Cycling

Western Active Travel Map
Limavady

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 in partnership with 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.

Walking

Details of a range of walks can be found at www.walkni.com
Ballykelly Bank – 2 mile walk along Lough Foyle shore
Ballykelly Forest – short forest walks up to 2 miles
Ballymacran Bank – 1.5 mile walk along Lough Foyle shore
Banagher Glen – short walk through ancient woodland
Benone Strand – classic north coast beach walk
Boyd’s Riverside Walk, Burnfoot – short riverside walk along the Roe 2 – 4 miles.
Dungiven Castle Park – short circular walk on surfaced paths
Highway to Health Routes – Dungiven and Limavady
Roe Valley Country Park – range of riverside & woodland paths 2 – 7 miles

Cycling

Details of a range of cycle routes can be found at www.cycleni.com
National Cycle Network Route 93 – passes extensively through the area
Ballycarron Wood/Binevenagh – 3 mile linear trail through forest
Banagher Cycle Route – 28 mile route around Dungiven, Banagher & Feeney
Downhill to Magilligan Point – 13 mile route on public road along North coast

Canoeing

Details available at www.canoeni.com
North Coast Sea Kayak Trail – 70 nautical mile route from Magilligan Point to Waterfoot. Try the short section from Magilligan Point to Benone
River Roe – 8 kms of flat water available on the lower section of the River Roe from Limavady town downstream to Swan’s Bridge

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!