

Travel to/from the Inis Eoghain Cycleway

The route is accessible at **Derry/Londonderry** by rail from **Belfast** and all stops along the way. All trains can carry up to 4 cycles after 9.30 on weekdays and at all times during weekends. **Ulsterbus** also operates to Derry and **Bus Eireann** operates to the main towns in the Republic of Ireland. **The Lough Swilly Bus Company** operates a local bus service in County Donegal. Carriage of cycles on all bus services is at the driver's discretion. The area is well served by roads and car parking is widely available.

Useful Contacts

www.iniseoghaincycleway.com

Tourism

Derry Visitor & Convention Bureau: www.derryvisitor.com

00 44 (0) 28 7137 7577

Donegal Direct: www.donegaldirect.ie

00 353 (0) 74 9121160

Travel

City of Derry Airport: www.cityofderryairport.com

00 44 (0) 28 7181 0784

Translink: www.translink.co.uk 00 44 (0) 28 9066 6630

Bus Eireann: www.buseireann.ie 00 353 (0) 74 9121309

Lough Swilly Bus Company: 00 44 (0) 28 7126 2017

Cycling

Sustrans / National Cycle Network:

www.nationalcyclenetwork.org.uk 00 44 (0) 845 113 0065

Cycle Northern Ireland: www.cycleni.com



Sustrans and the National Cycle Network

Sustrans is the UK's leading sustainable transport charity, working on practical projects so people can choose to travel in ways that benefit their health and the environment. The charity is behind many groundbreaking projects including the National Cycle Network. We are the charity making a difference today so everyone can live a better tomorrow.

Support Sustrans. Join the movement.

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

0845 113 00 65 (from the UK)

+44 (0) 117 929 0888 (from outside the UK)

This project is supported by:



