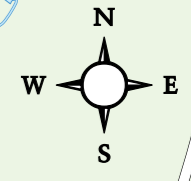


- Town service 384 bus route with bus route number
- Bus and cycle route
- Suggested cycle route
- Traffic-free cycle/footpath
- National Cycle Network with route number
- Proposed OASIS project (Omagh Accessible Shared Inclusive Space)
- Footpath
- Proposed Riverside Walk
- Proposed footbridge
- One way
- Place of worship
- Post office
- Community centre
- Library
- School
- College
- Tourist information
- Health centre
- Hospital
- Public toilets
- Leisure centre
- Toucan crossing
- Cycle parking
- Bus station



Reproduced from the Ordnance Survey of Northern Ireland map with the permission of the Controller of Her Majesty's Stationery Office, Crown Copyright 2012. NIMA S&LA 210.16.

0 Miles 0.5 1

0 Kilometres 0.5 1 1.5

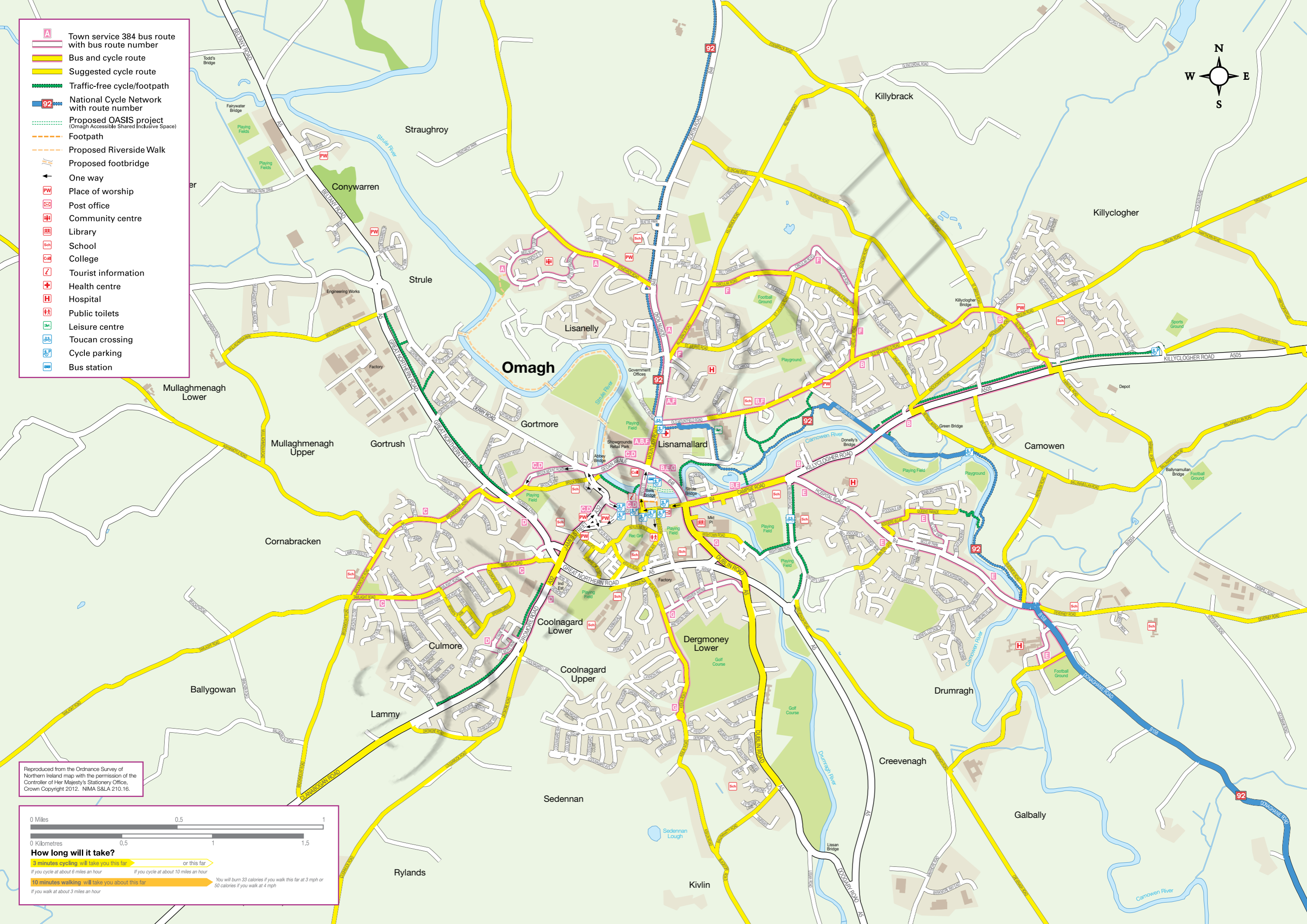
**How long will it take?**

**3 minutes cycling** will take you this far or this far

*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*





- Caldwell Cycles**  
Unit 20, Dromore Road, Omagh BT78 1RE  
Tel: 028 8224 2731
- Conway Cycles**  
157 Loughmacrory Road, Omagh BT79 9LF  
Tel: 028 8076 1258
- Halfords**  
Unit 2, Great Northern Retail Park, Omagh BT78 5GZ  
Tel: 028 8225 7030



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.

Cycle hire

- An Creagan Visitor Centre**  
Tel: 028 8076 1112
- Gortin Accommodation Centre**  
Tel: 028 8164 8346

Walks or cycle routes in area

Walking

- Robbers Table Walk**  
South west of Gortin Village  
Tel: 028 8224 7831
- Historical Walk around Omagh**  
Omagh Town Centre  
Tel: 028 8224 7831
- Gortin Lakes Walk**  
Gortin Lakes – not far past entrance to Gortin Forest Park  
Tel: 028 8224 7831
- Gortin Glen Forest Park**  
