Western Active Travel Map
Strabane

Useful contacts
- Bike Hub: visit www.bikehub.co.uk for a wide range of cycling information.
- Car Share North West: cut costs by sharing your car journey. Call 0845 378 0908 or visit www.carsharenw.com
- Travelwise Northern Ireland: for information about walking, cycling, public transport and car sharing visit www.nidirect.gov.uk/travelwiseni
- Outdoor Recreation NI: Visit www.outdoorrecreationni.com for information on outdoor activities in Northern Ireland
- Strabane Lifford Cycle Club: for more information on club runs and events visit www.strabanelifordcc.com
- Strabane Hillwalking Club: for more information on club walks and events visit www.strabaneramblers.co.uk

Public transport
- Ulsterbus Strabane: call 028 7138 2393
- Translink: call 028 9066 6600 for bus or train information or visit www.translink.co.uk
- Bus Eireann: call 028 7126 2261 or visit www.buseireann.ie for regional and national bus information

Tourist information
- Strabane Tourist Information Centre/Alley Arts Centre: 1a Railway Street, Strabane. Tel: 028 71384444
- Leisure & sports centres
  - Riversdale Leisure Centre: Lissnafin Park, Strabane. Tel: 028 7138 2672
  - Melvin Sports Complex: Bridge End, Strabane. Tel: 028 7138 2660

Public roads & pavements
For local enquiries contact:
- DRD Roads Services: 20 Derry Road, Strabane. Tel: 028 7138 2982

Cycling & walking
Strabane’s network of cycling and walking routes are continually developing. It should always be remembered that all public pavements in Strabane are designed for pedestrian use.

National Cycle Network Route 92 (NCN 92) travels into Strabane town centre from the Milltown Road and becomes a shared cycle/pedestrian route as it travels along Lower Main Street and the Lifford Road.

The West North Trail is also signposted and follows NCN92 through the town centre.

A shared cycle/pedestrian route goes along both sides of Strabane bypass.

A 2.5 mile Highway to Health walking route has been signposted by Strabane District Council and the Northern Ireland Chest Heart and Stroke Association. The route starts from Abercorn Square in the town centre.

For more information about Safe Routes to School and Bike It visit TravelwiseNI on www.nidirect.gov.uk/travelwiseni

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!

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Local cycle/outdoor shops
- BPC Cycle Centre: 30 Main Street, Strabane. Tel: 07783 674150
- Ulster Bike: 30 Main Street, Strabane. Tel: 07783 674150

Cycle hire & cycle training
- BPC Cycle Centre: 30 Main Street, Strabane. Tel: 07783 674150
- National Standard Cycle Training: Contact: Jean McGinley for cycle training to suit all age groups. Tel: 07743 654179

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 (Londonderry, Derry/London, 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.

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