

Travel to/from The Lower Bann Cycleway

Bus and Train Services

For information on bus and train services contact
Translink: 028 9066 6630. A journey planner is available at www.translink.co.uk.

Train stations that serve the Lower Bann Cycleway are Ballymoney and Coleraine. Bicycles will be carried free of charge on Translink train services; bicycles are not permitted on trains prior to 09:30 hours Monday – Friday. Up to four full sized bicycles can be carried at any one time within the designated cycle area. Space will be allocated on a first come first served basis and at the discretion of the conductor.

Goldline services with stops that serve the Lower Bann Cycleway include Service 218 for Ballymoney and Coleraine whilst Service 212 stops at the Toome bypass. A maximum of 2 full sized bicycles can be carried at any one time in the luggage boot of Goldline Express coaches. Space is allocated on a first come first served basis and at the discretion of the driver. Bikes will not be permitted prior to 09:30 Monday – Friday and cannot be carried on non – Goldline coaches.

Ferry Services

The following ferry operators offer ferry services direct from the United Kingdom to Northern Ireland:

Stena Line www.stenaline.co.uk T: 08705 70 70 70
Services: Stranraer – Belfast, Fleetwood to Larne.

Norfolkline Irish Sea Ferries www.norfolkline-ferries.co.uk
T: 08706 00 43 21 Services: Liverpool – Belfast.

P&O Irish Sea www.poirishsea.com T: 08702 42 47 77
Services: Troon – Larne, Cairnryan – Larne, Liverpool – Dublin.

Airports

Belfast City Airport
www.belfastcityairport.com T: 028 9093 9093

Belfast International Airport
www.belfastairport.com T: 028 9448 4848

Derry City Airport
www.cityofderryairport.com T: 028 7181 0784

Cycling Information

Sustrans
Sustrans is a leading sustainable transport charity, working on practical projects so people choose to travel in ways that benefit their health and the environment. The charity is behind many groundbreaking projects including the National Cycle Network. For more information on the National Cycle Network, to buy maps and guides or to become a Sustrans Supporter visit or call www.sustrans.org.uk T: 0845 113 00 65

Front Cover: The Barmouth, Castlerock
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Tourist Information

- i Coleraine Tourist Information Centre (All Year)**
Railway Road, Coleraine, BT52 1PE
T: (028) 7034 4723 Email: info@northcoastni.com
Web: www.northcoastni.com
- i Ballymoney Tourist Information Centre (All Year)**
Ballymoney Townhall, 1 Townhead Street, Ballymoney, BT53 6BE
T: (028) 2766 0230 Email: touristinfo@ballymoney.gov.uk
Web: www.visitballymoney.com
- i Ballymena Tourist Information Centre (All Year)** The Braid,
Ballymena Town Hall, Museum & Arts Centre, 1-29 Bridge Street
Ballymena, BT43 5EJ
T: (028) 2563 5900 Email: tourist.information@ballymena.gov.uk
Web: www.ballymena.gov.uk
- i Magherafelt Tourist Information Centre (All Year)**
The Bridewell, 6 Church Street, Magherafelt, BT45 6AN
T: (028) 7963 1510 Email: thebridewell@magherafelt.gov.uk
Web: www.magherafelt.gov.uk
- i Antrim Tourist Information Centre (All Year)**
16 High Street, Antrim, BT41 4AN
T: (028) 9442 8331 Email: info@antrim.gov.uk
Web: www.antrim.gov.uk



Lower Bann Cycleway

The Lower Bann Cycleway is a 45 mile linear cycle route between Toome and Castlerock using National Cycle Network Route 96.

This project is supported by:



Registered Charity No. 326550 (England & Wales) SCO39263 (Scotland)



Explore the Lower Bann Cycleway

The **Lower Bann Cycleway** is a 45 mile linear cycle route between Toome and Castlerock and predominantly uses National Cycle Network Route 96. The scenic route follows the Lower Bann River corridor from Lough Neagh, through the rolling countryside of counties Antrim and Londonderry to the North Coast where it meets the Atlantic Ocean at the Barmouth near Castlerock. The low-lying landscape of this river corridor provides a gentle cycle, leaving cyclists to enjoy the route at their leisure, relax and take in the scenery of the Lower Bann. The cycleway passes through or close to the towns of Toome, Portglenone, Kilrea, Ballymoney and Coleraine.

