

## Cycling • Walking • Public Transport



### Local cycle/outdoor shops

#### Caldwell Cycles

Unit 20 Dromore Road Omagh BT78 1RE Tel: 028 8224 2731

**Conway Cycles** 157 Loughmacrory Road Omagh BT79 9LF Tel: 028 8076 1258

Halfords Unit 2 Great Northern Retail Park Omagh BT78 5GZ Tel: 028 8225 7030

## Cycle hire

An Creagan Visitor Centre Tel: 028 8076 1112

Gortin Accommodation Centre Tel: 028 8164 8346

## Western Active Travel Map MQ6MO

## 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.



## Useful contacts

Omagh District Council The Grange Mountjoy Road Omagh BT79 7BL Tel: 028 8224 5321

**Omagh Leisure Complex** Old Mountfield Road Omagh BT79 7EG Tel: 028 8224 6711



## Walks or cycle routes in area

### Walking

**Robbers Table Walk** South west of Gortin Village Tel: 028 8224 7831

Historical Walk Around Omagh Omagh Town Centre Tel: 028 8224 7831

**Gortin Lakes Walk** Gortin Lakes – not far past entrance to Gortin Forest Park Tel: 028 8224 7831

#### Gortin Glen Forest Park

Gortin Forest Park is located about six miles north of Omagh on the B48 Gortin road Tel: 028 6634 3031 www.forestserviceni.gov.uk

#### Loughmacrory

www.omagh.gov.uk/culture\_leisure\_and\_tourism/things\_ to\_do/activities/walking/item.php?id=290Loughmacrory Walk Tel: 028 8224 7831

Further information on these walks and other walks in the area can be found on www.walkni.com

## Cycling

National Cycle Route 92 Route: Enniskillen – Omagh – Newtownstewart – Sion Mills – Strabane – Derry Distance: 80 Miles/129 Km Terrain: Country roads Sights On Route: Wishbone Sculpture, Foyle Rivers, Let the Dance Begin Sculpture, Gray's Printing Press, The Alley

Sustrans Tel: 028 9043 4569 www.sustrans.org.uk

Arts & Conference Centre

#### Mountain Biking In Gortin Forest Park

Gortin Forest Park – 1st turn left after Ulster History Park (Lisnaharney Road) and track is approximately 200m on the right hand side of the road Tel: 028 6634 3165

Omagh "Wheelers" Tel: 078 3661 7975 www.omagh-wheelers.com

Cartography CycleCity Guides www.cyclecityguides.co.uk

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## 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 (WHSCT) 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 wellbeing
- 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!