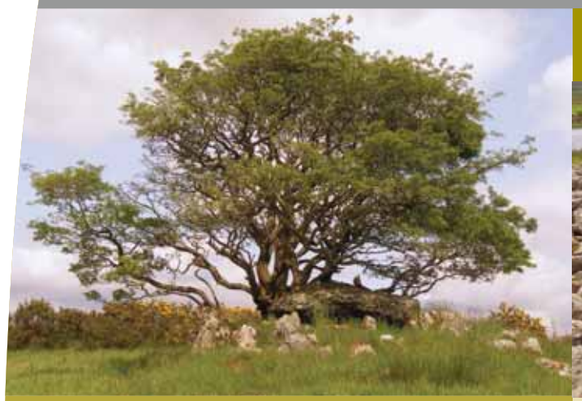
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explore, discover and enjoy...



A delightful cycle route, which passes by many of the archaeological features found in the area including Creggandevesky and the Ogham Stone, and through the villages of Carrickmore, Greencastle and Mountfield.

The lean and long limbed white hare has an attractive russet and white coat, with the proportion of white increasing in winter.



Points of Interest



An Creagán
The gaelic An Creagán, means the "stony or barren place" At the Visitor centre you can get refreshments, read a tale of the white hare or visit the interpretation exhibition of the Creggan story.

Beaghmore Stone Circles
A mysterious complex of seven Bronze Age stone circles and alignments make this is an atmospheric place, especially at dawn and dusk.

Ogham Stone
Aghascrebagh Standing Stone. This has the only known example of an Ogham inscription in County Tyrone.

Loughmacrory
Sitting on the shore of Lough Macrory. In the village is an old mill and ancient cairns can be seen in the surrounding countryside.

Carrickmore
Situated on an elevated site called "The Rock" by local people, the original name came from the Irish "Carraig Mhor" which means "Big Rock". The area is steeped in history and there are many tales and legends connected with St Colmcille and the town.

Creggandevesky
Rock of the black or mossy water. This tomb sits on a low rise with a commanding view of the surrounding countryside. Excavated in 1979-1982 when the surrounding land was being reclaimed from bog, the remains of at least 21 people together with flint, beads and pottery were found in the tomb. It was built between 5,000 and 6,000 years ago in the Late Stone Age.

This route uses part of the National Cycle Network

National Cycle Network

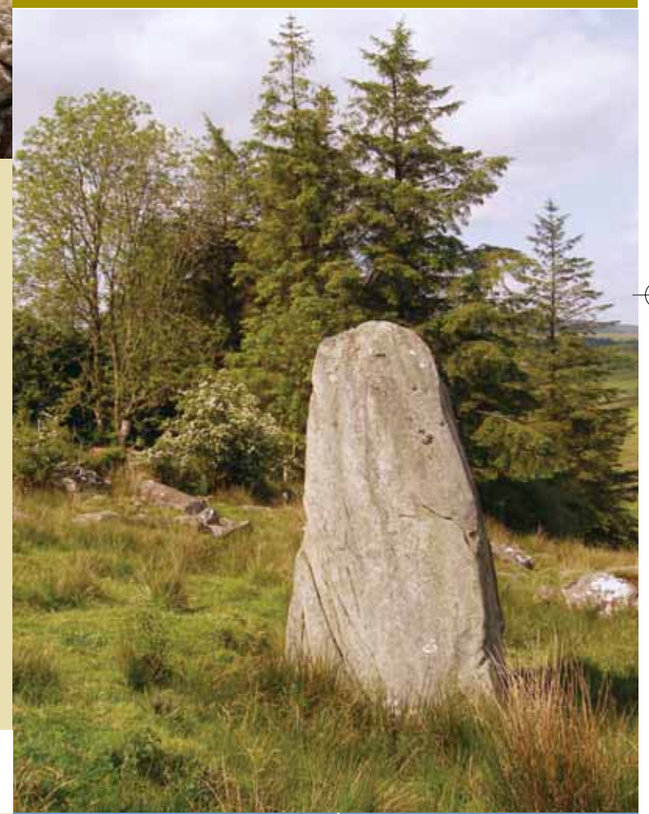
sustrans JOIN THE MOVEMENT Sperrins Tourism Limited EU Programme for Peace and Reconciliation rural Development Programme

