

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.

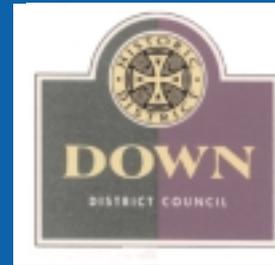
Walking is one of the simplest, safest and most effective forms of physical activity. Every adult in Northern Ireland should accumulate 30 minutes of physical activity on most days of the week. Northern Ireland has one of the highest rates of heart disease and stroke in the western world. Taking regular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



BALLYNAHINCH



The walk is 3.01 Km in length and is measured in an anticlockwise direction from outside the Library at the top of the Main Street.

It goes through the centre of the town using Main Street and High Street before proceeding out the Newcastle Road via Church Street. After passing the Bowling Green it turns left into Carlisle Park. At the end of Carlisle Park it goes along Hillfoot Crescent and Windmill Gardens before coming out on to the Crossgar Road where it turns left again back to the top of Main Street.

The walk can be accessed at any point and walked in either direction.

Along the route look out for places of interest:

1. Windmill Hill: A windmill was built here in 1773 by Lord Moira and was the site of the first phase of the Battle of Ballynahinch on the evening of 12 June 1789.

2. Magheradroll Church of Ireland: The parish church was built by Lord Moira in 1772. The tower is the only remaining part of the original building.

3. St. Patrick's Roman Catholic Church: The first building was completed in 1812 with financial assistance from the other denominations in the town. It was rebuilt after being wrecked on the "Night of the Big Wind" in 1839.

4. The Market Square: A market has been held in the square since at least 1683.

Let's Go Walking...