Welcome to Strangford Lough

Cycling

An enjoyable circular route taking you round Strangford Lough.

Distance: 37 miles
Route Type: Circular

Things to see:
- Exploris, Castle Espie
- Lewin's Bay, Inch
- Castle Ward Demesne
- Strangford Lough Wildlife and Wetlands Centre

Advice:
- Public transport can be included by tour operators.

Strangford Lough Circular Cycle Trail

Take an unforgettable coastal circular route along the stunning coastline of Strangford Lough and through cultural sites along the way. The circular route meanders through history and offers fascinating ruins and incredible views of the Lough for all ages.

From Comber, the route heads towards Scrabo Tower and Newtownards before following the rolling country roads towards Ballyhornan and its golden beach. Follow the shoreline north towards Kilclief Castle, a 15th Century structure which is open to the public and where you can visit St Patrick’s Grave in the grounds of Down Cathedral, Down County Museum or The Saint Patrick Centre.

Onwards through Strangford village, through Castle Ward Demesne and along the shore to Cloughey. From Cloughey you can see Silver Sands and Saul Church, a replica of St Patrick’s first Church in Ireland, onto Downpatrick where you can see Slieve Patrick and Saul Church, a replica of St Patrick’s first Church in Ireland.

Continue through Strangford village, then inland and then southwards through the tranquil causeways and a 15th Century castle all against a golden coastal backdrop.

Re-crossing the A25, you pass close to the mysterious Ballynoe Stone Churches, which can only be reached by a causeway. Pass through Saul, churches, which can only be reached by a causeway.

Circle, Kilclief Castle.

East of Strangford Lough, Cycle through Strangford village, through Castle Ward Demesne and along the shoreline track. Pass through Saul, where you can see Silver Sands and Saul Church, a replica of St Patrick’s first Church in Ireland, onto Downpatrick where you can visit St Patrick’s Grave in the grounds of Down Cathedral, Down County Museum and The Saint Patrick Centre.

On the bike again, leave Downpatrick and head towards Kilkeel, passing Delamont Country Park, where you can see Slieve Patrick and Saul Church, a replica of St Patrick’s first Church in Ireland.

Continue through Strangford village, through Castle Ward Demesne and along the shore to Cloughey. From Cloughey you can see Silver Sands and Saul Church, a replica of St Patrick’s first Church in Ireland.
**Whiterock & Mahee Island**

Distance: 20 or 27 Miles
Advice: This route is best suited to experienced cyclists, with pretty whitewashed cottages and houses. Ballyquintin Point, the most southermost point of the Peninsula, offers some stunning views. The route is a challenging ride due to its undulating nature and the rough, stone roads with some climbs. The terrain is rated as medium and may prove challenging in some sections with a few sections to climb. Cyclists can use the 2,000-year-old causeway towards Strangford Lough to reach Strangford Lough.

Things to see: Portaferry, Kinnagoe, Portaferry, Strangford Lough, village of Strangford on the other side of the Lough, pretty whitewashed cottages and houses. Ballyquintin Point, the most southermost point of the Peninsula. Ballyquintin Point, the most southermost point of the Peninsula.

**Comber Greenway**

The Comber Greenway is a 7 mile predominantly traffic free section of the National Cycle Network developed by Sustrans along the old Bellin to Comber railway line. The path was opened in November 2009 and provides a tranquil green corridor all the way from the heart of East Belfast to the small town of Comber. The route follows an old railway line and offers a variety of built and natural heritage sites to explore.

Distance: 7 miles
Advice: The route is an easy surface throughout. A mix of wide, flat paths and some narrow, twisting single track. Two road crossings and a short 100m walk across public road. The route has an even surface throughout. A mix of wide, flat paths and some narrow, twisting single track. There is a short section of walking with a range of other users.

Things to see: Historical built heritage including the Farm Yard, Audley’s Castle & Keyston House. Natural heritage including Strangford Lough, Strangford Lough and its wildlife.

**Castle Ward Trails**

**Portaferry**

Distance: 22 Miles
Advice: This route is best suited to experienced cyclists, with pretty whitewashed cottages and houses. Ballyquintin Point, the most southermost point of the Peninsula, offers some stunning views. The route is a challenging ride due to its undulating nature and the rough, stone roads with some climbs. The terrain is rated as medium and may prove challenging in some sections with a few sections to climb. Cyclists can use the 2,000-year-old causeway towards Strangford Lough to reach Strangford Lough.

Things to see: Portaferry, Kinnagoe, Portaferry, Strangford Lough, village of Strangford on the other side of the Lough, pretty whitewashed cottages and houses. Ballyquintin Point, the most southermost point of the Peninsula.

**Castle Ward – Boundary Trail**

Distance: 2.5 Miles
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Things to see: Historical built heritage including the Farm Yard, Audley’s Castle & Keyston House. Natural heritage including Strangford Lough, Strangford Lough and its wildlife.

**Castle Ward – Shore Trail**

Distance: 20 or 27 Miles
Advice: This route is best suited to experienced cyclists, with pretty whitewashed cottages and houses. Ballyquintin Point, the most southermost point of the Peninsula, offers some stunning views. The route is a challenging ride due to its undulating nature and the rough, stone roads with some climbs. The terrain is rated as medium and may prove challenging in some sections with a few sections to climb. Cyclists can use the 2,000-year-old causeway towards Strangford Lough to reach Strangford Lough.

Things to see: Portaferry, Kinnagoe, Portaferry, Strangford Lough, village of Strangford on the other side of the Lough, pretty whitewashed cottages and houses. Ballyquintin Point, the most southermost point of the Peninsula.

**Castle Ward – Woodland Trail**

Distance: 22 Miles
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