



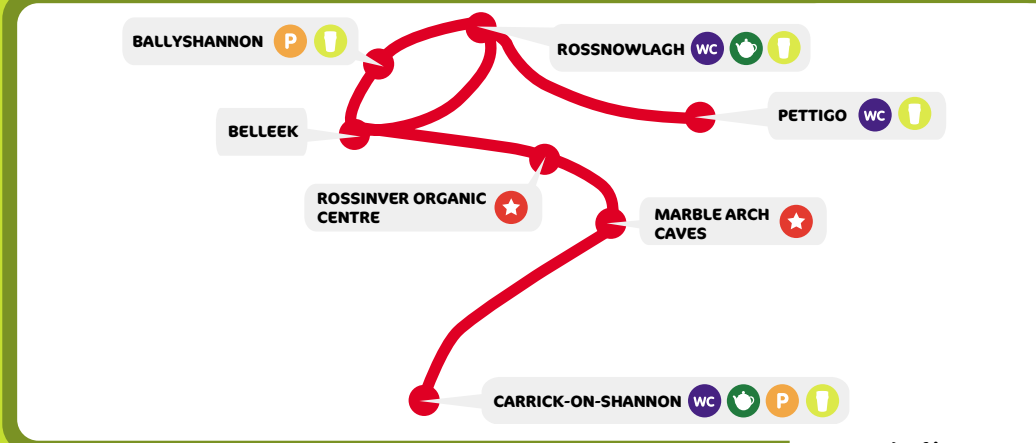
## The Kingfisher Trail

With a variety of attractions along the way why not take the first long-distance cycle route developed in Ireland.

[www.kelloggs.ie/cycling](http://www.kelloggs.ie/cycling)  
[www.kelloggs.co.uk/cycling](http://www.kelloggs.co.uk/cycling)



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This map is a representation of the route, use the road signage on route for more information if required.

**TIME TAKEN:** ..... **DISTANCE COVERED:** .....

**NOTES:** .....  
 .....  
 .....

**Length of journey:**  
 160 km / 100 miles

Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

- PARKING**
- PUBS**
- CAFÉS/TEA ROOMS**
- TOILETS**
- ATTRACTION**

## The Kingfisher Trail

### Who'd enjoy this ride?

The Kingfisher Trail was the first long-distance cycle trail to be developed in Ireland. Based in Fermanagh and Leitrim Lakeland, it meanders through varied countryside around the lakes in this watery part of Ireland. Attractions include the Marble Arch caves, the oldest town in Ireland, Ballyshannon and the tranquil lake waters of Lough Erne.

### Further information:

Fully signposted, this trail is perhaps most suited to experienced cyclists. The full Kingfisher Trail is 370 km (231 miles), but this shorter 160 km (100 miles) option can be covered in 4 days.

Details of many of these attractions can be found on the following websites: [www.irelandwide.com](http://www.irelandwide.com) or [www.discoverireland.com](http://www.discoverireland.com) or [www.ireland.ie](http://www.ireland.ie)

### Public toilets:

Conveniently located at numerous villages and towns along this journey.

### Start/finish points:

Carrick-on-Shannon to Belleek 57 km (36 miles)  
 Belleek to Belleek 36 km (23 miles)  
 Belleek to Rossnowlagh to Belleek 35 km (22 miles)  
 Belleek to Pettigo 32 km (20 miles)

### Nearest railway stations:

The train station at Carrick-on-Shannon runs three services a day to both Dublin and Sligo.

### Refreshments:

En route from Belleek to Belleek is the Rossinver Organic Centre which offers an excellent introduction to the practice of organic gardening. There's also a superb café where you can try out the produce and replenish energy levels.

Rossnowlagh is an ideal spot for lunch in the cliff top Smugglers Creek Restaurant before you coast down onto Ballann Strand, a long stretch of compact sand ideal for beach cycling.

The pubs in Ballyshannon are a great place to sample the 'craic' and there are plenty of options for dining out.

### Attractions:

The Marble Arch Cave tour near Belleek is an engrossing hour long tour, worth it alone for the amusing names used to identify various manganese stalagmites and crystal columns. En route to the caves, there are numerous attractions to consider visiting – Marbank Nature Reserve, Cullcagh Mountain Park and Florence Court Gardens.

Ballyshannon is the oldest town in Ireland and looks out over the Erne Estuary and has panoramic views of mountains, lakes and forests. The local streets are full of interesting shops selling local goods and crafts.

### Good to know:

Although one of the longer cycle routes featured, it is an ideal example of peaceful rural cycling at its best.

You can visit [www.kelloggs.ie/cycling](http://www.kelloggs.ie/cycling) or [www.kelloggs.co.uk/cycling](http://www.kelloggs.co.uk/cycling) where you can download more guides and share your experiences with others.