

Western Active Travel Map Enniskillen



Cycling ● Walking ● Public Transport
Active Travel
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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.



Fermanagh District Council



Front cover photograph courtesy of NITB
Cartography CycleCity Guides
www.cyclecityguides.co.uk

Local cycle/outdoor shops

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

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 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 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.



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."

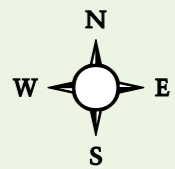
By meeting this target people can reduce the risk of heart disease, stroke, diabetes, hypertension, osteoporosis and some cancers. It is also vital to maintaining a healthy weight and helping promote well-being.

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!



- A Town service 397 bus route with bus route number
- B Bus and cycle route
- C Suggested cycle route
- D Traffic-free cycle/footpath
- 92 National Cycle Network with route number
- Footpath
- ← One way
- PW Place of worship
- CC Community centre
- L Library
- S Sch School
- Col College
- H 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

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 If you walk at about 4 mph

You will burn 33 calories if you walk this far at 3 mph or 50 calories if you walk at 4 mph