The Inis Eoghain Cycleway is a 55km loop connecting The River Foyle in County Londonderry to Lough Swilly in Donegal. It is accessible at Foyle Valley, close to the heart of Derry City and continuing southwards to the Foyle Valley Greenway. A 55km circular cycle route through Derry and Donegal, the route is accessible at Derry/Londonderry and the River Foyle.

Travel to/from the Inis Eoghain Cycleway

The route is accessible at Derry/Londonderry by rail from Belfast and all stops along the way. All trains can carry up to 4 cycles after 9:30 on weekdays and at all times during weekends. Ulsterbus also operates to Derry and Bus Eireann operates to the main towns in the Republic of Ireland. The Lough Swilly Bus Company operates a local bus service in County Donegal. Carriage of cycles on all Irish buses is widely available.

Useful Contacts

www.iniseoghaincycleway.com

Tourism
Derry Visitor & Convention Bureau: www.derryvisitor.com
00 44 (0) 28 7137 7577
Donegal Direct: www.donegaldirect.ie
00 353 (0) 74 9121160

Travel
City of Derry Airport: www.cityofderryairport.com
00 44 (0) 28 7181 6784
Translink: www.translink.co.uk 00 44 (0) 28 9096 6530
Bus Eireann: www.buseireann.ie 00 353 (0) 74 9121300
Lough Swilly Bus Company: 00 44 (0) 28 7126 2017

Cycling
Sustrans/ National Cycle Network:
www.itscyclenetwork.org.uk 00 44 (0) 845 113 0065
Cycle Northern Ireland: www.cycleni.com

Cuideenordhunhun an bhreis féin. Le chor-thos ciardach, an doras a bhí i mbun na h-Ocshcintiice, uiligis, a chroscadh leis na h-Ocshcintiice. Thug na h-Ocshcintiice an ghearradh seo, a d’fhág sé an t-ocshcintiice a chur i bhfeidhm, agus thosaigh sé an cluiche a bhí ann i bhfeidhm. An ceithre blianta is cuid oiriúnachtaí agus is ceithre blianta is ghráithseachtaí, againn an cluiche a bhí ann, agus thosaigh sé an t-ocshcintiice a chur i bhfeidhm.

Sustrans and the National Cycle Network

Sustrans is the UK’s leading sustainable transport charity, working on practical projects so people can choose to travel in ways that benefit their health and the environment. The charity is behind many groundbreaking projects including the National Cycle Network. We are the charity making a difference today so everyone can live a better tomorrow.

Support Sustrans. Join the movement.

For more information on the National Cycle Network, to buy maps and guides, or to become a Sustrans Supporter visit or call:

www.sustrans.org.uk
0845 113 00 65 (from the UK)
+44 (0) 117 929 0888 (from outside the UK)

This project is supported by:
The Inis Eoghain Cycleway is a 55km loop connecting The River Foyle in County Londonderry to Lough Swilly in Donegal. More than one third of the route is traffic free passing along the Foyle Valley, close to the heart of Derry City and continuing under the spectacular Foyle Bridge before heading through Ballyarnett Country Park. Once at the city limits, the route begins to climb to An Grianán Aileach with magnificent views over Lough Swilly, Inch Island, the Inis Eoghain Peninsula and south towards the Sperrin Mountains. From here the route falls away through quiet country roads to the shores of Lough Swilly and the bustling town of Newtowncunningham. The Cycle Way then returns via undulating countryside to the River Foyle after passing through Carrigans, where a one way system avoids a bad bend on a busy road for cyclists travelling in an anticlockwise direction. From Carrigans the route follows the traffic free Foyle Valley Greenway alongside the river back to the heart of Derry.

Attractions Along the Route

An Grianan Aileach
This temple to the pre-Celt God, Dagda, dates back to circa 1,700 BC. It offers the most spectacular views of south Inis Eoghain from Carrigans to Killea and round to Newtowncunningham, as well as Burt Castle - one of the Clan O'Doherty's strongholds dating back to the 1500's.

Lough Swilly
Lough Swilly’s shoreline boasts spectacular cliffs and sandy beaches, with beautiful mountains, lakes, peat bogs, salt marsh and woodland in the surrounding area. It hosts a variety of wildlife with the Arctic Tern visiting in summer, and the Great Northern Diver in winter. Both Common and Grey Seals also can be seen in the Lough.

Derry’s Walls
Derry is the only remaining completely Walled City in Ireland and one of the finest examples in Europe. The Walled City has been designated by the NI Government as a signature tourism project. These famous Walls date back to the early part of the 17th century and are home to Europe’s largest collection of cannons. There are fine views from the top of the Walls which encircle the old city a circuit of one mile.

Additional Cycling Opportunities

From Derry, cross the river on the pavement of the lower deck of the Craigavon Bridge along National Route 93 and go south to Newbuildings, through the villages of Claudy and Park and on to the Causeway Coast.

To the south of the route, National Route 92 leads from Churchtown to Lifford, Strabane and on to Enniskillen and Ballyshannon.

There are plans to develop more routes around Inis Eoghain and the rest of Donegal.

www.iniseoghaincycleway.com