

explore, discover and enjoy...



Discover the very essence of a landscape millions of years in the making. Savour the magnificent heights of Sawel, the quiet solitude of Learmount Forest or simply enjoy the wonderful views afforded by the Glenelly valley.

The red grouse is a medium-sized game bird. It has a plump body, a short tail and a lightly hook-tipped bill. It is reddish-brown, with its legs and feet covered in pale feathers.



Points of Interest



The Glenelly Valley

The longest valley in the Sperrins, a majestic mountain range formed approximately 500 million years ago. The Glenelly River is full of salmon and trout and is home to the otter and the kingfisher.

The Sperrin Heritage Centre

An ideal resting point providing an opportunity to sample a real taste of the Sperrins.

Sawel

At a height of 678m Sawel is the highest of the Sperrins' peaks.

Learmount Forest

Enjoy a stroll or cycle around this forest where Learmount Castle was built in 1830. The original structure, part of which still remains would have been a fortified plantation house or bawn.

Butterlope Glen

Like Barnes and Gortin Glen this is a glacial spillway cut by the meltwaters of a large post-glacial lake. This action exposed the greenish coloured schists, quartzites and limestone, some of the oldest rocks in the Sperrins.

Clogherny Wedge Tomb

Situated in an area of blanket bog access is on foot from Butterlope Glen. This particular site dates from approximately 2000B.C.

Plumbridge

A picturesque crossroads village in the heart of the Sperrins, standing on the banks of the Glenelly River.

This route uses part of the National Cycle Network



The Sawel Cycle Route

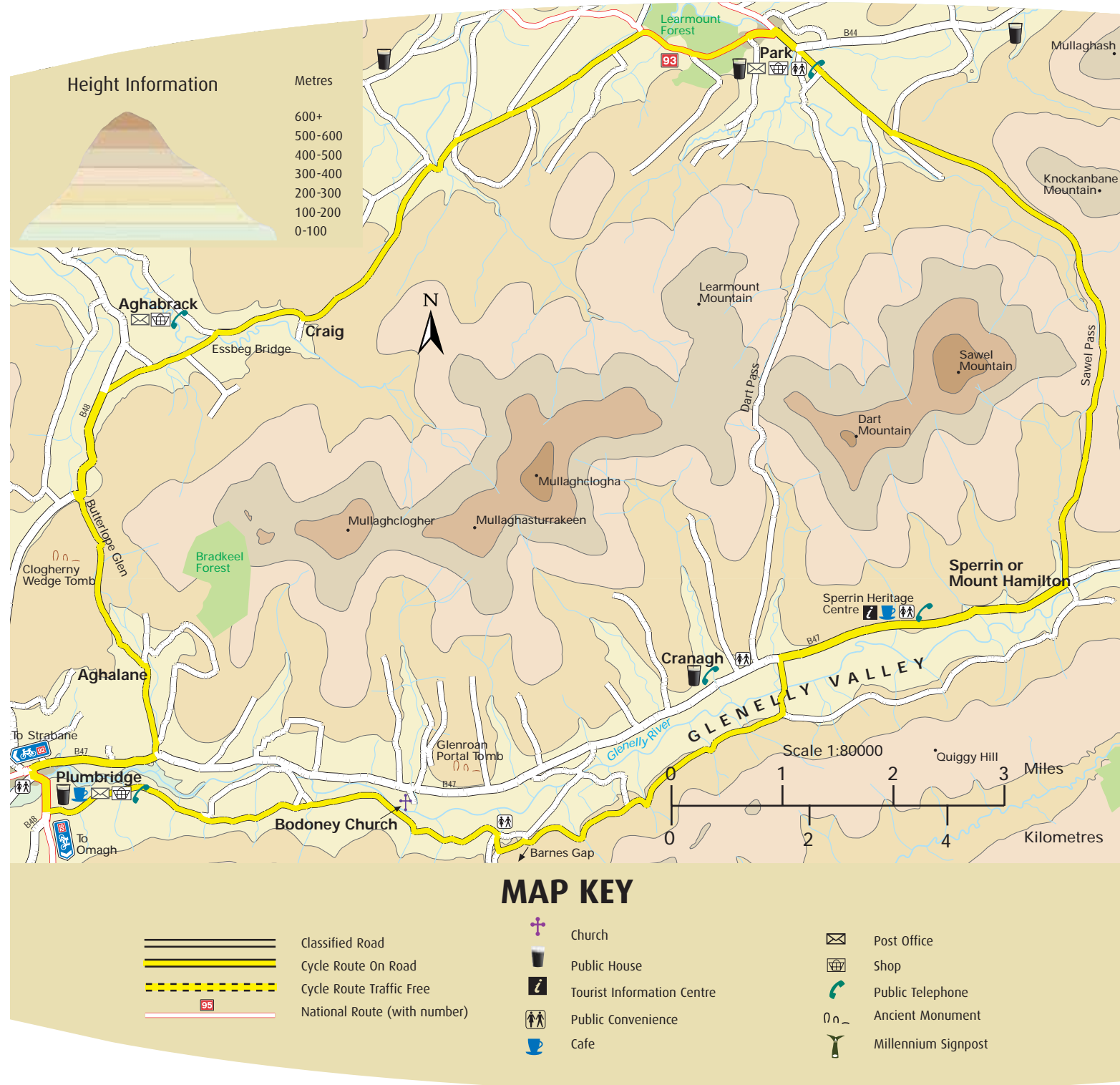


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Mountains, Glens and Blanket Bog



Distance: 48 Km 30 Miles
www.sperrinstourism.com



Route Signing:
The **2** signage will guide you along the Sawel Cycle Route.



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

Advice & Recommendations:

- This route has some steep climbs.

Local Tourist Information Points:

- Sperrin Heritage Centre
Tel: 028 8164 8142
Text Phone: 028 8164 8168
(Open Easter – October)

Bike Hire:

- Gortin Activity Suite
Tel: 028 8164 8346

Ulsterbus Public Transport:

- Strabane
Tel: 028 7138 2393

For information on cycle routes, maps and guides visit:

www.nationalcyclenetwork.org.uk

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