Gortin Forest Park is located about six miles north of Omagh on the B48 Gortin road  
Tel: 028 6634 3031  
[www.forestserviceni.gov.uk](http://www.forestserviceni.gov.uk)
- Loughmacrory**  
[www.omagh.gov.uk/culture\\_leisure\\_and\\_tourism/things\\_to\\_do/activities/walking/item.php?id=290](http://www.omagh.gov.uk/culture_leisure_and_tourism/things_to_do/activities/walking/item.php?id=290)Loughmacrory Walk  
Tel: 028 8224 7831

Further information on these walks and other walks in the area can be found on [www.walkni.com](http://www.walkni.com)

Cycling

- National Cycle Route 92 Route:**  
Enniskillen – Omagh – Newtownstewart – Sion Mills – Strabane – Derry  
**Distance:** 80 Miles / 129 Km  
**Terrain:** Country roads  
**Sights On Route:** Wishbone Sculpture, Foyle Rivers, Let the Dance Begin Sculpture, Gray's Printing Press, The Alley Arts & Conference Centre
- Sustrans**  
Tel: 028 9043 4569  
[www.sustrans.org.uk](http://www.sustrans.org.uk)
- Mountain Biking in Gortin Forest Park**  
Gortin Forest Park – 1st turn left after Ulster History Park (Lisnaharney Road) and track is approximately 200m on the right hand side of the road  
Tel: 028 6634 3165

**Omagh "Wheelers"**  
Tel: 078 3661 7975  
[www.omagh-wheelers.com](http://www.omagh-wheelers.com)

**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!**

**Western Active Travel Map Omagh**

Active Travel  
Cycling • Walking • Public Transport



Useful contacts

- Omagh District Council**  
The Grange, Mountjoy Road  
Omagh BT79 7BL  
Tel: 028 8224 5321
- Omagh Leisure Complex**  
Old Mountfield Road  
Omagh BT79 7EG  
Tel: 028 8224 6711

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.



Cartography CycleCity Guides  
[www.cyclecityguides.co.uk](http://www.cyclecityguides.co.uk)

