Guide

Tourist Information Centres

- **Church Street, Warrenpoint, BT34 3HN** T: 028 4272 9882 E: tourism.portaferry@ards-council.gov.uk
- **Bagenal's Castle, Newry BT34 2DAT: 028 3031 3170 F: 028 3031 3172 E: newrytic@newryandmourne.gov.uk**
- **10-14 Central Promenade, Newcastle BT33 0AA** T: 028 4372 2222 E: newcastle.tic@downdc.gov.uk
- **Tower House, 34 Quay Street, Bangor BT20 5ED** T: 028 9127 0069 E: tic@northdown.gov.uk
- **Lough Neagh Discovery Centre** 31 Regent Street, Newtownards BT23 4AD T: 028 9182 6846 E: tourism@ards-council.gov.uk
- **The Saint Patrick Centre, 53A Market Street, Downpatrick, BT30 6LZ** T: 028 4461 2233 E: downpatrick.tic@downdc.gov.uk

**Dialing Codes:** From Republic of Ireland replace (028) with (048).

**Narrow twisting roads through the townlands of Cavanacaw**

- Stones removed from the farmland, whilst in the area around the traffic-free Folly Glen on NCN route 91 before following.
- **From the relatively lowlands of the ecclesiastical City of Ulster Canal on the river Blackwater before returning to Loughgall.**
- After the cycle ride take a while to explore the park with possibly a walk round the lake and grounds.
- **Unexpected inlets appear magically, usually with their finest views of the Lough to be had from a bicycle.**
- Corbet Lough is well worthwhile. From here you continue the Greenpark and Lower Knockbarragh Roads following the course of the Ghann River towards the highest point of the route at 330 metres near Carmeen. After a well-earned rest, a steep descent brings you to the bustling village of before crossing the river and heading uphill to meet the main Castlewellan road. This road carries fast moving traffic at times but a short detour to the award winning Portadown to Omagh railway line and climb to pass close to a
- **From the small village Katesbridge the route follows the traffic 2, Terrain 3, Distance 37, OSNI 21**
- **Kilkeel**
- You cross several bridges over the former Great Northern, from the island waterfront and beaches of County Down, the inland waterways, Lough Neagh and Strangford Lough and the rugged beauty of South Armagh.
- **Ballyhornan and its golden beach.**
- Following the shoreline north of Portaferry, the route turns inland toward Kirkistown and
- **Barbican Road.** You continue past Maghera Old Church, with
- **The mountains are always in view as you wind your way along this almost flat route with the sea never far away. Leaving**
- **This circular route based in the seaside town of Ballywalter, 7 Traffic 2, Terrain 3, Distance 33, OSNI 19**
- **This challenging route twists and turns through the geologically intriguing Slieve Gullion area and past many small loughs and lakes which dominate the area close to the border with the Republic of Ireland. Starting at the**
- **The Ti Chulainn Cultural and Activity centre**
- **Newry**
- **Mountains. The route is way-marked throughout with NCN route 9 and 94 signs, with the rural section marked as**
- **In length this route can be divided by use of the Carrigenagh Road which links the Silent Valley to Kilkeel.**
- **Orchard Country**
- **These are journeys which should not be hurried, take time to enjoy and explore the scenery, the people and the craic!**

**Cycling Guide**

Cycling highlights include the rugged beauty of the

- The scenery is ideal for a picnic by the sea. Following the shoreline north of Portaferry, the route turns inland toward Kirkistown and
- **Detour, at the National Trust village of Kearney with its beautifully preserved collection of white washed cottages and houses. You then continue towards the southernmost point of**
- **Mullaghbane. The Ti Chulainn Cultural and Activity centre**
- **During your visit you will discover the legend of Ulster hero Cuchulainn, the hero of heroes, through song, dance and story. Visitors can also enjoy some of the other local attractions including the**
- **While cycling the route you will pass many picturesque villages. The traffic-free sections are ideal for family trips whilst the undulating countryside offers cyclists**
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**Cycling 26th Feb  6/2/07  08:21  Page 1**
Discover Armagh & Down at your own pace

The National Cycle Network is a comprehensive network of safe and attractive routes to cycle and walk throughout the UK, linking towns and cities in the Republic of Ireland. Sections of the NCN are signposted and maintained by Local Councils and other partners. Use of the NCN is entirely free, however, there are charges for many and traffic-calmed roads.

For information on the Network in your area, or to buy maps and guides, visit or call: www.sustrans.org.uk 0845 113 00 65

Armagh and Down is easy to get to by sea, air, train or road. All carriers transport bikes. Tell the carrier about your bike when you book as they may give you special instructions on how to prepare it for the journey.

The Lough and Land Project

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You can follow the National Cycle Network (NCN) Route where marked, there are more unmarked and proposed routes on your route map. Away from the NCN, there is a wide variety of other cycling opportunities available.

Want to know more?

Planning a trip?

Armagh and Down are easy to get to by sea, air, train or road. All carriers transport bikes. Tell the carrier about your bike when you book as they may give you special instructions on how to prepare it for the journey.

Getting to Armagh and Down

By Sea

Four main routes serve Northern Ireland. George Best Belfast City Airport and Liverpool (Birkenhead) - Belfast

Express buses can take bicycles in the luggage compartment at the driver’s discretion.

By Air

Four main airports serve Northern Ireland. George Best Belfast City Airport, George Best Belfast International Airport and Dublin Airport.

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By Road

Sustrans and the National Cycle Network

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You can follow the National Cycle Network (NCN) Route where marked; minor roads are signposted and there are cycle lanes to keep you away from traffic. Or why not let someone else do the navigating and take a tour led by an experienced guide? All routes start in a town or village which is accessible by public transport. Bicycle hire is widely available so you don’t even need to bring your own bike! National routes are marked on the map by symbols such as  

Traffic Rating Terrain Rating
1 = very light 1 = easy
5 = heavy 5 = rough

Distance Traffic Terrain OSNI Map No.
94 2 3 1

Derry - Antrim

By Sea

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By Air

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By Road

From the North (via the N1 near Newry) from Great Britain, Europe and North America.

Dublin, Derry, Shannon from Great Britain, Europe and North America.