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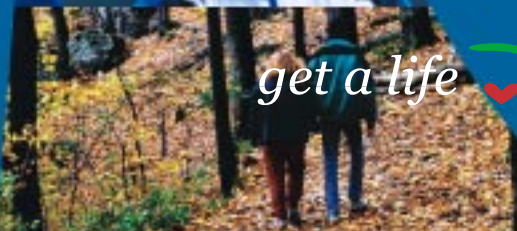
# Walking and cycling opportunities in Northern Ireland



*get a life*



*get active*



# Walking and cycling opportunities in Northern Ireland

This booklet includes information on walking and cycling facilities and opportunities across Northern Ireland. It also contains contact details of some of the many organisations involved in organising walking and cycling activities.

*Brisk walking and cycling are not only ideal forms of physical activity that will improve health and fitness but are also activities that most people can fit into their daily routines.*



## Walking for better health

Walking will not only improve your confidence, stamina and life expectancy but will also help control your weight and give you more energy. Research has shown that there are major health benefits to be gained from regular walking at a moderate intensity. These benefits include helping to reduce your risk of heart disease, strokes, diabetes, high blood pressure, bowel cancer, osteoporosis, arthritis, anxiety, stress and Alzheimer's disease.



## Cycling for better health

Cycling also provides many of the same health benefits which you can get from walking. However because a bike supports the body, cycling is not a weight bearing exercise. This means it is less effective in providing protection against osteoporosis but is a good form of exercise for people with certain bone and joint problems.

Like walking, cycling is also a good way to control weight, burning around 300 calories an hour.

## How much, how often?

Aim for 30 minutes of moderate activity such as brisk walking at least five days a week to get the most health benefits.

## Northern Ireland Physical Activity Strategy

This booklet has been produced in support of the Northern Ireland Physical Activity Strategy, which aims to increase participation in physical activity.

# Walking and cycling opportunities

## Councils

Most of the local Councils have a countryside access officer who will be able to provide information about walking and cycling routes and events in the Council area. The address and telephone number of each local Council is listed below.

Antrim Borough Council  
The Steeple, Antrim BT41 1DJ  
Tel: 028 9446 3113

Ards Borough Council  
2 Church Street, Newtownards BT23 4AP  
Tel: 028 9182 4000

Armagh City and District Council  
The Palace Demesne, Armagh BT60 4EL  
Tel: 028 3752 9600

Ballymena Borough Council  
Ardeevin, 80 Galgorm Road, Ballymena BT42 1AB  
Tel: 028 2566 0300

Ballymoney Borough Council  
Riada House, Charles Street, Ballymoney BT53 6DZ  
Tel: 028 2766 2280

Banbridge District Council  
Downshire Road, Banbridge BT32 3JY  
Tel: 028 4066 0600

Belfast City Council  
City Hall, Belfast BT1 5GS  
Tel: 028 9032 0202

Carrickfergus Borough Council  
The Town Hall, Joymount, Carrickfergus BT38 7DL  
Tel: 028 9335 1604

Castlereagh Borough Council  
1 Bedford Court, Upper Galwally, Belfast BT8 6RB  
Tel: 028 9049 4500

Coleraine Borough Council  
Cloonavin, 66 Portstewart Road, Coleraine BT52 1EY  
Tel: 028 7034 7034

Cookstown District Council  
Council Offices, 12 Burn Road, Cookstown BT80 8DT  
Tel: 028 8676 2205  
(Also contact Sports Development Officer)

Craigavon Borough Council  
Civic Centre, Lakeview Road, Craigavon BT64 1AL  
Tel: 028 3831 2400

Derry City Council  
Council Offices, 98 Strand Road, Londonderry BT48 7NN  
Tel: 028 7137 6507  
(Also contact Cycling Officer)

Down District Council  
24 Strangford Road, Downpatrick BT30 6SR  
Tel: 028 4461 0800

Dungannon District Council  
Council Offices, Circular Road, Dungannon BT71 6DT  
Tel: 028 8772 5311

Fermanagh District Council  
Townhall, Enniskillen BT74 7BA  
Tel: 028 6632 5050

Larne Borough Council  
Smiley Buildings, Victoria Road, Larne BT40 1RU  
Tel: 028 2827 2313

Limavady Borough Council  
7 Connell Street, Limavady BT49 0HA  
Tel: 028 7776 0300

Lisburn Borough Council  
Island Civic Centre, The Island, Lisburn BT27 4RL  
Tel: 028 9250 9250

Magherafelt District Council  
50 Ballyronan Road, Magherafelt BT45 6EN  
Tel: 028 7939 7979

