Travel to/from The North West Trail  

**Bus and Train Services**  

The North West has local airports in Donegal and Sligo. Aer Arran

www.donegalairport.ie  T: 00 353 (0) 74 9548284

Aer Arran

Sligo Airport

www.sligoairport.com  T: 00 353 (0) 71 968537

_Dongry, County Fermanagh. Try the amazing Folk Park, site of the ancient monastery of St. Ciarán. The St. Ciarán's Cross commemorates this site._

**Other attractions**

Ulster American Folk Park: Northern Ireland Tourist Board  
Ulster American Folk Park includes an open-air theatre, a museum and visitor centre, and a craft village. It is dedicated to the memory of those who left Ulster for America in the 18th and 19th centuries.

Harry Avery’s Castle: Strabane District Council  
Harry Avery’s Castle was possibly built by the Spanish arms dealer Harry Avery in the 15th century. It is a small tower with a cylindrical shape and a conical roof. It is located in the town of Strabane in County Tyrone.

**Airports**

The North West has local airports in Donegal and Sligo. Aer Arann offers flights from Donegal to Dublin and Glasgow Prestwick, and flights from Sligo to Dublin and Manchester.

International airports are available in Belfast, Derry City, Knock and Dublin.

_Aer Arann: www.aerarann.ie  Reservations: T035 (0) 71 822101  
Reservations (UK): 0870 879 7876  
Donegal Airport: www.donegalairport.com  T: 00 353 (0) 74 968264  
Sligo Airport: www.sligoairport.com  T: 00 353 (0) 71 969100  
George Best Belfast City Airport: www.belfastcityairport.com  T: 00 44 (0) 28 94 893608  
Belfast International Airport: www.belfastairport.com  T: 00 44 (0) 28 9484 9484  
Derry City Airport: www.citadylairport.com  T: 00 44 (0) 28 7191 0784  
Dublin Airport: www.dublinairport.com  T: 00 353 (0) 1 814 1111  
Irish West Airport, Knock  
Omagh Tourist Information Centre (All Year)  
Hall Square, Omagh, County Tyrone, BT78 1BL  
Tel: 00 44 (0) 28 71 384444  
Email: tic@strabanedc.com  
Web: www.discoverireland.ie/northwest

**Cycling Information**

A 326 km circular cycle route through counties Donegal, Tyrone, Fermanagh, Leitrim and Sligo. The route enjoys dramatic views of the Atlantic Ocean, with scenic landscapes and historical landmarks.

Cuilcagh Mountains.

The North West Trail is a 326km circular cycle route through counties Donegal, Tyrone, Fermanagh, Leitrim, and Sligo in the whole of the North West. The Atlantic Coast beach with Blue Flag status is one of the most scenic places to visit. The route offers a unique opportunity to explore the natural beauty of the North West.

**Discover Ireland Centre (All Year)**

Discover Ireland Centre (All Year)  
Quay Street, Donegal Town, Co Donegal  
T: 00 353 (0) 71 9841530  
Email: leitrim@failteireland.ie  
Web: www.discoverireland.ie/northwest

**Discover Ireland Centre (All Year)**

Discover Ireland Centre (Seasonal)  
The Bridge, Bundoran, Co Donegal  
T: 00 353 (0) 71 9625170  
Email: leitrim@failteireland.ie  
Web: www.discoverireland.ie/northwest

**Discover Ireland Centre (All Year)**

Discover Ireland Centre (All Year)  
Temple Street, Sligo  
T: 00 353 (0) 71 9691201  
Email: northwest@failteireland.ie  
Web: www.discoverireland.ie/northwest

**Discover Ireland Centre (All Year)**

Discover Ireland Centre (All Year)  
Quay Street, Donegal Town, Co Donegal  
T: 00 353 (0) 71 9721148  
Email: donegal@failteireland.ie  
Web: www.discoverireland.ie/northwest

**Discover Ireland Centre (All Year)**

Discover Ireland Centre (Seasonal)  
Carrick on Shannon, Co Leitrim  
T: 00 353 (0) 71 9625170  
Email: leitrim@failteireland.ie  
Web: www.discoverireland.ie/northwest

**Tourist Information**

Fermanagh Tourist Information Centre (All Year)  
Omagh Tourist Information Centre  
Hall Square, Omagh, County Tyrone, BT78 1BL  
Tel: 00 44 (0) 28 71 384444  
Email: tic@strabanedc.com  
Web: www.discoverireland.ie/northwest

Strabane Tourist Information Centre (All Year)  
Web: www.fermanagh.gov.uk / www.fermanaghlakelands.com  
T: 00 44 (0) 28 6632 3110  
Email: tic@fermanagh.gov.uk

**Wildflower Cycling Holidays**

Wildflower Cycling Holidays  
T: 00 353 (0) 49 9523923  
Web: www.wildflowercyclingholidays.com

**Bus Éireann**

Bus Éireann: www.buseireann.ie  00 353 (0) 71 9160066

**Ulster American Folk Park**

The Ulster American Folk Park includes an open-air theatre, a museum and visitor centre, and a craft village. It is dedicated to the memory of those who left Ulster for America in the 18th and 19th centuries.

**Discover Ireland Centre**

Discover Ireland Centre (Seasonal)  
The Bridge, Bundoran, Co Donegal  
T: 00 353 (0) 71 9841530  
Email: leitrim@failteireland.ie  
Web: www.discoverireland.ie/northwest

**Sustrans**

Sustrans is a leading sustainable transport charity, working on practical projects to enable people to choose to travel in ways that benefit their health and the environment. 0044 028 7181 0784  
Web: www.sustrans.org.uk

**Ferries and Stena Line**

Ferries and Stena Line offer routes from Ulster to America in the 18th and 19th centuries.

