

Western Active Travel Map Limavady



Local cycle/outdoor shops

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



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

Other relevant information

Roe Valley Cycling Club

www.roevallycc.net

Roe Valley Ramblers

www.roevalleyramblers.com

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 (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 for great ideas on how to become more active!

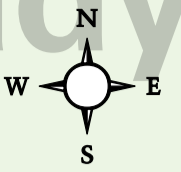
Cycling • Walking • Public Transport
Active Travel

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.





- 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

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