



- A Town service 397 bus route with bus route number
- Bus and cycle route
- Suggested cycle route
- Traffic-free cycle/footpath
- National Cycle Network with route number
- Footpath
- ← One way
- PW Place of worship
- HC Community centre
- L Library
- Sch School
- Col College
- + Health centre
- H Hospital
- S Supermarket
- Lc Leisure centre
- T Theatre
- HA Historic attraction
- M Museum
- CP Cycle parking
- BS Bus station
- PC Pelican crossing

0 Miles 0.5 1

0 Kilometres 0.5 1 1.5

**How long will it take?**

3 minutes cycling will take you this far or this far 10 minutes walking will take you about this far

If you cycle at about 6 miles an hour      If you cycle at about 10 miles an hour

If you walk at about 3 miles an hour      You will burn 33 calories if you walk this far at 3 mph or 50 calories if you walk at 4 mph



**JP Bikes**  
 9 Henry Street, Enniskillen BT74 7JT  
 Tel: 075 12745258

**Lakeland Bikes**  
 Business Centre, Lackaghboy BT74 4RL  
 Tel: 028 66322511  
 www.lakelandbikes.biz  
 lakelandbikes@aol.com

**P. McNulty & Sons**  
 24-26 Belmore Street, Enniskillen BT74 6AA  
 Tel: 028 66322423  
 www.pmcnulty-sons.com  
 sales@pmcnulty-sons.com



The Western Task group, which consists of the five local councils in the West; Fermanagh, Omagh, Strabane, Derry/Londonderry and Limavady, as well as the Public Health Agency (PHA), and the Western Health & Social Care Trust (WHST) under the theme of Inspiring Communities to get Active, has an overarching aim to promote well-being across the five district council areas in the West.

The Western Task Group, as part of the joint working initiative, identified 'Active Travel' as a priority common theme.

**Active Travel is travelling actively for everyday journeys whether by walking, cycling, jogging, or using public transport. Active Travel is an easy and accessible way for people to build physical activity into their daily life.**

The Western Task group uses strategic and developmental measures to improve the health and well-being of local communities through Active Travel. A product of this joint working is the production of this Active Travel Map. A similar map has been developed for a town in each of the five local council areas.

**Active Travel Maps provide information and promote usage of local walk ways, cycle paths and public transport systems.**

The Western Task Group endorses the Department of Health Physical Activity Guidelines for Adults (July 2011):

**"Adults should aim to be active daily. Over a week, activity should add up to at least (2.5 hrs) of moderate intensity activity in bouts of 10 mins or more. One way to approach this is to do 30 mins on at least five days a week."**

By meeting this target people can reduce the risk of heart disease, stroke, diabetes, hypertension, osteoporosis and some cancers. It is also vital to maintaining a healthy weight and helping promote well-being.

**Additional benefits for walking and cycling include;**

- saving money while getting fitter
- improving your health and well-being
- helping the environment
- adding years to your life expectancy

Walking and cycling are excellent ways to exercise. The average adult can expect to burn off approximately 200 calories for each hour they spend walking and 360 for each hour they cycle.

**Why not check out [www.getalifegetactive.com](http://www.getalifegetactive.com) for great ideas on how to become more active!**

Enniskillen

Travel Map

Western Active

Active Travel

Cycling • Walking • Public Transport

Cycle hire

**Lakeland Self-Drive**  
 Enniskillen Airport  
 Tel: 0844 3575245  
 Delivery of Bicycles available.  
 info@lakelandtours.co.uk



Useful contacts

**Lakeland Forum Leisure Centre**  
 Broadmeadow, Enniskillen  
 County Fermanagh BT74 7EF  
 Tel: 028 66324121  
 www.fermanagh.gov.uk  
 forumbookings@fermanagh.gov.uk

**Ardhowen Theatre**  
 Dublin Road, Enniskillen  
 County Fermanagh BT74 6HN  
 Tel: 028 6632 3233 (Administration)  
 Tel: 028 6632 5440 (Box Office)  
 Tel: 028 6632 5254 (Restaurant and Bar)  
 Fax: 028 6632 7102  
 ardhowen.theatre@fermanagh.gov.uk

**Enniskillen Castle**  
 Castle Barracks, Enniskillen  
 County Fermanagh BT74 7HL  
 Tel: 028 6632 5000  
 Fax: 028 6632 7342  
 www.enniskillencastle.co.uk  
 castle@fermanagh.gov.uk

**Fermanagh District Council**  
 Townhall, Enniskillen  
 County Fermanagh BT74 7BA  
 Tel: 028 6632 5050

Walks or cycle routes in area

**Castle to Castle Route (3 miles)**  
 The Castle to Castle route is a short, signed route, right in the heart of Enniskillen. 90% of the route is traffic-free and should suit families with children who are confident cyclists. The route follows the Kingfisher Trail, National Cycle Network Route 91, on well surfaced roads between the magnificent Enniskillen Castle and Castle Coole, one of the National Trust's finest treasures.  
 Please see [www.cycleni.com](http://www.cycleni.com) for more details.

**Castle Coole – Beech Wood Walk (0.5 miles)**  
 The Beech Wood which forms an important backdrop to the mansion is a tranquil walk through unspoilt nature. The wood was planted around 1709 with a mixed group of beech, oak and scots pine. The wood still has oak trees dating back to the early 18th Century and contains the oldest trees in the park. This walk is located on a National Trust property.  
 Please see [www.walkni.com](http://www.walkni.com) for more details

**Highway to Health – Enniskillen (2 loops – 1.5 miles / 2.7 miles)**  
 This urban walk is part of the Highway to Health Scheme - a simple and innovative scheme which aims to encourage people of all ages to walk for leisure and good health. It uses pole signs at one kilometre intervals on an established route.



This map has been produced by the Western Task Group as part of the Western Active Travel Project. This initiative is funded by the Public Health Agency in partnership with the five local councils in the West of Northern Ireland (Limavady, Derry/Londonderry, Strabane, Omagh and Fermanagh) and with the Western Health and Social Care Trust.

The Western Task Group support the Travelwise NI initiative to encourage the use of sustainable transport options such as walking, cycling, public transport or car sharing.



Front cover photograph courtesy of NITB  
 Cartography CycleCity Guides  
[www.cyclecityguides.co.uk](http://www.cyclecityguides.co.uk)

FSC logo