



Northern Ireland  
**CHEST HEART & STROKE**



# Highway To Health

**Walking Routes Across  
Northern Ireland**

## Highway to Health



**Highway to Health is a simple and innovative scheme which aims to encourage people of all ages to walk for leisure and good health. It uses attractive pole signs at one kilometre intervals on an established route.**

Walking is one of the simplest, safest and most effective forms of physical activity. Every adult in Northern Ireland should achieve 30 minutes of physical activity on most days of the week. Northern Ireland has one of the highest rates of heart disease and stroke in the western world. Taking regular exercise is one effective method of reducing the risk of cardiovascular disease.

People who have not been taking regular exercise should start slowly and gradually build up to 30 minutes per day.

It may be advisable to consult your doctor if you have any history of cardiovascular disease in the family or if you are overweight. It is important in these instances that you begin with gentle exercise, moving to a brisker pace in time.

**Andrew P Dougal**  
Chief Executive  
NICHS

## Highway to Health

There are 70 main Highway to Health walks located across Northern Ireland, for you to choose from. Each of the routes is measured and further information on the individual route can be found on our website at: [www.nichs.org.uk](http://www.nichs.org.uk). The Highway to Health routes are supported by NICHS and the local councils.

1. **County Antrim – 20 routes**
2. **County Armagh – 9 routes**
3. **Belfast City – 16 routes**
4. **County Down – 8 routes**
5. **County Londonderry – 6 routes**
6. **County Tyrone – 9 routes**
7. **County Fermanagh – 2 routes**



### Here are a few useful tips:

- People who currently take no exercise will gain most from any increase in physical activity.
- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about, and gradually build up to the recommended 30 minutes walking a day.
- Drink a glass of water before and after you walk, and, don't forget to wear good, comfortable shoes.
- Walk Safely – observe the Highway Code and wear bright, reflective clothing.
- Remember, loose clothing is more comfortable and, in winter, add light layers rather than thick, chunky clothes.
- If you have a history of heart trouble or any other significant medical illnesses, talk to your doctor before you start.
- Stop, if you have unusual symptoms, such as chest pain, breathlessness or dizziness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...

### A regular programme of walking helps to...

- Keep your heart strong
- Improve muscle strength
- Maintain your weight
- Makes you feel good
- **But above all – walking is fun**



### Physical Activity

*'...reduces risk for several chronic diseases including heart disease, stroke, high blood pressure, osteoporosis, anxiety and depression.'*

## 1. County Antrim – 20 routes

For detailed info on all the routes just log onto [www.nichs.org.uk](http://www.nichs.org.uk) and go to What We Do, then click Health Promotion and Highway to Health.

### Antrim Borough Council

- ① The Forum, Antrim
- ② Six Mile Water, Antrim
- ③ Randelstown
- ④ Toombridge

### Ballymena Borough Council

- ⑤ Ballymena Town route A
- ⑥ Ballymena Town route B
- ⑦ Ballymena North
- ⑧ Ballee, Ballymena
- ⑨ Ecos Centre, Ballymena

### Ballymoney Borough Council

- ⑩ Ballymoney Town/Riverside Park

### Carrickfergus Borough Council

- ⑪ Carrickfergus
- ⑫ Whitehead

### Larne Borough Council

- ⑬ Larne Town
- ⑭ Carnfunnock, Larne

### Lisburn City Council

- ⑮ Lisburn Town
- ⑯ Lagan Valley Hospital, Lisburn

### Newtownabbey Borough Council

- ⑰ Rathcoole, Newtownabbey
- ⑱ Threemilewater, Newtownabbey
- ⑲ Valley Park, Newtownabbey
- ⑳ Sixmilewater, Ballyclare



## 2. County Armagh – 9 routes

For detailed info on all the routes just log onto [www.nichs.org.uk](http://www.nichs.org.uk) and go to What We Do, then click Health Promotion and Highway to Health.

### Armagh City and District Council

- 1 Armagh Town route A
- 2 Armagh Town route B
- 3 Loughgall Country Park
- 4 Richhill
- 5 Milford

### Banbridge District Council

- 6 Banbridge
- 7 Guilford

### Craigavon Borough Council

- 8 Lurgan Park / Town Centre
- 9 Craigavon Lake



## 3. Belfast City – 16 routes

For detailed info on all the routes just log onto [www.nichs.org.uk](http://www.nichs.org.uk) and go to What We Do, then click Health Promotion and Highway to Health.

### Belfast City Council

- 1 Belfast City Centre
- 2 Mater Hospital
- 3 Belfast City Hospital
- 4 Musgrave Hospital
- 5 Royal Hospital

### Belfast Leisure Centres

- 6 Andersonstown Leisure Centre
- 7 Avoneil Leisure Centre
- 8 Ballysillan Leisure Centre
- 9 The Grove Leisure Centre
- 10 Maysfield Leisure Centre
- 11 Ozone Leisure Centre
- 12 Shankill Leisure Centre
- 13 Whiterock Leisure Centre

### Castlereagh Borough Council

- 14 Belvoir Forest Park
- 15 Ulster Hospital, Dundonald
- 16 Knockbracken Health Care Park



## 4. County Down – 8 routes

For detailed info on all the routes just log onto [www.nichs.org.uk](http://www.nichs.org.uk) and go to What We Do, then click Health Promotion and Highway to Health.

