Useful contacts

**Cycling**

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

JP Bikes
9 Henry Street, Enniskillen BT74 7JT
Tel: 075 12745258

Fermanagh District Council
Townhall, Enniskillen
County Fermanagh BT74 7BA
Tel: 028 6632 5050

**Walking**

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

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.

**Public Transport**

Enniskillen
Townhall, Enniskillen
County Fermanagh BT74 7HL
Tel: 028 6632 5000
Fax: 028 6632 7342
www.enniskillencastle.co.uk
castle@fermanagh.gov.uk

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.

**Cycle hire**

Lakeland Self-Drive
Enniskillen Airport
Tel: 0844 3575245
Delivery of Bicycles available.
info@lakelandtours.co.uk

info@lakelandtours.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
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Townhall, Enniskillen
County Fermanagh BT74 7BA
Tel: 028 6632 5050

**Walks or cycle routes in area**

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

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.

Please see www.walkni.com for more details.

**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!