Attractions Along the Route

Canal Walk, Toome



This traffic-free section of the route runs through attractive parkland alongside the Toome Canal, a short navigation channel parallel to the main river which enables access by boating traffic

between the Lower Bann River and Lough Neagh. Canal Walk extends to the shores of Lough Neagh to a custom-built viewing platform which gives an outstanding panorama over the Lough, an important and protected haven for wildlife.

Portglenone Forest and Marina



South of the village is Portglenone Forest Park, an expansive wooded area classified as ancient woodland and an important conservation area for native flora and fauna and is particularly famous for its Spring bluebell display. Portglenone

Marina is located on the banks of the River Bann on the edge of Portglenone village. The marina is an important access point for water based activity and contains 18 floating pontoons, a slipway and picnic areas overlooking the river. The historic arched bridge in the village is visible from the Marina.

Riverside Park, Ballymoney



The park includes a children's play park and picnic areas.

This traffic-free section of route runs through 40 acres of mixed parkland with an extensive network of paths. Riverside Park is an important refuge for wildlife with stands of planted native deciduous trees and a large fresh water pond.

Mountsandel Fort, Coleraine



here around 7000 B.C. From Mountsandel there are good views over The River Bann and Somerset Wood; a forest walk leads from the Fort down to the banks of the Bann where swans, kingfishers and herons nest along the riverside.

On a high mound on the eastern bank of the River Bann lies Mountsandel Fort and mesolithic site. It dates back to the Iron Age and is the earliest known human settlement site in Ireland; nomadic hunter-gatherers built their shelters

Christie Park, Coleraine

This attractive riverside park on Coleraine's waterside offers fine views of the Bann and a traffic-free path for walkers and cyclists. Seasonal boat trips operate from the Park.

One of Northern Ireland's oldest surviving buildings, Hezlett House has recently been rethatched and the walls limewashed. The National Trust property is a fine example of a rural 17th-century Irish thatched cottage. Hezlett's

Hezlett House, Coleraine



quaint exterior, with its elegant Georgian windows, hides a curious early timber frame dating from 1690. The cosy interior is simply furnished in mid-Victorian style. Guided tours are available.



The Barmouth

The Lower Bann enters the Atlantic Ocean at the Barmouth, evidenced by the large sand bar that builds up at the mouth of the river. The river enters the sea between two breakwaters first constructed in 1879 by the Coleraine Harbour Commissioners to facilitate safe navigation for the growing trade from the port of Coleraine. The Barmouth estuary is a sanctuary for waders, wildfowl and nesting birds. The hide on the west side of the River Bann allows birdwatchers great viewing opportunities.

Additional Cycling Opportunities

The Sperrins

Twelve circular signed routes ranging in length from 11 – 41 miles are available in the Sperrins, County Tyrone. Sperrins routes close to the Lower Bann Cycleway include Routes 9 and 10 between Swatragh and Tobermore and Routes 11 and 12 which radiate east and west from Garvagh.