The White Hare Cycle Route

4

explore, discover and enjoy

Archaeology and Legend



Distance: **58 Km 36 Miles**

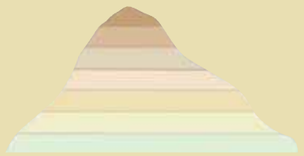
www.sperrinstourism.com

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MAP KEY

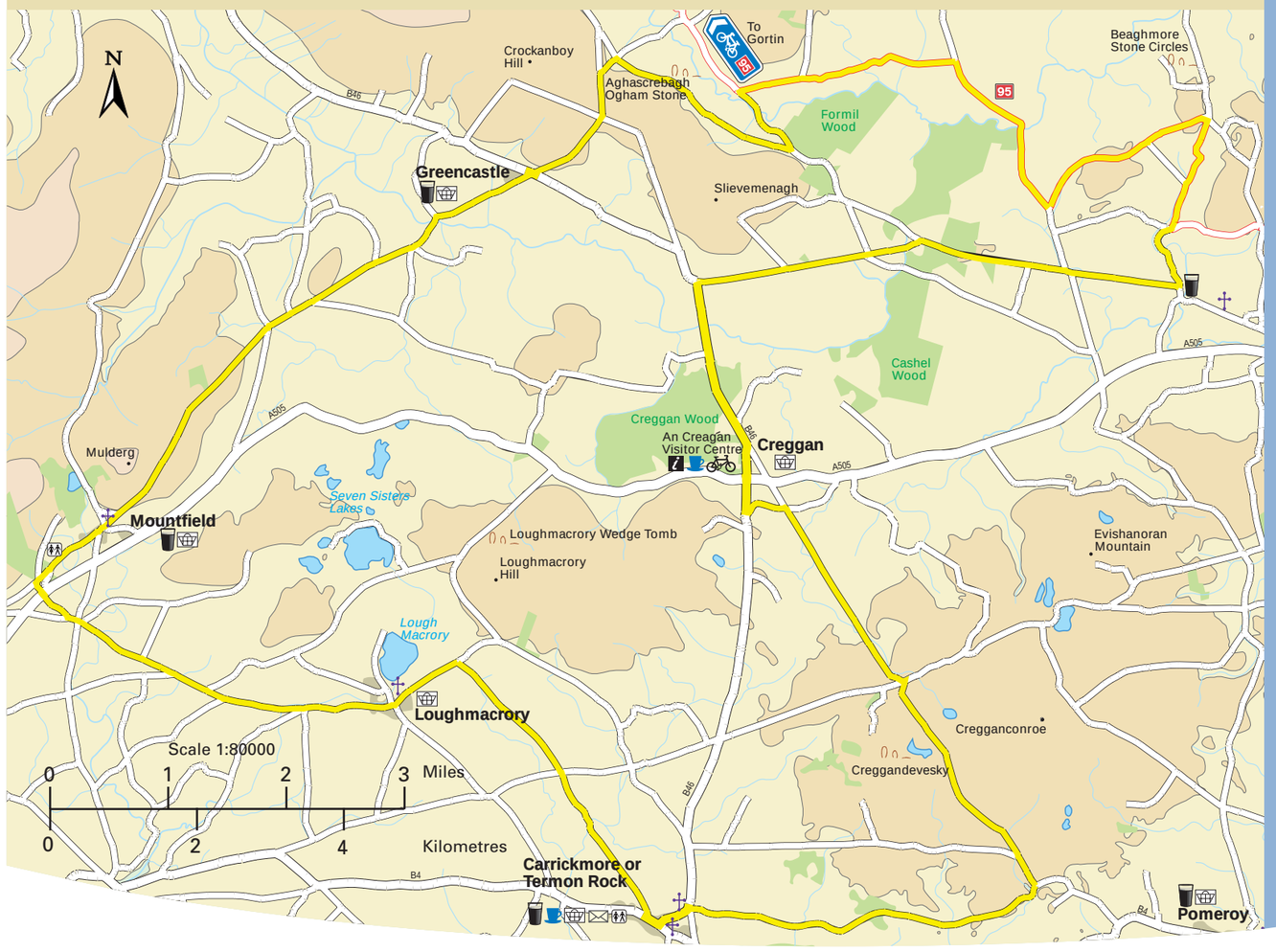
- Classified Road
- Cycle Route On Road
- National Route (with number)
- Church
- Public House
- Tourist Information Centre
- Cafe
- Public Convenience
- Post Office
- Shop
- Public Telephone
- Ancient Monument

Height Information



Metres

600+
500-600
400-500
300-400
200-300
100-200
0-100





Route Signing:
The 4 signage will guide you along the White Hare Cycle Route.



Or as shown, where it uses part of a National Route

Advice & Recommendations:
- This route has some steep climbs.
- Take care crossing the A505 near Creggan and at Mountfield

Local Tourist Information Points:
- An Creagán Tel: 028 8076 1112

Bike Hire:
- An Creagán Tel: 028 8076 1112

Bike Shop:
- Conway Cycles Tel: 028 8076 1258

Ulsterbus Public Transport:
- Omagh Tel: 028 8224 2711
- Cookstown Tel: 028 8676 6440

For information on cycle routes, maps and guides visit:
www.nationalcyclenetwork.org.uk

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