

ACTIVITIES

*Walking*

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A series of walks can be enjoyed throughout the district, making it possible to explore the many beautiful facets of the Cookstown District from castles and mountain tops to loughs, rivers and forests.

Ballyronan Wood

Length: 1.2km  
 Time: 20 minutes  
 Car parking: On site  
 Toilets: On site



A beautiful walk through a small 5 acre wet woodland on the shores of Lough Neagh. The area boasts a wealth of wildlife easily viewed from the woodland path, such as mute swan, whooper swan, bewick swan, great crested grebes and tufted duck. Other facilities include a picnic site, caravan and camping, marina, children's play area and toilets.

Directions: Located beside Ballyronan Marina, in the village of Ballyronan, on the shores of Lough Neagh. Approximately 12 miles from Cookstown.

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Cot lane

Length: 1.6km  
 Time: 30 minutes  
 Car parking: Ballinderry Village  
 Toilets: Ballinderry Village



Cot Lane is a countryside lane linking the parishes of Ballinderry and Ardboe. It also links the counties of Tyrone and Londonderry, over the Ballinderry River via the Cot Lane Bridge. This is a listed pedestrian bridge and of architectural interest.

Directions: From Cookstown take the B73 for Coagh. In the village of Coagh take the B160 for Ballyronan. The entrance to Cot lane is situated on the right hand side opposite Ballinderry Church, midway between Coagh and Ballyronan villages.

Davagh Forest

Length: 15km  
 Time: 3 hours  
 Car parking: On site  
 Toilets: Broughderg Community Centre



Davagh Forest has a series of casual trails suitable for most walkers. There may even be an opportunity to catch a glimpse of the beautiful sika deer.

Directions: Situated 10 miles north west of Cookstown at the foothills of the Sperrin Mountains.

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Drum Manor Forest Park  
Length: 0.8km-5km  
Time: 15 minutes-1 hour  
Car parking: On site  
Toilets: On site



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Drum Manor is of particular botanical interest with shrub, butterfly and Japanese gardens, arboretum, ponds and mixed woodlands. Waymarked trails of varying lengths commence at the car park and form circular routes.

Directions: On the A505, 4 miles west of Cookstown.

Dunnamore Riverside Walk  
Length: 3.4km  
Time: 1 hour  
Car parking: On site  
Toilets: On site



An attractive, circular riverside walk along the headwaters of the Ballinderry River. Parking and toilet facilities are located close to the starting point, off the A505.

Directions: On the A505, 10 miles west of Cookstown.

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Gort Moss Walk

Length: 8km  
Time: 3 hours  
Car parking: Kinturk Cultural Centre  
Toilets: Kinturk Cultural Centre



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A linear moss walk along old moss roads and between leafy hedgerows close to the village of Ardboe. Smaller circular walks are also available.

Directions: Starting point opposite Coyle's Cottage, off the A73, 10 miles east of Cookstown.

Innevall Railway Walk

Length: 1.8km  
Time: 45 minutes  
Car parking: On site  
Toilets: Stewartstown



A short walk along countryside paths. Features include local moss wildlife, old G.N.R. railway line, stone cottage and tranquil countryside.

Directions: Follow signs to Stewartstown. From Stewartstown follow the Annaghmore/Grange Road for 1 mile.

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Lough Fea  
Length: 4.15km  
Time: 1 hour  
Car parking: On site  
Toilets: On site



National Trust:  
Springhill House &  
Wellbrook Beetling Mill



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The beautiful circular pathway around Lough Fea offers panoramic scenery and makes this the ideal place for walkers. Play area, toilets and picnic facilities are also available.

Directions: Situated 5 miles north of Cookstown on the Draperstown Road and south east of the Sperrin Mountains.

Springhill House

Length: 3.2km  
Time: 1 hour  
Car parking: On site  
Toilets: On site

A circular walk through the beautiful Springhill Estate, owned by the National Trust, with an opportunity to visit Springhill House and Costume Museum.

Directions: On B18, 1 mile south east of Moneymore.

Wellbrook Beetling Mill

Length: 0.5km  
Time: 20 minutes  
Car parking: On site  
Toilets: On site

An attractive circular walk beside Wellbrook Beetling Mill, set in a picturesque wooded glen on the banks of the Ballinderry River, through native Irish woodland.

Directions: Off A505, 4 miles west of Cookstown.

Slieve Gallion (Iniscarn)

Length: 9km  
Time: 3 hours  
Car parking: Iniscarn Forest Car Park  
Toilets: Moneymore



Strolls in the Sperrins



This circular route follows a way marked trail through Iniscarn Forest upwards to a cairn on the basalt mountain top. The route allows for picturesque views of the surrounding region taking in Lough Neagh, the Antrim Plateau, in the distance, and northwards to Lough Foyle and Donegal.

Directions: Located off the A29 Moneymore Road/Desertmartin Road.

Each year Cookstown Tourist Information Centre organise 'Strolls in the Sperrins', a series of walks exploring the natural beauty of the region. Many of the walks are themed such as archaeology, heritage or folklore. Weekend hill-walking packages are also available each year in May and September, with the opportunity to stay in the local area and experience the culture and beauty of the Sperrins Region. Why not come along and explore the Sperrins! For further information please contact Cookstown Tourist Information Centre T: (028) 8676 9949.