The North West Trail

A 326 km circular cycle route through counties Donegal, Tyrone, Fermanagh, Leitrim, and Sligo

Travel to/from The North West Trail

Bus and Train Services

Translink: www.translink.co.uk 00 44 (0) 28 9066 6630
Lough Swilly Bus Company: 0044 (0) 28 7126 2017
Bus Éireann: www.buseireann.ie 00 353 (0) 71 9160066
Iarnród Éireann: www.irishrail.ie 00 353 (0) 71 9169888

Ferry Services

The following ferry operators offer services direct from the United Kingdom and France:

Irish Ferries www.irishferries.com T: 00 44 (0) 8705 17 17 17
Services: Holyhead – Dublin City, Pembroke – Rosslare, Cherbourg – Rosslare, Roscoff – Rosslare.

Norfolkline Irish Sea Ferries www.norfolkline-ferries.co.uk
T: 00 44 (0) 8706 00 43 21 T: 00 353 (0) 1 819 2999
Services: Liverpool – Dublin, Liverpool – Belfast.

P&O Irish Sea www.poirishsea.com T: 00 44 (0) 8702 42 47 77
Services: Troon – Larne, Cairnryan – Larne, Liverpool – Dublin.

Stena Line www.stenaline.co.uk T: 00 44 (0) 8705 70 70 70
Services: Holyhead – Dun Laoghaire, Holyhead – Dublin, Fishguard – Rosslare, Fleetwood – Larne, Stranraer – Belfast.

Airports

The North West has local airports in Donegal and Sligo. Aer Arran offers flights from Donegal to Dublin and Glasgow Prestwick and flights from Sligo to Dublin and Manchester. **International airports** are available in **Belfast, Derry City, Knock** and **Dublin**.

Aer Arran www.aerarran.ie Reservations: T:00 353 (0) 81 8210210
Reservations (UK): 0870 876 76 76

Donegal Airport www.donegalairport.ie T: 00 353 (0) 74 9548284

Sligo Airport www.sligoairport.com T: 00 353 (0) 71 9168280

George Best Belfast City Airport www.belfastcityairport.com
T: 00 44 (0) 28 9093 9093

Belfast International Airport www.belfastairport.com
T: 00 44 (0) 28 9448 4848

Derry City Airport www.cityofderryairport.com
T: 00 44 (0) 28 7181 0784

Dublin Airport www.dublinairport.com T: 00 353 (0)1 814 1111

Ireland West Airport, Knock www.irelandwestairport.com
T: 00 353 (0) 94 9368100

Cycling Information

A 1:125 000 cycle route map for the North West Trail is available to purchase online from Sustrans www.sustrans.org.uk or call 00 44 845 113 0065. The map is available from Tourist Information Centres in the North West.

Wildflower Cycling Holidays
T: 00 353 (0) 49 9523923
www.wildflowercyclingholidays.com

Tourist Information

Fermanagh Tourist Information Centre (All Year) Wellington Road, Enniskillen, Fermanagh, BT74 7EF
T: 00 44 (0) 28 6632 3110   Email: tic@fermanagh.gov.uk
Web: www.fermanagh.gov.uk / www.fermanaghlakelands.com

Strabane Tourist Information Centre (All Year) The Alley Arts and Conference Centre, Railway Street, Strabane, BT82 8EF
T: 00 44 (0) 28 71 384444   Email: tic@strabanedc.com
Web: www.strabanedc.com

Omagh Tourist Information Centre (All Year) Strule Arts Centre, Town Hall Square, Omagh, County Tyrone, BT78 1BL
T: 00 44 (0) 28 8224 7831   Email: tourism@omagh.gov.uk
Web: www.omagh.gov.uk

Discover Ireland Centre (All Year) Temple Street, Sligo
T: 00 353 (0) 71 9161201   Email: northwestinfo@failteireland.ie
Web: www.discoverireland.ie/northwest

Discover Ireland Centre (All Year) Quay Street, Donegal Town, Co Donegal
T: 00 353 (0) 74 9721148   Email: donegal@failteireland.ie
Web: www.discoverireland.ie/northwest

Discover Ireland Centre (Seasonal) The Bridge, Bundoran, Co Donegal
T: 00 353 (0) 71 9841350   Email: bundoran@failteireland.ie
Web: www.discoverireland.ie/northwest

Discover Ireland Centre (Seasonal) Carrick on Shannon, Co Leitrim.
T: 00 353 (0) 71 9620170   Email: leitrim@failteireland.ie
Web: www.discoverireland.ie/northwest

This project is supported by:

