

explore, discover and enjoy...



A delightful route taking in the archaeology of Beaghmore Stone Circles, the remote Glenelly Valley, charm of Lough Fea and the hustle and bustle of Cookstown.

## Points of Interest



### Cookstown

Cookstown has the widest (130ft) and the longest (1½ miles) main street in Ireland. Cookstown was built about 1609 as a market and post town and obtains the name from its founder Allen Cook. The present town was built by William Stewart of Killymoon in 1750.

### Wellbrook Beetling Mill – A National Trust property.

Beetling was the final stage in the production of linen, an industry of major importance in 18th-century Ireland. The mill has its original hammer machinery, used to beat a sheen into the cloth, and has 'hands-on' demonstrations of the process.

### Beaghmore Stone Circles

This superb site is the only maintained, excavated stone-circle site amongst nearly 150 in the Sperrin hills. Circles of small stones with tangential alignments of larger ones are common in the central Tyrone and Fermanagh area, and at Beaghmore a group of these, together with about a dozen small cairns were uncovered during peat-cutting.

### Lough Fea

An ideal picnic site it was officially opened as a source of water for mid-Ulster in 1965. It is a natural freshwater Lough, on which boating and canoeing take place. There is a pathway right around the Lough taking you through the coniferous forest, which surrounds this area of wild scenic beauty.

## The Lough Fea Cycle Route



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Loughs, Country Roads and Peat Bogs



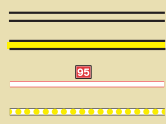
The wings of the beautiful marsh fritillary butterfly are more brightly patterned than those of other fritillaries and its main food plant is the devil's-bit scabious.

This route uses part of the National Cycle Network



Distance: 66 Km 41 Miles  
[www.sperrinstourism.com](http://www.sperrinstourism.com)

# MAP KEY



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

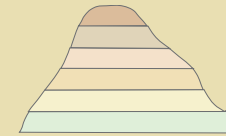


Church  
 Public House  
 Tourist Information Centre  
 Public Convenience



Cafe  
 Post Office  
 Shop  
 Public Telephone

## Height Information



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



### Route Signage:

The **5** signage will guide you along the Lough Fea Cycle Route.



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

### Advice & Recommendations:

- This route has some steep climbs.
- The route can be shortened by use of the road past Davagh forest.
- A short detour to the Sperrin Heritage Centre is highly recommended.

### Local Tourist Information Points:

- The Burnavon, Cookstown Tel: 028 8676 6727
- Sperrin Heritage Centre Tel: 028 8164 8142

### Cycle Shops:

- Cookstown Cycle Centre Tel: 028 8676 9667
- Lindsey & Son, Cookstown Tel: 028 8676 3070
- Outdoor World, Cookstown Tel: 028 8676 3682

### Ulsterbus Public Transport:

- Cookstown Tel: 028 8676 6440

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

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