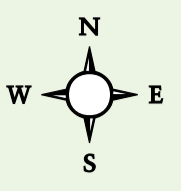


- Town service 398 bus route with bus route number
- Bus and cycle route
- Suggested cycle route
- Traffic-free cycle/foot path
- National Cycle Network with route number
- National boundary
- One way
- Place of worship
- Post office
- Supermarket
- Library
- School
- College
- Tourist information
- Community centre
- Health centre
- Leisure centre
- Leisure centre with swimming pool
- Theatre
- Arts centre
- Cycle parking
- Toucan crossing
- Pedestrian 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
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

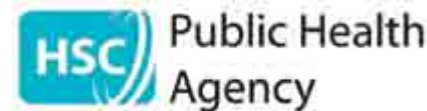
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Strabane Travel Map Western Active Active Travel Cycling • Walking • Public Transport

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.



Cartography CycleCity Guides
www.cyclecityguides.co.uk

Useful contacts

Bike Hub: visit www.bikehub.co.uk for a wide range of cycling information.

Car Share North West: cut costs by sharing your car journey. Call 0845 378 0908 or visit www.carsharenw.com

Travelwise Northern Ireland: for information about walking, cycling, public transport and car sharing visit www.nidirect.gov.uk/travelwise

Outdoor Recreation NI:
Visit www.outdoorrecreationni.com for information on outdoor activities in Northern Ireland

Strabane Lifford Cycle Club: for more information on club runs and events visit www.strabaneliffordcc.com

Strabane Hillwalking Club: for more information on club walks and events visit www.strabaneramblers.co.uk

Public transport

Ulsterbus Strabane call 028 71382393

Translink call 028 9066 6630 for bus or train information or visit www.translink.co.uk

Bus Eireann call 028 7126 2261 or visit www.buseireann.ie for regional and national bus information

Tourist information

**Strabane Tourist Information Centre/
Alley Arts Centre**
1a Railway Street, Strabane
Tel: 028 71384444

Leisure & sports centres

Riversdale Leisure Centre
Lisnafin Park, Strabane
Tel: 028 7138 2672

Melvin Sports Complex
Bridge End, Strabane
Tel: 028 7138 2660



Public roads & pavements

For local enquiries contact:
DRD Roads Services
20 Derry Road, Strabane
Tel: 028 7138 2982



Cycling & walking

Strabane's network of cycling and walking routes are continually developing. It should always be remembered that all public pavements in Strabane are designed for pedestrian use.

National Cycle Network Route 92 (NCN 92) travels into Strabane town centre from the Milltown Road and becomes a shared cycle/pedestrian route as it travels along Lower Main Street and the Lifford Road.

The North West Trail is also signposted and follows NCN92 through the town centre.

A shared cycle/pedestrian route goes along both sides of Strabane bypass.

A 2.5 mile Highway to Health walking route has been signposted by Strabane District Council and the Northern Ireland Chest Heart and Stroke Association. The route starts from Abercorn Square in the town centre.

For more information about Safe Routes to School and Bike It visit TravelwiseNI on www.nidirect.gov.uk/travelwise

Local cycle/outdoor shops

BPC Cycle Centre
30 Main Street, Strabane
Tel: 07783 674150

The Bridge Guns and Tackle Shop
19-21 Butcher Street, Strabane
Tel: 028 71880826

Cycle hire & cycle training

BPC Cycle Centre
30 Main Street, Strabane
Tel: 07783 674150

National Standard Cycle Training
Contact: Jean McGinley for cycle training to suit all age groups
Tel: 07743 654179

Active Travel

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 (WHSC) 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 for great ideas on how to become more active!