

# 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.

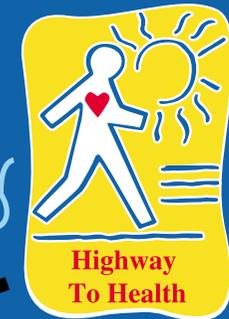
Walking is one of the simplest, safest and most effective forms of physical activity. Every adult in Northern Ireland should accumulate 30 minutes of physical activity on most days of the week. Northern Ireland has one of the highest rates of heart disease and stroke in the western world. Taking regular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

If you would like further advice please contact our Advice Line 0845 769 7299 (Mon. to Fri. 9 am to 1 pm). Calls are charged at local rates.

Andrew P Dougal  
Chief Executive,  
Northern Ireland Chest,  
Heart, Stroke Association



Ballymena

Length of WALK A  
is 3.36 KM  
(32-33 Mins)

Length of WALK B  
is 3.06 KM  
(29 - 30 Mins)

ROADS Service

- : Km Marker
- : Walk
- - - : Other Roads
- · · · : Railway

Both walks are measured in an anti-clockwise direction. **Walk A** commences outside the main gate of the Hospital/Health Centre. It proceeds towards the town centre and turns left at the chapel into Broughshane Road. At the ECOS roundabout it veers left into Fry's Road, follows round to the Cushendall Road roundabout and turns left again back towards the Hospital.

**Walk B** commences on the town side of the Leisure Centre. It goes via Trostan Avenue and Meetinghouse Lane, emerging on to Church Street opposite the Tourist Information Centre. It goes out Broughshane Street turning left into Parkway at the roundabout. It leaves Parkway via a pedestrian access into Ballymoney Road, goes along Mill Street before turning right into Bridge Street. The Town Hall, which is located at this junction, will contain a Museum and Arts Centre. The route returns to the Leisure Centre via the Larne Road dual carriageway and Demesne Avenue.

Both walks can be commenced at any point and walked in either direction.

NOTE: Ballymena town centre is well serviced with a number of car parks.

