This 21-mile cycle route connects the historic Walled City of Londonderry, also known as Derry, to the border towns of Lifford and Strabane and consists of traffic-free paths and quiet country roads and lanes. The Foyle Valley Cycle Route forms an integral part of the National Cycle Network’s 236-mile Ballyshannon to Ballycastle Cycle Route.

**ATTR ACTIONS ALONG THE ROUTE**

**Derry City.** This historic walled city is gateway to Ireland’s Northwest and its attractions include the 17th Century City Walls, St Columb’s Cathedral (1633), the Tower Museum and the Fifth Province.

**Craigavon Bridge.** This two level bridge was constructed in 1933 and until recent years was a vital link between the City’s four rail stations and quayside tramway. It is now used solely for road transport.

**Foyle Valley Railway Museum.** Situated on the line of the former Great Northern Railway, the museum celebrates the outstanding railway history of the City. Working railcars run on restored three-mile track alongside the River Foyle.

**Carrigaholt and St Johnston.** These quiet Donegal villages set in beautiful countryside are an ideal place to stop for food and a welcoming drink.

**Cavanacar Historic House.** Situated near Ballindrait, Cavanacar House is the ancestral home of US President James Knox Polk (1845-1849) and includes an art gallery, craft shop and tea-room.

**Seat of Power Visitor Centre.** This former courthouse (1746) is now a visitor centre depicting the importance of Lifford at the time of the O’Donnell princes. A visit to the courtroom and dungeons is recommended.

**“Begin the Dance” Sculpture.** Located between Lifford and Strabane where the rivers Mourne and Finn confluence to form the Foyle, this art piece consists of five huge steel and bronze figures and represents the district’s rich cultural heritage.

**Gray Printers Museum.** Nestling behind a Georgian façade, Gray Printers illustrates Strabane’s industrial heritage and famous US associations. It houses an impressive selection of 19th century presses, a museum and gallery.

Interpretative panels have been located along the Foyle Valley Cycle Route to illustrate the area’s rich cultural, industrial and natural heritage.

**Additional cycling opportunities**

From Derry, cross the lower deck of Craigavon Bridge using the traffic-free path to Newbuildings and on through the villages of Claudy and Park to Limavady and the Causeway Coast using National Cycle Network Route 93.

While in Derry follow the cycle path along the west bank of the River Foyle towards the Guildhall and the Foyle Bridge.

From Strabane continue south on the National Cycle Network Route 92 towards Snarg Mills, Newtownstewart, Enniskillen and Ballyshannon.

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**TRAVEL INFORMATION**

The region is accessed by air through City of Derry Airport which has direct air services from Dublin, Glasgow, London (Stansted) and Manchester. Irish Rail has services connecting Dublin to Belfast and Northern Ireland Railways has services connecting Belfast to Derry. Ulsterbus express has direct services operating hourly to and from Belfast and Derry or alternatively via Omagh and Strabane. Bus Éireann operate express bus services from Dublin and also Galway (via Sligo, Donegal Town and Letterkenny).

Cycle carrying facilities are limited on all of these and anyone wishing to use these services are advised to contact the operator before travelling. Cycle hire details are available through Tourist Information Centres.

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**Useful Contacts:**

**Tourist Information**

Derry Visitor & Convention Bureau
44 Foyle Street, Derry
Tel: (028) 7126 7284 [048 7126 7284]
Email: info@derryvisitor.com
Web: www.derryvisitor.com

Strabane Tourist Information
Abercorn Square, Strabane
Tel: (028) 7188 3735 [048 7188 3735]
Email: tourism@strabane.de
Web: www.strabane.de

**Cycling Information**

Sustrans (Northern Ireland)
Tel: (028) 9043 4569 [048 9043 4569]
Email: sustrans.belfast@btinternet.com
Web: www.nationalcyclegenetwork.org.uk

**Emergency Numbers**

Dial 999

**Police**

Derry/Strabane
Tel: (028) 7136 7337 [048 7136 7337]

Lifford
Tel: (028) 7136 41000 [074 41000]

**Hospitals**

Altnagelvin Hospital, Derry
Tel: (028) 7134 5171 [048 7134 5171]

Letterkenny Hospital,
Tel: (026) 74 25888 [074 25888]

Note: All numbers appearing in the [ ] are for use when calling from within the Republic of Ireland.

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Between St. Johnston and Lifford, the Foyle Valley Cycle Route, whilst undulating, offers cyclists magnificent views over the River Foyle. The distant Donegal hills are visible from high above Ballindrait.

Good Cycling Code
Please follow this simple code on National Cycle Network routes.
- Always follow the Highway Code.
- Give way to pedestrians.
- Remember that some people are hard of hearing or visually impaired. Don’t assume they can see or hear.
- Where there are wheelchair users please give way.
- Ring a bell or politely call out to warn of your approach; acknowledge people who give way to you.
- Respect countryside activities, such as farming and forestry.
- Can you reach the start of your journey by bike or public transport?

Follow the Country Code: in particular, respect crops, livestock and wildlife and take litter home.

Look after yourself:
- Take special care at junctions, when cycling downhill and on loose surfaces.
- In remote areas carry food, repair kit, map and waterproofs.
- Keep your bike roadworthy; use lights in poor visibility.
- Consider wearing a helmet and conspicuous clothing.

Contact National Cycle Network Information Service on 0117 929 0888 or visit the website at www.nationalcyclenetwork.org.uk.

If you wish to travel further afield we recommend the relevant Ordnance Survey of Northern Ireland Discovery Series maps. Sustrans shall not be responsible or liable for any loss or damage whatsoever arising from the use of the National Cycle Network or this guide.