

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



Downshire
Hospital

New
Hospital

- : Walk
- - - : Other Roads/Paths
- : Start
- ↑ : Main Hospital Entrance

Length of Walk:
 1.06 km (0.66 miles)

This walk measures 1.06 km (0.66 miles) and is entirely based within the grounds of the Downshire, forming a circular route.

Starting at Bernagh House which is situated on the left-hand side, close to the main entrance of the site, continue along the road up towards the back of the Downshire turning right along the road to the end where the road continues down to the right passing the New Downe Hospital on the left, continue to follow the road passing the Victorian Garden on the left and leading back to the starting point.

The funding for this project was channelled through the Eastern Physical Activity Co-Ordination Group.

This walk is only one of many lovely walks available on this site and the walk can be started at any point along the way.

Let's Go Walking...

D O W N S H I R E H O S P I T A L