Donegal County Council

Fermanagh District Council

Leitrim County Council

Omagh District Council

Sligo County Council

Strabane District Council Comhairle Ceantair an tSratha Báin Strabane District Council

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Fáilte Ireland National Tourism Development Authority

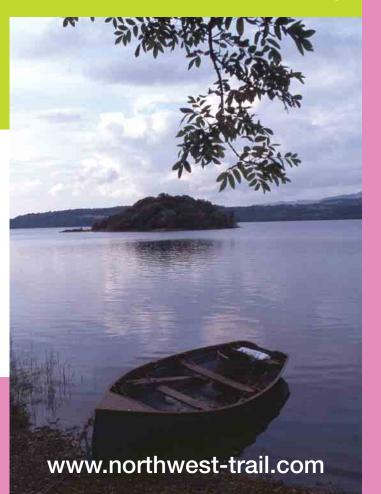Explore! The North West Trail

North West Trail

www.northwest-trail.com

The North West Trail is a 326km circular cycle route through counties Donegal, Tyrone, Fermanagh, Leitrim, and Sligo in the North West of Ireland.

The route travels through a wide variety of scenic landscapes, along quiet country roads with traffic free sections in urban areas.

The route enjoys dramatic views of the Atlantic Ocean, with scenic cycling in remote uplands, along Rossnowlagh beach and through rural towns and villages passing through the main towns of Enniskillen, Sligo, Donegal, Ballybofey, Stranorlar, Lifford, Strabane and Omagh.

Traffic free sections include riverside paths in Sligo, Enniskillen and Omagh. A forest route brings cyclists through Florence Court estate which is set against the backdrop of the Cuilcagh Mountains.

Attractions Along the Route

Harry Avery's Castle, Newtownstewart

The majestic ruins of Harry Avery's Castle, situated 1 km from Newtownstewart are believed to date from either the 14th or 15th century. The stone castle was named after and was possibly built by Harry Aimbreidh O'Neill, a local Gaelic Chief celebrated for his justice, nobility and hospitality. The former stronghold of the O'Neill clan commands a panoramic view over the Mourne Valley.

Ulster American Folk Park, Omagh

The Ulster American Folk Park includes an open-air museum dedicated to the story of emigration from Ulster to America in the 18th & 19th centuries. It provides visitors with a "living history" experience with costumed demonstrators carrying out their everyday tasks in the traditional manner in authentically furnished Old and New World buildings. Inside the Ship and Dockside Gallery features a full-size reconstruction of an early 19th century sailing ship of the type which carried thousands of emigrants across the Atlantic.

Marble Arch Caves European Geopark, near Enniskillen

Host to one of Europe's finest show caves, the Marble Arch Caves allow visitors to explore a fascinating, natural underworld of rivers, waterfalls and lofty chambers. Lively and informative guides conduct regular tours using electrically powered boats that glide through the huge caverns, carrying visitors along a subterranean river to explore the fascinating underground world of stalagmites and stalactites.

Creevalea Abbey, Dromahair

The ruins of Creevalea Abbey are situated just behind the village of Dromahair which translates as the "Ridge of the two demons". Built in 1508, the Friary's well preserved ruins stand in a romantic setting in quiet surroundings on the banks of the Bonet River at its entry point to Lough Gill. The ruins contain a carving of Saint Francis preaching to the birds.

Drumcliffe Church and Visitor Centre, near Sligo

Drumcliffe churchyard, nestled under Benbulben mountain is the final resting place of poet W.B.Yeats. The headstone bears his own epitaph: "Cast a cold eye on life, on death, Horseman pass by". Drumcliffe is also the site of a 6th century ancient monastic settlement founded by St. Colmcille of which just a stump of a Round Tower and a fine carved High Cross, c 11th century, remain.

Rossnowlagh Beach, County Donegal

The golden sands of Rossnowlagh are often referred to as 'The Heavenly Cove' and are regarded by many as the most scenic and dramatic beach in the whole of the North West. The Atlantic Coast beach with Blue Flag status is set in a 4km crescent with views of the Donegal Bay Coastline including Slieve League, the highest sea cliffs in Europe.

Additional Cycling Opportunities

The Sperrins

Twelve circular signed routes ranging in length from 11 – 41 miles are available in the Sperrins. Access from the North West Trail onto Sperrin Routes 3 and 6 is at Sion Mills and Newtownstewart, County Tyrone.

Ballyshannon Hub Routes

Two signed circular routes each approx 32km in length radiate from Ballyshannon in County Donegal, one to the north and the other to the south of the town.

