

Ride for Research



Northern Ireland

Newry Canal Tow Path

20 miles of flat, traffic-free former canal that has been turned into a popular cycle route. Travel from Newry to Portadown, both of which have a train stop if you only wanted to travel one-way or to continue to Belfast.

Built to transport coal from Coalisland in County Tyrone to Dublin via Lough Neagh, Portadown, Newry and the Irish Sea, the Newry Canal was opened in 1742.

It operated for almost 200 years until it fell into disuse following the growth of the railway network. Frequent interpretation boards along the way give information about the history of the canal.

You will also find lots of art pieces along the route including Sustrans commissioned Millennium Mileposts and a series of pieces which reflect the former work and nature of the Newry Canal.

Just to the north of Scarva, at a point known as Washbridge, the towpath narrows to pass around the abutment of the former railway bridge which carried the now dismantled railway from Banbridge to Scarva.

The nearby Scarva Visitor Centre makes a very good stopping or turnaround point for a shorter journey, and close to here is the Terryhoogan aqueduct which carried water from the Cushier River to the canal.

After Scarva you pass Lough Shark which is home to a great array of wildlife and is a popular fishing spot.

From here it is easy cycling all the way to Newry. On arrival in Newry, a visit to the Town Hall is a must - designed by William Batt and constructed in 1893 it is a truly stunning building.



**Fighting for a
Life Unlimited**

