

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



Ballysally is a thriving housing estate in Coleraine. The 'Highway to Health' walk will provide the opportunity for everyone in the community to take part in regular physical activity.

Everyone can benefit from regular exercise. If YOU are active YOU will:

- feel good about yourself
- have more energy
- improve your fitness
- help control your weight
- reduce stress and tension
- help sleep patterns
- reduce the risk of early death
- meet people as part of a walking group

The walk is easily accessible all year round. The distance markers and map boards enable you to plan and maintain a regular activity regime or simply to enjoy a breath of fresh air on your own or with family or friends.

So now is the ideal time to start walking!

The main route measures 1.99 kms (1.24 miles).
The short cut measures 1.21 kms (0.75 miles).

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

Let's Go Walking...

B A L L Y S A L L Y C O L E R A I N E