### North Down Borough Council

- 1 Bangor
- 2 Groomsport

### Down District Council

- 3 Ballynahinch
- 4 Downshire Hospital, Downpatrick

### Newry and Mourne District Council

- 5 Newry

### Ards Borough Council

- 6 Donaghadee
- 7 Newtownards
- 8 Comber



## 5. County Londonderry – 6 routes

For detailed info on all the routes just log onto [www.nichs.org.uk](http://www.nichs.org.uk) and go to What We Do, then click Health Promotion and Highway to Health.

### Coleraine Borough Council

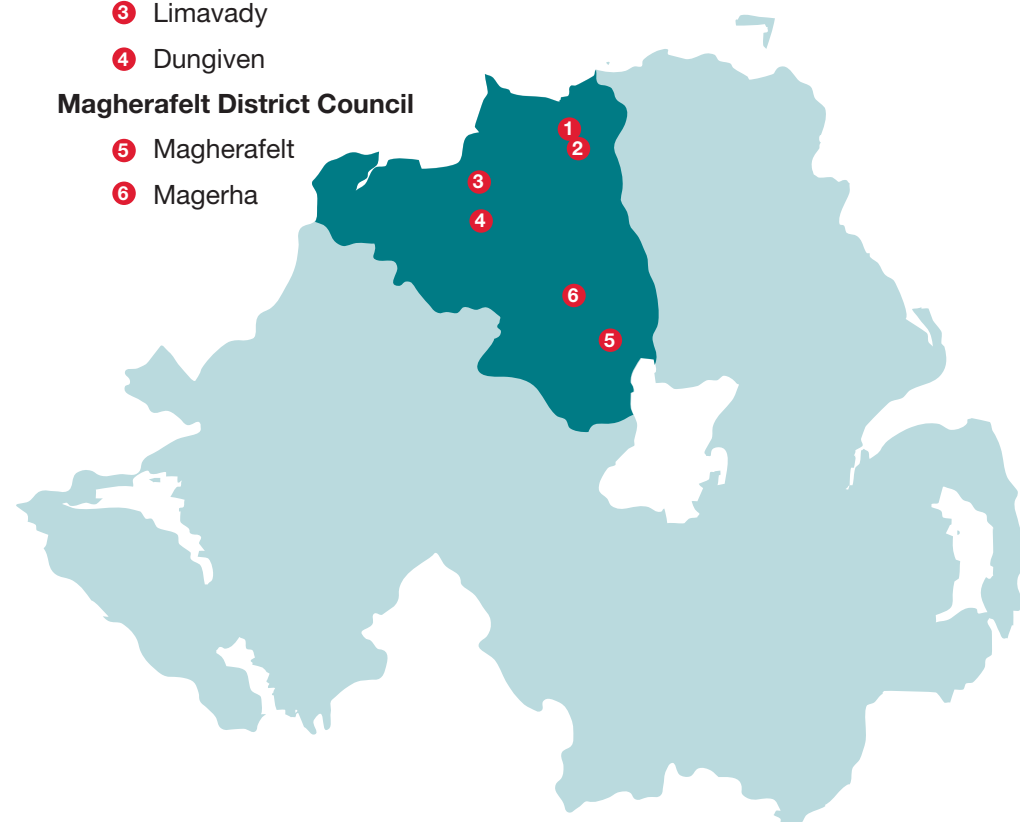
- 1 Coleraine Town
- 2 Ballysally, Coleraine

### Limavady Borough Council

- 3 Limavady
- 4 Dungiven

### Magherafelt District Council

- 5 Magherafelt
- 6 Magerha



## 6. County Tyrone – 9 routes

For detailed info on all the routes just log onto [www.nichs.org.uk](http://www.nichs.org.uk) and go to What We Do, then click Health Promotion and Highway to Health.

