

ParkLife

Education Programme



The **ParkLife** project helps local people get outdoors and explore nature in Belfast's wonderful parks



Belfast
City Council



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Did you know...

The amount of parks, playing fields and open space in Belfast would cover almost **4000 football pitches!**

Ormeau Park is the oldest of all parks, it dates back to 1871!
What age does that make it now?

Being active in parks is great for you!

Children should walk 12,000 steps each day and adults 10,000 steps!

Trees in parks are a great habitat for wildlife, including mini-beasts such as earthworms -

260 earthworms were counted at the bottom of one oak tree!

What does a tree do when he is ready to go home?
He leaves!

For more information visit

www.belfastcity.gov.uk/parksandopenspaces



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