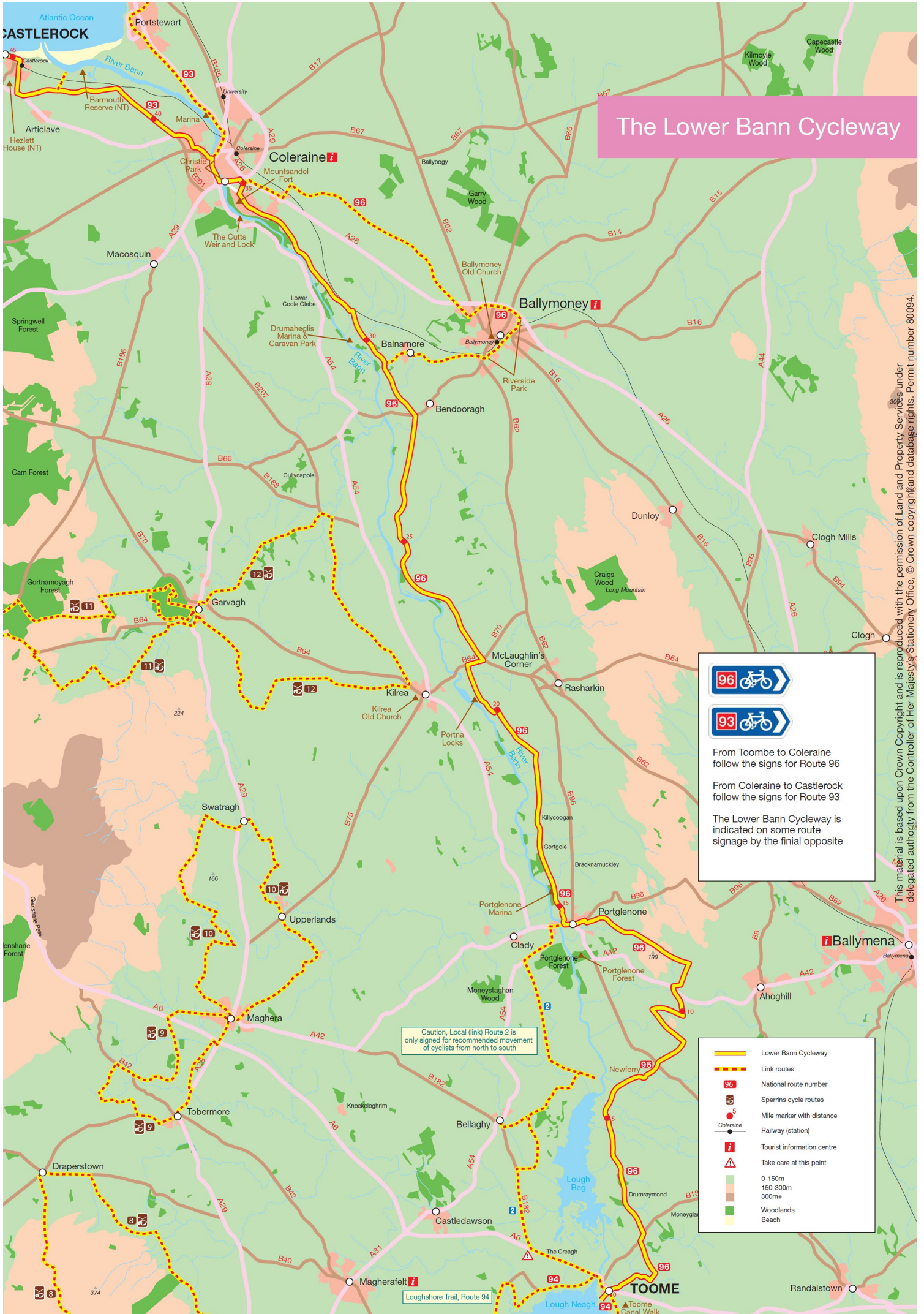
The Loughshore Trail

The Loughshore Trail is a bi-directional 113 mile on road cycle route that encircles Lough Neagh. The mainly flat route follows the peaceful shoreline of the lough and is clearly signposted with National Cycle Network route 94 signs bearing the Loughshore Trail logo.

North Coast Route 93

On the North Coast, National Cycle Network Route 93 offers cycling against the backdrop of some of the most stunning scenery in Northern Ireland. The two mile path between Bushmills and The Giants Causeway is perfect for family cycling in a traffic free environment.

The Lower Bann Cycleway



From Toome to Coleraine follow the signs for Route 96

From Coleraine to Casterlock follow the signs for Route 93

The Lower Bann Cycleway is indicated on some route signage by the final opposite

Cauton, Local (link) Route 2 is only signed for recommended movement of cyclists from north to south

- Lower Bann Cycleway
- Link routes
- National route number
- Sperrins cycle routes
- Mile marker with distance
- Railway (station)
- Tourist information centre
- Take care at this point
- 0-150m
- 150-300m
- 300m+
- Woodlands
- Beach

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