

This 21-mile cycle route connects the historic Walled City of Londonderry, also known as Derry, to the border towns of Lifford and Strabane and consists of traffic-free paths and quiet country roads and lanes. The Foyle Valley Cycle Route forms an integral part of the National Cycle Network's 236-mile Ballyshannon to Ballycastle Cycle Route.

## ATTRACTIONS ALONG THE ROUTE

**Derry City.** This historic walled city is gateway to Ireland's Northwest and its attractions include the 17th Century City Walls, St Columb's Cathedral (1633), the Tower Museum and the Fifth Province.

**Craigavon Bridge.** This two level bridge was constructed in 1933 and until recent years was a vital link between the City's four rail stations and quayside tramway. It is now used solely for road transport.

**Foyle Valley Railway Museum.** Situated on the line of the former Great Northern Railway, the museum celebrates the outstanding railway history of the City. Working railcars run on a restored three-mile track alongside the River Foyle.

**Carrigans and St Johnston.** These quiet Donegal villages set in beautiful countryside are an ideal place to stop for food and a welcoming drink.

**Cavanacor Historic House.** Situated near Ballindrait, Cavanacor House is the ancestral home of US President James Knox Polk (1845-1849) and includes an art gallery, craft shop and tea-room.

**Seat of Power Visitor Centre.** This former courthouse (1746) is now a visitor centre depicting the importance of Lifford at the time of the O'Donnell princes. A visit to the courtroom and dungeons is recommended!

**"Begin the Dance" Sculpture.** Located between Lifford and Strabane where the Rivers Mourne and Finn converge to form the Foyle, this art piece consists of five huge steel and bronze figures and represents the district's rich cultural heritage.

**Gray Printers Museum.** Nestling behind a Georgian façade, Gray Printers illustrates Strabane's industrial heritage and famous US associations. It houses an impressive selection of 19th century presses, a museum and gallery.

**Interpretative panels have been located along the Foyle Valley Cycle Route to illustrate the area's rich cultural, industrial and natural heritage.**

### Additional cycling opportunities

From Derry, cross the lower deck of Craigavon Bridge using the traffic-free path to Newbuildings and on through the villages of Claudy and Park to Limavady and the Causeway Coast using National Cycle Network Route 93.

While in Derry follow the cycle path along the west bank of the River Foyle towards the Guildhall and the Foyle Bridge.

From Strabane continue south on the National Cycle Network Route 92 towards Sion Mills, Newtownstewart, Enniskillen and Ballyshannon.

## TRAVEL INFORMATION

The region is accessed by air through City of Derry Airport which has direct air services from Dublin, Glasgow, London (Stansted) and Manchester. Irish Rail has services connecting Dublin to Belfast and Northern Ireland Railways has services connecting Belfast to Derry. Ulsterbus express has direct services operating hourly to and from Belfast and Derry or alternatively via Omagh and Strabane. Bus Eireann operate express bus services from Dublin and also Galway (via Sligo, Donegal Town and Letterkenny). Cycle carrying facilities are limited on all of these and anyone wishing to use these services are advised to contact the operator before travelling. Cycle hire details are available through Tourist Information Centres

### Useful Contacts:

#### Tourist Information

**Derry Visitor & Convention Bureau**  
44 Foyle Street, Derry  
Tel: (028) 7126 7284 [048 7126 7284]  
Email: info@derryvisitor.com  
Web: www.derryvisitor.com

**Strabane Tourist Information**  
Abercorn Square, Strabane  
Tel: (028) 7188 3735 [048 7188 3735]  
Email: tourism@strabanedc.com  
Web: www.strabanedc.com

**North West Tourism (Donegal)**  
Derry Road, Letterkenny  
Tel: (00353) 74 21160 [074 21160]  
Email: irelandnorthwest.travel.ie  
Web: www.northwestireland.travel.ie

#### Travel Information

**Northern Ireland Railways, Derry**  
Tel: (028) 7134 2228 [048 7134 2228]

**Ulsterbus, Derry**  
Tel: (028) 7126 2261 [048 7126 2261]

**Bus Eireann, Letterkenny**  
Tel: (00353) 74 21309 [074 21309]

#### Cycling Information

**Sustrans (Northern Ireland)**  
Tel: (028) 9043 4569 [048 9043 4569]  
Email: sustrans.belfast@btinternet.com  
Web: www.nationalcyclenetwork.org.uk

#### Emergency Numbers

**Dial 999**

#### Police

**Derry/Strabane**  
Tel: (028) 7136 7337 [048 7136 7337]

**Lifford**  
Tel: (00353) 74 41000 [074 41000]

#### Hospitals

**Altnagelvin Hospital, Derry**  
Tel: (028) 7134 5171 [048 7134 5171]

**Letterkenny Hospital,**  
Tel: (00353) 74 25888 [074 25888]

Note: All numbers appearing in the [ ] are for use when calling from within the Republic of Ireland