Moyle District Council  
Sheskburn House, Mary Street, Ballycastle, BT54 6QH  
Tel: 028 2076 2225

Newry and Mourne District Council  
O'Hagan House District Council Offices,  
Monaghan Row, Newry, BT35 8DJ  
Tel: 028 3031 3031

Newtownabbey Borough Council  
Mossley Mill, Newtownabbey BT36 5QA  
Tel: 028 9034 0000

North Down Borough Council  
Town Hall, The Castle, Bangor BT20 4BT  
Tel: 028 9127 0371

Omagh District Council  
The Grange, Mountjoy Road, Omagh BT79 7BL  
Tel: 028 8224 5321  
(Also contact Sports Development Officer)

Strabane District Council  
47 Derry Road, Strabane BT82 8DY  
Tel: 028 7138 2204

## Events at Monuments and Country Parks Programme

The Environment & Heritage Service has compiled an Events Programme on activities taking place in Northern Ireland's monuments and country parks. Why not combine a visit to one of these events with a health-enhancing brisk walk?

**For more information on events contact The Environment & Heritage Service on 028 9054 3037.**

### Forest Walks

Forests managed by the Forest Service, an agency of the Department of Agriculture and Rural Development, are open throughout the year providing facilities for walking. Forests managed by the Service are listed below:

#### County Antrim

Ballycastle Forest, Glenarm Forest, Glenariff Forest Park, Tardree Forest, Ballyboley Forest, Ballypatrick Forest, Portglenone Forest.

#### County Armagh

Gosford Forest Park, Slieve Gullion Forest Park.

#### County Down

Tollymore Forest Park, Castlewellan Forest Park, Donard Forest, Rostrevor Forest, Drumkeeragh Forest, Belvoir Park Forest, Cairn Wood.

#### County Fermanagh

Florence Court Forest Park, Ely Lodge Forest, Lough Navar Forest, Castle Caldwell Forest, Castle Archdale Forest, Marble Arch Wood, Spring Grove.

#### County Londonderry

Coleraine Woods (Somerset, Mountsandel and Castleroe), Springwell Forest, Binevenagh.

#### County Tyrone

Gortin Glen Forest Park, Drum Manor Forest Park, Parkanaur Forest Park, Pomeroy Forest, Seskinore Forest, Knockmany Forest, Fardross Forest.

**For further information contact:** The Forest Service Headquarters (Customer Service Manager), Dundonald House, Upper Newtownards Road, Belfast, BT4 3SB. Tel: 028 9052 4480, Fax: 028 9052 4570. E-mail: [forest.customer@dardni.gov.uk](mailto:forest.customer@dardni.gov.uk) or visit the Forest Service website: [www.forestserviceni.gov.uk](http://www.forestserviceni.gov.uk)



## Highway to Health

Highway to Health is an exercise incentive scheme. Attractive signs are placed at 1km intervals on popular walking routes to encourage people of all ages to take exercise for health and leisure. The project is a joint venture between NI Chest Heart & Stroke Association and the local Councils. Already the vast majority of Councils have adopted the scheme, which is being developed in a variety of locations - wherever people generally walk for leisure or exercise.

**For more information contact the Highway to Health Regional Coordinator, Derek Sweetnam. Tel: 028 7083 5845.**

## Local Parks

There are a number of parks across Northern Ireland which provide a great setting for walking or cycling. The following parks also organise historical, themed and educational walks throughout the year. Further details about organised walks can be obtained by contacting the parks directly.

### Colin Glen Forest Park

Colin Glen Forest Park is situated at the foot of the Black Mountain which forms part of the Belfast Hills. The park has walking trails, a wildlife pond, waterfall, restored aqueduct and heritage centre.

**For further information contact Colin Glen Forest Park, Colin Glen Trust, Stewartstown Road, Dunmurray. Tel: 028 9061 4115.**

### Lagan Valley Regional Park

Lagan Valley Regional Park is a 12 mile stretch of open grasslands, wooded areas and nature reserves through which the River Lagan flows. It also has the Lagan Canal Towpath which provides scenic walks.

**For further information contact Lagan Valley Regional Park, Belvoir Park Forest, Belvoir, Belfast. Tel: 028 9049 1922.**

Information about parks managed by local Councils can be found by contacting the relevant Council (Council addresses and telephone numbers are on page 2).

## Sperrin Ireland Ltd

Sperrin Ireland Ltd promote and run a wide variety of cultural, educational and activity walking courses and holidays in the beautiful, unspoilt area of the Sperrins. All walks, from forest trails to open mountains, are carefully selected to match the interests and abilities of participants.