**Lough Swilly Bus Company**

Lough Swilly Bus Company  
www.translink.co.uk  00 44 (0) 28 9066 6630

**Lough Swilly Bus Company**

Lough Swilly Bus Company  
www.translink.co.uk  00 44 (0) 28 9066 6630

**Travel to/from The North West Trail**

Travel to/from The North West Trail is available from various routes and services. The North West Trail is a 326km circular cycle route through counties Donegal, Tyrone, Fermanagh, Leitrim, and Sligo. It offers a unique opportunity to explore the natural beauty of the North West.

**Stena Line**


**Irish Ferries**

Irish Ferries: Holyhead – Dublin City, Pembroke – Rosslare, Cherbourg – Kingdom and France:

www.irishferries.com  T: 00 44 (0) 8705 17 17 17

**P&O Irish Sea Services**


**Travel to/from The North West Trail**

Travel to/from The North West Trail is available from various routes and services. The North West Trail is a 326km circular cycle route through counties Donegal, Tyrone, Fermanagh, Leitrim, and Sligo. It offers a unique opportunity to explore the natural beauty of the North West.
The North West Trail

Explore the North West Trail

The North West Trail is a 260km circular cycle route through counties Donegal, Tyrone, Fermanagh, Leitrim, and Sligo in the North West of Ireland.

The route travels through a wide variety of scenic landscapes, along quiet country roads with traffic free sections in urban areas.

The route enjoys dramatic views of the Atlantic Ocean, with scenic cycling in remote uplands, along Rosnowlagh beach and through rural towns and villages passing through the main towns of Enniskillen, Sligo, Donegal, Ballyshannon, Strabane, and Omagh.

Traffic free sections include riverside paths in Sligo, Enniskillen, and Omagh. A forest route brings cyclists through Florence Court estate which is set against the backdrop of the Cuilcagh Mountains.

Attractions Along the Route

Harry Avery’s Castle, Newtownstewart

The majestic ruins of Harry Avery’s Castle, situated 1 km from Newtownstewart are believed to date from either the 14th or 15th century. The stone castle was named after and was possibly built by Harry Airey, a local Gaelic Chief celebrated for his justice, nobility and hospitality. The former stronghold of the O’Neill clan commands a panoramic view over the Mourne Valley.

Ulster American Folk Park, Omagh

The Ulster American Folk Park includes an open-air museum dedicated to the story of emigration from Ulster to America in the 18th & 19th centuries. It provides visitors with a “living history” experience with costumed demonstrators carrying out their everyday tasks in the traditional manner in authentically furnished Old and New World buildings. Inside the Ship and Doakside Gallery features a full-size reconstruction of an early 19th century sailing ship of the type which carried thousands of emigrants across the Atlantic.

Marble Arch Caves European Geopark, near Enniskillen

Host to one of Europe’s finest show caves, the Marble Arch Caves allow visitors to explore a fascinating, natural underground world of rivers, waterfalls and lofty chambers. Lively and informative guides conduct regular tours using electrically powered boats that glide through the huge caverns, carrying visitors along a subterranean river to explore the fascinating underworld world of stalagmites and stalactites.

Creevelea Abbey, Dromahair

The ruins of Creevelea Abbey are situated just behind the village of Dromahair which translates as the “Ridge of the two demons”. Built in 1508, the Friary’s well preserved ruins stand in a romantic setting in quiet surroundings on the banks of the Bonet River at its entry point to Lough Gill. The ruins contain a carving of Saint Francis preaching to the birds.

Drumcliffe Church and Visitor Centre, near Sligo

Drumcliffe churchyard, nestled under Benbulben mountain is the final resting place of poet W.B. Yeats. The headstone bears his own epitaph: “Cast a cold eye on life, on death, Horsemans pass by”. Drumcliffe is also the site of a 6th century ancient monastic settlement founded by St. Colmcille of which just a stump of a Round Tower and a fine carved High Cross, c. 11th century, remain.

Rosnowlagh Beach, County Donegal

The golden sands of Rosnowlagh are often referred to as the “Heavenly Cove” and are regarded by many as the most scenic and dramatic beach in Europe’s five west counties. It is also one of the last undeveloped stretches of coastline between the Donegal Bay Coastline and the mouth of the River Eske. The golden beaches of Rosnowlagh and Rossnowlagh are set in a 4km crescent with views of the Donegal Bay Coastline and Atlantic Ocean. In July and August the beach is patrolled by life savers.

Additional Cycling Opportunities

The Sperrin: Twelve circular signed routes ranging in length from 11 – 41 miles are available in the Sperrins. Access from the North West Trail onto Sperrin Routes 3 and 6 is at Sion Mills and Newtownstewart, County Tyrone.

Ballyshannon Hub Routes

Two signed circular routes each approx 32km in length radiate from Ballyshannon in County Donegal, one to the north and the other to the south of the town.

Short Break Rides

Shorter circular routes can be created by utilising sections of the North West Trail combined with National Cycle Network routes 91 or 95.

Photography credits:

Front cover image: The lake island of Inishfree, Fáilte Ireland
Harry Avery’s Castle: Strabane District Council
Ulster American Folk Park: Northern Ireland Tourist Board
Marble Arch Caves: Northern Ireland Tourist Board
Drumcliffe Church: Fáilte Ireland
Bicycles: Fáilte Ireland
The North West Trail

Going clockwise from Blacklion to Lifford the route is marked using the sign opposite.

From Lifford to Ballinamallard follow the signs for Route 92.

From Ballinamallard to Blacklion follow the signs for Route 91.

The North West Trail is indicated on route signage by the finial opposite.