### Project funded by



## A map for cyclists using the Foyle Valley Cycle Route



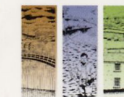
### A tourism development initiative of



Derry City Council



Donegal County Council  
Comhairle Chontae  
Dhún na nGall

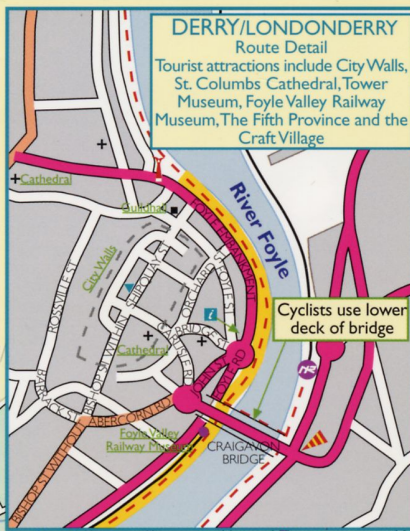


Strabane  
District Council  
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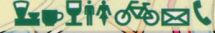


From Derry a traffic-free cycle path runs parallel to the River Foyle towards the border with Donegal. This section uses the track-bed of the former Great Northern Railway. This is a shared-use path so please give way to pedestrians. Thereafter mostly minor roads lead to the villages of Carrigans and St. Johnston.

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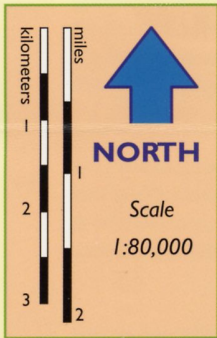


## DERRY/LONDONDERRY



### New Buildings

NCN Route 93 through Parl & Claudy, to Limavady Coleraine & Ballycastle



**Church Town**  
**Carrigans**  
**St. Johnston**

**River Foyle**  
**Bready**

Between St Johnston and Lifford, the Foyle Valley Cycle Route, whilst undulating, offers cyclists magnificent views over the River Foyle. The distant Donegal hills are visible from high above Ballindrait.



**Swilly Bridge**

**Cavanasor House**

**Ballindrait**

**LIFFORD**

**STRABANE**



**Ballymagorry**

### Key to map symbols

The Foyle Valley Cycle Route is shown with a yellow highlight, all other cycle routes are shown in red.

- Secondary Road
- Minor Road
- Traffic-free Path
- Take special care at this crossing or bend, on this section of route
- Link route
- Railway line, station
- Distance at 1 mile intervals, millennium milepost
- Former GNR(I) Railway
- Tourist information centre: open all year/seasonal
- Public toilets, post office, cafe, hotel or public house
- Public telephone, grocery shop, cycleshop or hire
- Youth Hostel
- 0 - 50m
- 50 - 100m
- Built-up-area
- Lake/Reservoir
- River/Canal
- Woodland/Forest

### Good Cycling Code

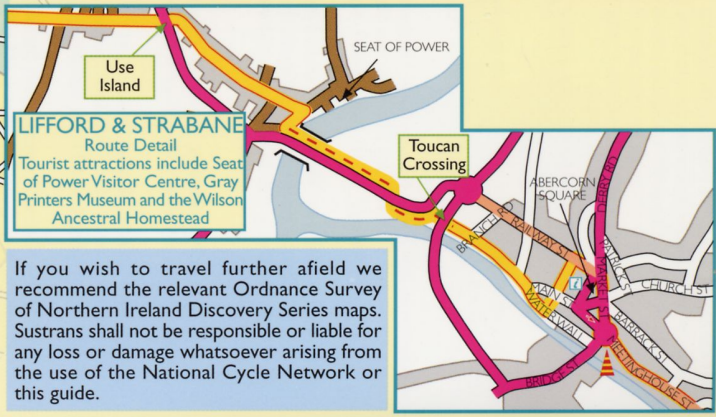
Please follow this simple code on National Cycle Network routes.

- Always follow the Highway Code
  - Give way to pedestrians
  - Remember that some people are hard of hearing or visually impaired. Don't assume they can see or hear
  - Where there are wheelchair users please give way
  - Ring a bell or politely call out to warn of your approach; acknowledge people who give way to you
  - Respect countryside activities, such as farming and forestry
  - Can you reach the start of your journey by bike or public transport?
  - Follow the Country Code; in particular, respect crops, livestock and wildlife and take litter home
- Look after yourself:**
- Take special care at junctions, when cycling downhill and on loose surfaces
  - In remote areas carry food, repair kit, map and waterproofs
  - Keep your bike roadworthy; use lights in poor visibility
  - Consider wearing a helmet and conspicuous clothing

Contact **National Cycle Network Information Service** on 0117 929 0888 or visit the website at [www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)

After reaching Lifford the route crosses the River Foyle, along a traffic-free section, into Strabane finishing at the Tourist Information Centre.

NCN Route 92 through Sion Mills & Newtownstewart, to Omagh, Enniskillen & Ballyshannon



If you wish to travel further afield we recommend the relevant Ordnance Survey of Northern Ireland Discovery Series maps. Sustrans shall not be responsible or liable for any loss or damage whatsoever arising from the use of the National Cycle Network or this guide.