### Cookstown District Council

- 1 Cookstown Town
- 2 Mid Ulster Sports Arena, Cookstown

### Dungannon and South Tyrone Borough Council

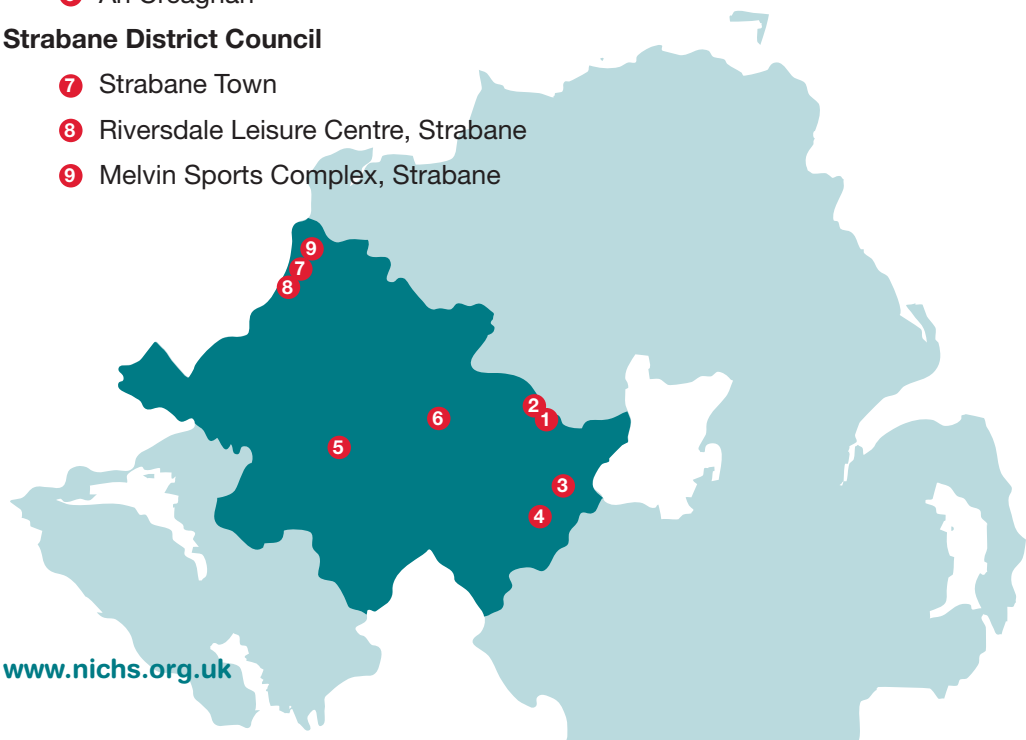
- 3 Coalisland
- 4 Dungannon

### Omagh District Council

- 5 Omagh
- 6 An Creaghan

### Strabane District Council

- 7 Strabane Town
- 8 Riversdale Leisure Centre, Strabane
- 9 Melvin Sports Complex, Strabane

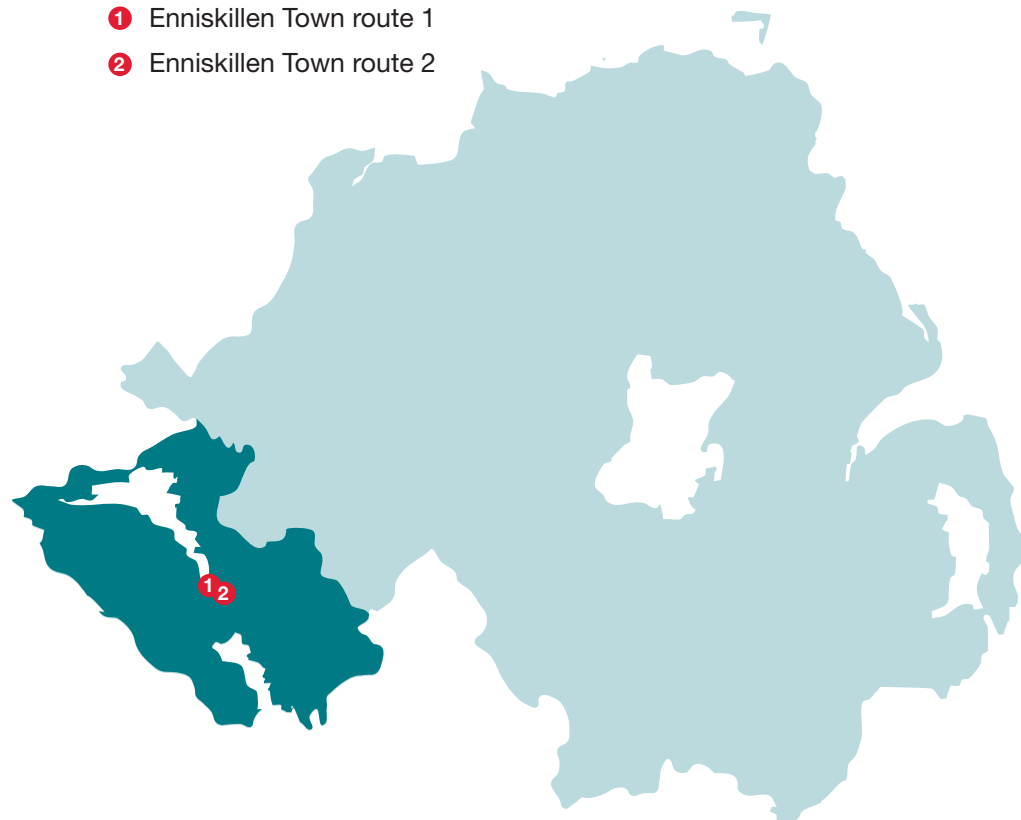


## 7. County Fermanagh – 2 routes

For detailed info on all the routes just log onto [www.nichs.org.uk](http://www.nichs.org.uk) and go to What We Do, then click Health Promotion and Highway to Health.

### Fermanagh District Council

- 1 Enniskillen Town route 1
- 2 Enniskillen Town route 2



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**[www.nichs.org.uk](http://www.nichs.org.uk)**



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