Connecting your journey

Sustrans. Browse, download and create online maps of local walking and cycling routes. www.sustrans.org.uk
Tel: 0845 113 0065

1 Belfast Welcome Centre
T: (028) 9024 6609 E: welcomecentre@belfastvisitor.com
www.visitbelfast.com

1 Ards Tourist Information Centre
T: (028) 9182 6846 E: ardsvic@ardsandnorthdown.gov.uk
www.visitorsardsandnorthdown.com

Train and Bus
Translink: For details of local train and bus services including timetables. www.translink.co.uk
T: (028) 9066 6630

Good reasons to get around by foot, bike, bus or train

For health
Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. As well as getting you from A to B, regular walking and cycling is good for your health.

For the environment
We all know that our environment is under threat from the things we do. Cars currently make up 13% of the UK’s total carbon dioxide emissions but on average if you take a train or coach you’ll contribute six to eight times less than this and, if you walk or cycle... nothing at all! Fewer cars on the road also means a safer environment for children and a more pleasant place for everyone to enjoy.

For you
One of the best things about getting around under your own steam is that it’s really cheap. There’s no car tax to pay, no need for an MOT and you don’t have to worry about petrol prices. Regular physical activity also helps improve your mood, is good for your sense of well-being and can help to boost self-esteem.

The Comber Greenway

The Comber Greenway is part of the National Cycle Network on-road traffic-free. It is the journey of your lifetime.

Start your journey at the Big Fish Sculpture beside the Queen Elizabeth II Bridge follow the riverside path past the Odyssey Arena and through the Abercorn Basin area of Belfast city centre. At the Comber Road the route continues along a section of the National Cycle Network which mostly runs along the old railway line which closed in 1950. SS Nomadic – once the tender to Titanic itself. From here Titanic Quarter – enjoying views of Titanic Belfast and the iconic Titanic sculpture. curve up Twaddell Avenue to get a view of the world-famous tower or south east to Castle Espie, Whiterock and beyond. A touring map is available from Sustrans shop.

The Strangford Lough Cycle Trail is an 82 mile circular walking and cycling route connecting East Belfast, Dundonald and Comber.

This route provides a traffic-free environment for leisure cyclists to enjoy wildlife, nature conservation and urban biodiversity. The direct route from Comber through east Belfast to Belfast city centre.

In the Strangford Lough area. National Cycle Network traffic-free including timetables. www.translink.co.uk

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Additional cycling opportunities

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Sustrans is the charity that’s enabling people to travel by foot, bike and public transport for more of the journeys they make everyday.

It’s time we all began making smarter travel choices.

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