

explore, discover and enjoy...



Explore the Strule Valley and its hinterland on this route, which follows the National Cycle Network. Visit the attractive villages of Newtownstewart, Gortin, Plumbridge and Sion Mills.



Red squirrels are found in coniferous, deciduous and mixed forests and can often be seen at the Gortin Glens Forest Park. They live mostly high up in the trees and build nests, dreys, in the forks of branches, foraging on the ground for brief spells, particularly in autumn when they collect acorns, beech masts and other nuts to store for winter.

## Points of Interest



### Newtownstewart

Newtownstewart is situated near to the confluence of the Strule and Owenkillew Rivers. Within the town itself are the remains of Stewart Castle, a plantation castle, which is also home to a Bronze Age cist grave.

### Ulster American Folk Park

An outdoor museum telling the story of emigration to North America in the 18th and 19th centuries. The Old World and New World layout illustrate the various aspects of emigration life on both sides of the Atlantic.

### Gortin Glens Forest Park

Opened in 1967, this was the first forest park to be established in a purely coniferous woodland originally planted for the sole purpose of timber production, today it is home to the red squirrel.

### Gortin

Gortin meaning "the little field" is a bustling pretty village at the foot of the Gortin Glens.

### Plumbridge

This idyllic riverside retreat offers the choice of five roads every one of which opens up to the scenic beauty of the Sperrins.

### Sion Mills

A picturesque tree lined village, rich in architectural and industrial heritage including Zion House and the old flax mill.

### The Foyle River System

The route passes along the Glenelly, Owenkillew, Strule and Mourne rivers all part of the Foyle River System, one of the most prolific game angling systems in Europe.

This route uses part of the National Cycle Network



## The Strule Valley Cycle Route

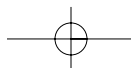


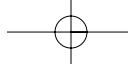
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Rolling Hills and Meandering Rivers



Distance: 59 Km 37 Miles  
[www.sperrinstourism.com](http://www.sperrinstourism.com)





### MAP KEY

- |  |                              |  |                            |  |                     |
|--|------------------------------|--|----------------------------|--|---------------------|
|  | Classified Road              |  | Church                     |  | Post Office         |
|  | Cycle Route On Road          |  | Public House               |  | Shop                |
|  | Cycle Route Traffic Free     |  | Tourist Information Centre |  | Public Telephone    |
|  | National Route (with number) |  | Public Convenience         |  | Ancient Monument    |
|  |                              |  | Cafe                       |  | Millennium Signpost |



**Route Signing:**  
The **3** signage will guide you along the Strule Valley Cycle Route.



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

- Advice & Recommendations:**
- This route has some steep climbs.
  - It is advised to cycle the hillier eastern side of the route first so that the return journey is along the flat of the valley.
  - It is possible to follow National Route 95 between Newtownstewart and Gortin to create a shorter loop.
  - Cross the River Mourne on the swinging bridge into Sion Mills.

- Local Tourist Information Points:**
- Gortin Activity Suite  
Tel: 028 8164 8346
  - Grange Court, Newtownstewart  
Tel: 028 8166 1877

- Bike Hire:**
- Gortin Activity Suite Tel: 028 8164 8346

- Ulsterbus Public Transport:**
- Omagh Tel: 028 8224 2711
  - Strabane Tel: 028 7138 2393

For information on cycle routes, maps and guides visit:  
[www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)

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