



- Town service 336 bus route with bus route number
- Bus and cycle route
- Suggested cycle route
- Traffic-free cycle/foot path
- National Cycle Network with route number
- Footpath
- One way
- Place of worship
- Post office
- Library
- School
- College
- Health centre
- Public toilets
- Visitor centre
- Picnic site
- Museum
- Leisure centre
- Toucan crossing
- Pedestrian crossing
- Bus station
- Car park



0 Miles 0.5 1 1.5  
 0 Kilometres 0.5 1 1.5

**How long will it take?**

**3 minutes cycling** will take you this far or this far   
 If you cycle at about 6 miles an hour If you cycle at about 10 miles an hour

**10 minutes walking** will take you about this far   
 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



**Roe Valley Cycles**  
35 Catherine Street, Limavady BT49 9DA  
Tel: 028 7776 6406  
info@roevalleycycles.co.uk

**BM Cycles**  
159 Clooney Road, Greysteel BT47 3DX  
Tel: 028 7181 0063

**Huey & Henderson (Sporting Goods)**  
37 Market Street, Limavady BT49 0AB  
Tel: 028 7772 2420



Cycle hire

**Roe Valley Cycles**  
35 Catherine Street, Limavady BT49 9DA  
Tel: 028 7776 6406  
info@roevalleycycles.co.uk

Walks or cycle routes in area

Walking

Details of a range of walks can be found at [www.walkni.com](http://www.walkni.com)

**Ballykelly Bank** – 2 mile walk along Lough Foyle shore

**Ballykelly Forest** – short forest walks up to 2 miles

**Ballymacran Bank** – 1.5 mile walk along Lough Foyle shore

**Banagher Glen** – short walk through ancient woodland

**Benone Strand** – classic north coast beach walk

**Boyd's Riverside Walk, Burnfoot** – short riverside walk along the Roe 2 – 4 miles.

**Dungiven Castle Park** – short circular walk on surfaced paths

**Highway to Health Routes** – Dungiven and Limavady

**Roe Valley Country Park** – range of riverside & woodland paths 2 – 7 miles



Useful contacts

**Dungiven Sports Pavilion**  
3 Chapel Road, Dungiven BT47 4LG  
Tel: 028 7774 2074

**Roe Valley Arts & Cultural Centre/ Ionad Ealaíon agus Cultúir Ghleann na Ró**  
24 Main Street, Limavady BT49 0FJ  
Tel: 028 7776 0650  
www.roevalleyarts.com  
tourism@rvacc.co.uk

**Roe Valley Leisure Centre**  
9 Greystone Road, Limavady BT49 0ND  
Tel: 028 7776 4009  
www.rvlc.co.uk  
info@rvlc.co.uk

Cycling

Details of a range of cycle routes can be found at [www.cycleni.com](http://www.cycleni.com)

**National Cycle Network Route 93** – passes extensively through the area

**Ballycarton Wood/Binevenagh** – 3 mile linear trail through forest

**Banagher Cycle Route** – 28 mile route around Dungiven, Banagher & Feeny

**Downhill to Magilligan Point** – 13 mile route on public road along North coast

Canoeing

Details available at [www.canoeni.com](http://www.canoeni.com)

**North Coast Sea Kayak Trail** – 70 nautical mile route from Magilligan Point to Waterfoot. Try the short section from Magilligan Point to Benone

**River Roe** – 8 kms of flat water available on the lower section of the River Roe from Limavady town downstream to Swann's Bridge

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 (WHSCCT) 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!**

Limavady  
Travel Map  
Western Active  
Active Travel  
Cycling • Walking • Public Transport

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.



Other relevant information

**Roe Valley Cycling Club**  
www.roevallycc.net

**Roe Valley Ramblers**  
www.roevalleyramblers.com



Cartography CycleCity Guides  
www.cyclecityguides.co.uk