This path will lead you to a round flower bed with a standing stone feature in the centre: take the path on your left. Soon you will pass the one kilometre marker post.

Continue round the lower part of the park – the path sweeps round to another entrance gate at Stockman's lane. Go straight on at this junction and follow a smaller meandering path through the trees and spring bulb displays **(2)**.

A left turn, just past the back of the bowling pavilion, will lead you back onto the main path leading to the hospital grounds.

However, taking another left turn at the black gates to the front of the bowling green makes for an interesting diversion to Grovelands **(3)**. Once you have explored Grovelands, retrace your steps.

Trail 15

History

Musgrave Park was presented as a gift to the city by Henry Musgrave, who lived at nearby Drumglass House. The park was opened to the public in 1920, having been landscaped under a scheme that provided work for unemployed labourers. At one time there was a pond in the lower part of the park, but this was filled in after the end of World War II.

Things of Interest

Highway to Health (1)

This is a simple innovative scheme which aims to encourage people of all ages to walk for leisure and good health. It uses attractive pole signs at one kilometre intervals along a measured route.

Spring bulb displays (2)

The grounds of Musgrave Park have been extensively planted with crocuses and daffodils, which can be appreciated best in early spring.

Grovelands (3)

This area was established in 1974 as a site for training horticultural apprentices. It contains areas of formal bedding, herbaceous borders, heather and conifer beds, shrubs and trees. The site is very popular for wedding photography.

Look out for

- colourful bedding displays at Grovelands.
- flocks of greenfinches and other small birds feeding in the shrub borders.
- herbaceous displays in mid summer.