

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 accumulate 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,
Northern Ireland Chest,
Heart, Stroke Association



The walk measures 2.06 km (1.28 miles) It is measured and signed in an anti-clockwise direction from the playing fields located behind the petrol station on the Antrim Road that leads to Ballymena town centre. The route follows paths through the housing of Ballee passing Ballee Primary School and Community Centre to link into the path network adjacent to the Deerfin Burn.

The path along the Deerfin Burn follows the line of the former narrow gauge railway that ran from Kells to Harryville in Ballymena. In times gone by a toll of a penny was charged to go across a bridge that once straddled the Burn. Also along this section of the route Grey Wagtails, Meadow Pipits and Lapwings can be seen, while grey squirrels are often spotted among the row of Scots Pines bordering the playing fields near the Antrim Road.

The walk can be started at any point along the way.

Let's Go Walking...