Front cover: View of Inch Island from An Grianán Aileach

©Chris Hill, www.scenicireland.com

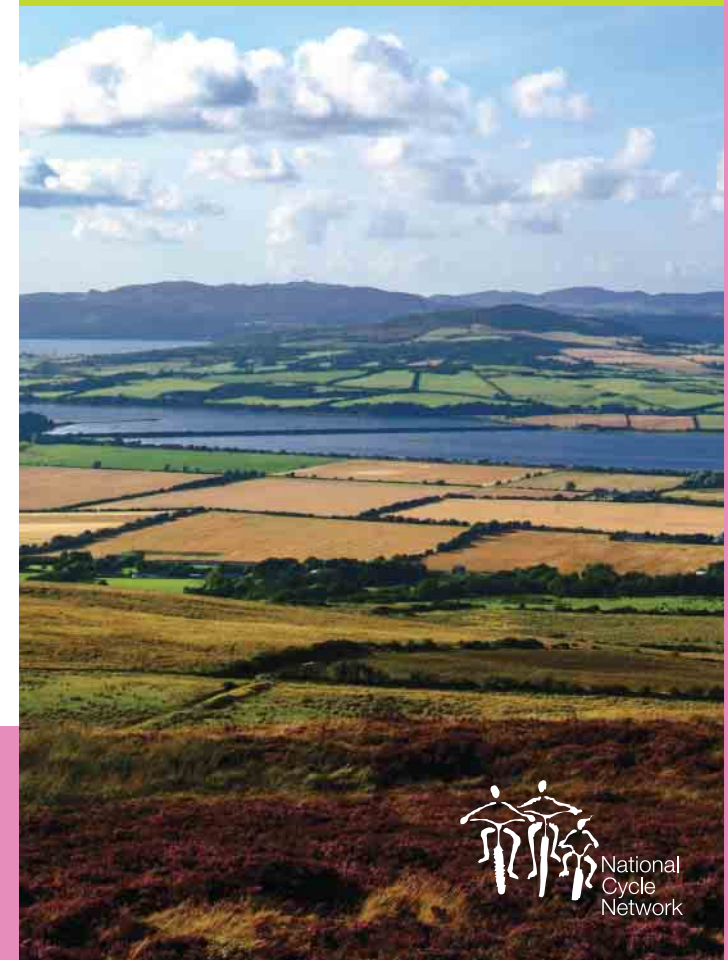
Registered charity number 326550

sustrans
JOIN THE MOVEMENT



Inis Eoghain Cycleway

A 55km circular cycle route through Derry and Donegal



The **Inis Eoghain Cycleway** is a 55km loop connecting The River Foyle in County Londonderry to Lough Swilly in Donegal. More than one third of the route is traffic free passing along the Foyle Valley, close to the heart of Derry City and continuing under the spectacular Foyle Bridge before heading through Ballyarnett Country Park. Once at the city limits, the route begins to climb to An Grianán Aileach with magnificent views over Lough Swilly, Inch Island, the Inis Eoghain Peninsula and south towards the Sperrin Mountains. From here the route falls away through quiet country roads to the shores of Lough Swilly and the bustling town of Newtowncunningham. The Cycle Way then returns via undulating countryside to the River Foyle after passing through Carrigans, where a one way system avoids a bad bend on a busy road for cyclists travelling in an anticlockwise direction. From Carrigans the route follows the traffic free Foyle Valley Greenway alongside the river back to the heart of Derry.

Attractions Along the Route

A An Grianán Aileach

This temple to the pre-Celt God, Dagda, dates back to circa 1,700 BC. It offers the most spectacular views of south Inis Eoghain from Carrigans to Killea and round to Newtowncunningham, as well as Burt Castle - one of the Clan O'Dochartaigh's strongholds dating back to the 1500's.

B Lough Swilly

Lough Swilly's shoreline boasts spectacular cliffs and sandy beaches, with beautiful mountains, lakes, peat bogs, salt marsh and woodland in the surrounding area. It hosts a variety of wildlife with the Arctic Tern visiting in summer, and the Great Northern Diver in winter. Both Common and Grey Seals also live in the Lough.

C Derry's Walls

Derry is the only remaining completely Walled City in Ireland and one of the finest examples in Europe. The Walled City has been designated by the NI Government as a signature tourism project. These famous Walls date back to the early part of the 17th century and are home to Europe's largest collection of cannon. There are fine views from the top of the Walls which encircle the old city a circuit of one mile.



An Grianán Aileach

D Ballyarnett Country Park

This country park is located in the outskirts of the city and offers spectacular views of the surrounding countryside and the hills of Donegal. It is also the site of the Amelia Earhart Cottage which houses an exhibition on her unexpected landing in the city in 1932 when she became the first woman to fly solo across the Atlantic.

E Foyle Valley Greenway

Winner of the European Award of Excellence in 2003
Running along the line of the former Great Northern Railway, the Foyle Valley Greenway offers picturesque views of the River Foyle, with traffic free paths and quiet country lanes taking you over the border.

F Foyle Valley Railway Museum

The Foyle Valley Railway Museum highlights the outstanding railway history of the city and houses many fascinating exhibits from some of the railways which radiated from the city - Great Northern Railway (GNR), London Midland Scotland (LMS), Londonderry & Lough Swilly Railway and the County Donegal Railway.

www.iniseoghaincycleway.com

Additional Cycling Opportunities

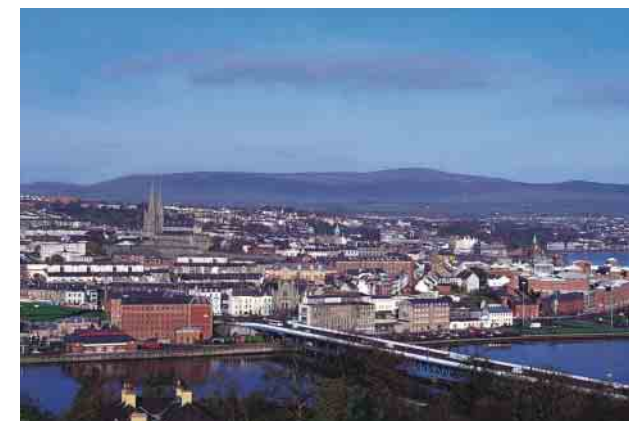
From Derry, cross the river on the pavement of the lower deck of the Craigavon Bridge along National Route 93 and go south to Newbuildings, through the villages of Claudy and Park and on to the Causeway Coast.

To the south of the route, National Route 92 leads from Churchtown to Lifford, Strabane and on to Enniskillen and Ballyshannon.

There are plans to develop more routes around Inis Eoghain and the rest of Donegal.