**For further information contact Sperrin Ireland Ltd. Tel: 028 7930 0050.**

## The Countryside Access and Activities Network for Northern Ireland



The Countryside Access and Activities Network for Northern Ireland is an umbrella organisation which seeks to bring together all those groups and bodies which have an interest in, or involvement with, countryside recreation. Part of their plan over the next two years is to provide a public information service which gives accurate access to information about countryside sports and activities.

**For further information contact the Countryside and Access Activities Network for Northern Ireland. Tel: 028 9038 3848.**

**Website: [www.countrysidecreation.com](http://www.countrysidecreation.com)**

**E-mail: [info@countrysidecreation.com](mailto:info@countrysidecreation.com)**

## The Mountaineering Council of Ireland

The Mountaineering Council of Ireland is the national governing body for mountaineers - ramblers, hillwalkers, rockclimbers and alpinists. Over 100 clubs are affiliated to the Council representing almost 7,000 members.

**For further information contact the Council on 003531 4507376.**

**Website: [www.mountaineering.ie/](http://www.mountaineering.ie/)**

## The National Cycle Network in Northern Ireland

Sustrans (sustainable transport) is the civil engineering charity which is developing the National Cycle Network in Northern Ireland. The aim of the Network is to popularise cycling by providing safe and convenient routes for everyday transport and leisure journeys. The routes go through many town centres in Northern Ireland. All the routes are signed and there are three long distance maps available. These are:

*Kingfisher Cycle Trail in the Fermanagh Leitrim area*

*Belfast to Ballyshannon route*

*Ballyshannon to Ballycastle*

The maps can be purchased at most Tourist Information Centres and main bookshops in Northern Ireland. Some local Councils have also produced information leaflets on routes in their areas.

Off road routes which form part of the Cycle Network include:

Bushmills/Giants Causeway

Castle Archdale

Craigavon Lakes

Derry/Londonderry to Carrigans

Downhill Forest near Castlerock

Dungannon Railway Park

Lagan Towpath (Maysfield, Belfast to Lisburn)

Newry Canal

Rathlin Island

Riverside path, Omagh

Whiteabbey to Lagan Weir, Belfast

**For more information and a free catalogue contact Sustrans on 0117 9290888 or access their website on [www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)**



## **The National Trust**

National Trust properties are located across Northern Ireland and offer a wealth of opportunities for the walking enthusiast. Many scenic coastal and countryside sites in Trust care include marked walking and cycle routes.

**For further information contact the Marketing and Communications Department on 028 9751 0721.**

## **The Northern Ireland Tourist Board (Tourist Information Centres)**

A key objective of the Northern Ireland Tourist Board is to increase the number of visitors participating in walking and cycling activities while in Northern Ireland. Information on local walking and cycling opportunities can be obtained from any of the 26 networked tourist information centres located throughout Northern Ireland. Addresses and telephone numbers for each of the tourist information centres are listed below.

### **BELFAST**

Belfast City

Belfast Welcome Centre, 35 Donegall Place, BT1 5AD

Tel: 028 9024 6609

### **COUNTY ANTRIM**

Antrim

16 High Street, BT41 4AN

Tel: 028 9442 8331

Ballycastle

Shesburn House, 7 Mary Street, BT54 6QH

Tel: 028 2076 2024

Ballymena

76 Church Street, BT43 6DF

Tel: 028 2563 8494

Carrickfergus

Knight Ride, Antrim Street, BT38 7DG

Tel: 028 9336 6455

Giant's Causeway

The Visitor Centre, 44 Causeway Road, Bushmills, BT57 8SU

Tel: 028 2073 1855

Larne  
Narrow Gauge Road, BT40 1XB  
Tel: 028 2826 0088

Lisburn  
15 Lisburn Square, BT28 1AN  
Tel: 028 9266 0038

Portrush (seasonal)  
Dunluce Centre, Sandhill Drive, BT56 8BF  
Tel: 028 7082 3333

## **COUNTY ARMAGH**

Armagh  
Old Bank Building, 40 English Street, BT61 7BA  
Tel: 028 3752 1800

## **COUNTY DOWN**

Banbridge  
Gateway Tourist Information Centre, 200 Newry Road, BT32 3NB  
Tel: 028 4062 3322

Bangor  
34 Quay Street, BT20 5ED  
Tel: 028 9127 0069

Downpatrick  
The St. Patrick Centre, Market Street, BT30 6LZ  
Tel: 028 4461 2233

Hillsborough  
The Courthouse, The Square, BT26 6AG  
Tel: 028 9268 9717

Kilkeel  
28 Bridge Street, BT34 4AD  
Tel: 028 4176 2525

Newcastle  
Newcastle Centre, 10-14 Central Promenade, BT33 OAA  
Tel: 028 4372 2222