Short Break Rides

Shorter circular routes can be created by utilising sections of the North West Trail combined with National Cycle Network routes 91 or 95.

Photography credits:
Front cover: Glencar, The Lake Isle of Inishfree: Fáilte Ireland
Harry Avery's Castle: Strabane District Council
Ulster American Folk Park: Northern Ireland Tourist Board
Marble Arch Caves: Northern Ireland Tourist Board
Drumcliffe Churchyard: Fáilte Ireland
Bicycles: Fáilte Ireland

The North West Trail

The North West Trail

Legend

- North West Trail
- 91 National cycle routes (with number)
- Railway (station)
- Border
- ▲ Tourist attraction
- Nature Reserve
- Tourist information
- Woodland

Going clockwise from Blacklion to Lifford the route is marked using the sign opposite.

From Lifford to Ballinamallard follow the signs for Route 92.

From Ballinamallard to Blacklion follow the signs for Route 91
The North West Trail is indicated on route signage by the finial opposite.

Route 92 to Derry
National Route 95 to Cookstown
Kingfisher Route to Dowra
Kingfisher Route to Clones
Alternative route via road

Place names and features

Dunnamanagh
Park
Artigarvan
Sperrin Mountains
Plumbridge
Strabane
The Woodrow Wilson Ancestral Home
"Let The Dance Begin" Sculpture
Cavanacor House
Old Courthouse Museum
Raphoe
Convoy
Beltany Stone Circle
Lifford
Gray Printers Museum (NT)
Sion Mills Conservation Area
Victoria Bridge
Douglas Bridge
Stewart Castle
Newtownstewart
Harry Avery O'Neill's Castle
Bessy Bell 420m
Gortin
Gortin Glen Forest Park
Mullaghcarn 542m
Ulster American Folk Park
Mountfield
Loughmacrory
Omagh
Dun Uladh Cultural Heritage Centre
Sixmilecross
Beragh
Seskinore
Clogher
Augher
Clabby
Tempo
Fintona
Ecclesville Equestrian Centre
Trillick
Brougher Mountain 317m
Ballyness Mountain 288m
Ballinamallard
Lisbellaw
Lisnaskea
Maguiresbridge
Brookeborough
Enniskillen
Castle Coole (NT)
Castle Museum
Devenish Island
Irvinestown
Kesh
Ederney
Dromore
Drumquin
Killen
Castlederg
Castlefinn
Killygordon
Ballybofey
Balor Art Centre
Stranorlar
Drumboe Woods
Gaugin Mountain 548m
Aghia Mountain
Glenties
Ardara
Slievetooey
Crocknapeast
Loughros More Bay
Fintragh Bay
McSwyne's Bay
Inver Bay
Dunkineely
Mountcharles
Killybegs
Slieve League
Blue Stack Mountains
Binbane 455m
Croaghconnellagh 523m
Barnesmore Gap
Lough Eske
Croaghnameal 438m
Bin Mountain
Lough Derg
Pettigoe
Donegal
Donegal Castle
Waterbus
Craft Village
Railway Heritage Centre
Ballintra
Rossnowlagh
Franciscan Friary
Assaroe Abbey
Ballyshannon
Belleek
Lower Lough Erne
Derrygonnelly
Belmore Mountain 398m
Bundoran
4 Masters Monument
Kinlough
Mullaghmore
Cliffony
Grange
Lough Melvin
Garrison
Kiltyclogher
Dough Mountain
Thur Mountain
Manorhamilton
Hamilton's Castle
Tullyskeherny Megalithic Tombs
O'Donnell's Rock
Ballroom of Romance
Glenfarne
Blacklion
Belcoo
Lough Macnean
Marble Arch Caves European Geopark
Florence Court (NT)
Burren 253m
Cuilcagh Mountains
Upper Lough Erne
Ben Bulben 526m
Truskmore 647m
Glencar Waterfall
Yeats' Grave Round Tower High Cross
Lissadell House
Drumcliff Bay
Drumcliff
Rosses Point
Strandhill
Queen Maeve's Grave
Sligo Harbour
Sligo
Sligo Abbey
Parkes Castle
Lough Gill
Creevelea Abbey
Dromahair
Castle
Ballysadare Bay
Ballysadare
Ballygawley
Ballintogher
Colooney
Donegal Bay

River Finn
River Foyle
Mourne River
Strule River
N13, N15, N56, N57, N18, N14
A5, A38, A32, A35, A46, A47, A4, A32, A37, A34

Scale

0 Miles 5 10
0 Kilometres 10 20

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