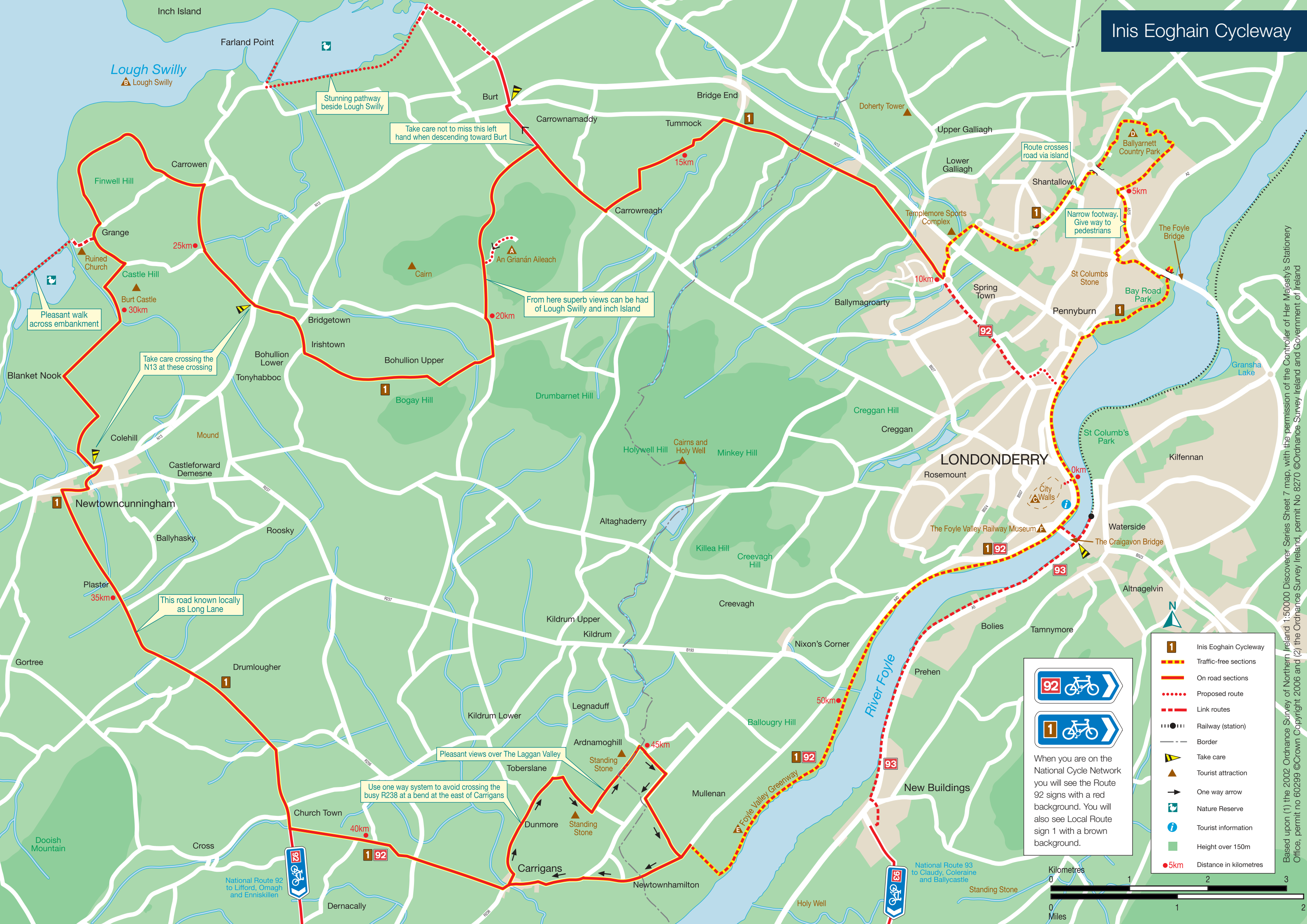


Burt Castle - 16th-century fortress of the O'Doherty clan



Derry/Londonderry and the River Foyle

Inis Eoghain Cycleway



Stunning pathway beside Lough Swilly

Take care not to miss this left hand when descending toward Burt

From here superb views can be had of Lough Swilly and Inch Island

Take care crossing the N13 at these crossing

This road known locally as Long Lane

Use one way system to avoid crossing the busy R238 at a bend at the east of Carrigans

Pleasant views over The Laggan Valley

When you are on the National Cycle Network you will see the Route 92 signs with a red background. You will also see Local Route sign 1 with a brown background.

- Inis Eoghain Cycleway
- Traffic-free sections
- On road sections
- Proposed route
- Link routes
- Railway (station)
- Border
- Take care
- Tourist attraction
- One way arrow
- Nature Reserve
- Tourist information
- Height over 150m
- Distance in kilometres

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