Newtownards  
31 Regent Street, BT23 4AD  
Tel: 028 9182 6846

Portaferry (seasonal)  
The Stables, Castle Street, BT22 1NZ  
Tel: 028 4272 9882

### **COUNTY FERMANAGH**

Enniskillen  
Wellington Road, BT74 7EF  
Tel: 028 6632 3110

### **COUNTY LONDONDERRY**

Coleraine  
Railway Road, BT52 1PE  
Tel: 028 7034 4723

Limavady  
Council Offices, 7 Connell Street, BT49 0HA  
Tel: 028 7776 0307

Londonderry  
44 Foyle Street, BT48 6AT  
Tel: 028 7126 7284

### **COUNTY TYRONE**

Cookstown  
The Burnavon, Burn Road, BT80 8DN  
Tel: 028 8676 6727

Killymaddy  
190 Ballygawley Road, BT70 1TF  
Tel: 028 8776 7259

Omagh  
1 Market Street, BT78 1EE  
Tel: 028 8224 7831

Strabane (seasonal)  
Abercorn Square, BT82 8AN  
Tel: 028 7188 3735

## The Ulster Federation of Rambling Clubs

The Ulster Federation of Rambling Clubs (UFRC) is a forum for rambling clubs in the north of Ireland. The clubs associated with UFRC organise a wide variety of walks and walking festivals, which vary to cater for both the experienced and inexperienced walker.

**For details of these clubs please send a stamped, addressed envelope (DL or A4 in size) to:**

The Ulster Federation of Rambling Clubs  
Membership directory  
68 Thornleigh Gardens,  
Bangor, County Down, BT20 4NP.

## The Ulster Way in Northern Ireland

The Ulster Way makes a complete circuit around Northern Ireland, passing through all six counties and occasionally crossing the border. You could start walking at any point and finish at any point. Most of the enormous route is marked with marker posts and signposts. The entire course of the Ulster Way is covered by detailed 1:50,000 scale maps called the Discoverer Series, published by the Ordnance Survey of Northern Ireland. You can purchase maps from The Map Shop, Colby House, Stranmillis Court, Belfast, BT9 5BJ, Tel: 028 9025 5769 or from most good book shops.

**NB: Access to the Ulster Way is mainly by permission of the landowner and may be withdrawn, so always check with the Council Access Officer for up-to-date access information.**

## Ulsterbus Seasonal Rambler Services

Ulsterbus Seasonal Rambler Services aim to encourage walking and sustainable transport in areas of outstanding natural beauty. The bus services operate in the Causeway, Mourne and Sperrin areas. The Causeway Rambler operates from June to September, the Mourne Rambler operates from July until the end of September and the Sperrin Rambler operates all year.

**For further information about this service contact Translink.**

**Tel: 028 9066 6630 (textphone: 028 9035 4007).**

**Website: [www.translink.co.uk](http://www.translink.co.uk).**

## Waymarked Ways Network

The Waymarked Ways Network is an initiative of the Countryside Access and Activities Network for Northern Ireland. The ways range in length from 32km to 65km and provide a great opportunity to enjoy and explore the great scenery Northern Ireland has to offer.



The routes are fully marked using a combination of road signs and marker posts, all of which carry the Waymarked Ways logo. Along each route there is also a series of illustrated interpretation panels.

A booklet containing details of the first eight routes has been compiled and is available from local tourist information centres.

A map guide has also been produced for every Waymarked Way. A set of these guides can be purchased directly from the Countryside Access and Activities Network (see address and telephone number below).

**For further information contact tourist information centres or the Countryside and Access Activities Network for Northern Ireland, House of Sport, Upper Malone Road, Belfast, BT9 5LA.**

**Tel: 028 9038 3848. Website: [www.countrysidecreation.com](http://www.countrysidecreation.com)**

**E-mail: [info@countrysidecreation.com](mailto:info@countrysidecreation.com)**



## THE NORTHERN IRELAND COUNTRY CODE

- Respect the people who live and work in the countryside.
- Know where you are allowed to go.
- Keep to paths across farmland.
- Use gates and stiles to cross fences, hedges and walls.
- Leave gates as you find them.
- Do not interfere with livestock, machinery and crops.
- Keep dogs under control.
- Protect wildlife, plants and trees.
- Keep all water sources clean.
- Take your litter home.
- Guard against all risk of fire.
- Make no unnecessary noise.
- Respect other recreational users.
- Take special care on country roads.
- Consider your personal safety.



**Health**  
Promotion  
Agency

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