

# Loughgall Country Park

## Overview

Loughgall Country Park is a rural haven of relaxation and recreation. The emphasis is very much on families, but enjoyed by those mainly in search of a helping of tranquillity. The park is set in a magnificent 188-hectare estate of open farmland and orchards, with buildings of great historical interest. Rumour has it that Jonathan Swift came to Loughgall to write his famous books, such as "Gulliver's Travels."

There are three way-marked trails around the park, with 'highway to health' routes that follow similar trails.

'Trim Trail' combines scientifically designed exercise with walking or jogging to provide a well balanced physical fitness routine for the entire body. Individual exercise stations with apparatus are spaced along a trail or jogging path, from simple balance beams, to the challenge of the pole climb and ladder walk, the 'Trim Trail' tests upper and lower body strength, co-ordination, agility and stamina.

## Nearest town

Loughgall, Co. Armagh

## Points of Interest

Apple blossom (best viewed in May)  
Hermitage

## Location

Loughgall Country Park

## Distance

Ranging from 2 miles (3.2km) - 3.6 miles (5.8km)

## Route shape

Looped

## Route type

Parkland and grassland

## Contact

Loughgall Country Park  
Reception,  
Tel: +44 (0)28 3889 2900

## Facilities

Reception area  
Junior adventure trail  
Changing rooms  
Showers  
Golf course  
Coarse fishing lake



Trail Map

Location  
Loughgall Country Park



Location Map

