

explore, discover and enjoy...



A challenging cycle route around the Sperrins foothills passing through towns and villages, farmland and upland, providing an opportunity to explore Banagher Glen, religious sites and see renewable energy generation in action.

Points of Interest



Dungiven Castle

Recently restored this is now an accommodation and information centre. The castle is set in a 22 acre parkland overlooking the Sperrins.

Dungiven Priory

An ancient Augustian Priory founded by the O'Cahan clan in 1100 AD occupies an impressive site overlooking the River Roe. The chancel contains the ornate 15th century tomb of Coey-na-Gall, a local O'Cahan Chieftan, who died in 1835.

Banagher Glen

Well worth visiting via a short detour from the route is the ancient woodland of Banagher Glen. The road from the car park climbs steeply up the glen to Altnaheglish Dam and Reservoir. Legend has it that a large snake escaped from St. Patrick and hid in a gorge under the bridge where it still remains.

Banagher Old Church

An impressive ruin, Banagher Church dates from the 11th or early 12th century. Nearby, the small tomb of St Muiredach O'Heaney contains a small hole through which a member of the O'Heaney family has the right to take sand that brings luck in battle and other forms of conquest.

Bovevagh Old Church

The name is derived from Both Maeve, the house or church of Maeve. The earliest feature on the site is a mortuary house possibly dating from the 12th century, it is the most sophisticated of the Ulster group of mortuary houses extending from Down to Donegal.

Althullion Windmills

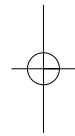
One of the largest renewable energy sites in Ireland.

The Banagher Cycle Route



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Windmills, Waterfalls and Old Churches

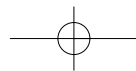


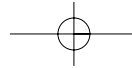
The ash tree is a magnificent large deciduous tree with distinctive black buds in spring. The ash seeds are an important food, especially for bullfinches in winter. It is fast growing and suitable for coppicing, commonly used in making hockey sticks, oars, billiard cues, cricket stumps and policemen's truncheons.

This route uses part of the National Cycle Network

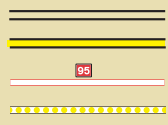


Distance: **45 Km 28 Miles**
www.sperrinstourism.com

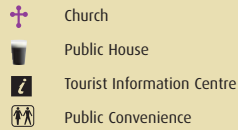




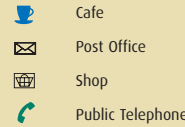
MAP KEY



Classified Road
 Cycle Route On Road
 National Route (with number)
 Link Route

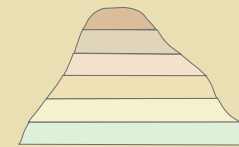


Church
 Public House
 Tourist Information Centre
 Public Convenience



Cafe
 Post Office
 Shop
 Public Telephone

Height Information



Metres
 500-600
 400-500
 300-400
 200-300
 100-200
 0-100



The snipe, plentiful in the Sperrins, is a wading bird with short legs and a long bill. It is well camouflaged, with mottled brown and black feathers above and bold buff stripes forming a 'V'. A strong flier, the snipe has a flitting flight pattern that produces a distinctive aerial 'drumming' and utters a harsh 'scarp'.



Route Signing:
 The **7** signage will guide you along the Banagher Cycle Route.



Or as shown, where it uses part of a National Route

Advice & Recommendations:

- This route has some steep climbs.
- Take care crossing the A6 at Foreglen.
- Take care on the A6 in Dungiven.

Local Tourist Information Points:

- Dungiven Castle Tel: 028 7774 2428

Bike Hire:

- Dungiven Castle Tel: : 028 7774 2428

Ulsterbus Public Transport:

- Limavady Tel: 028 7776 2101

For information on cycle routes, maps and guides visit:
www.nationalcyclenetwork.org.uk

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