

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



LIMAVADY DUNGIVEN

Limavady Borough Council is pleased to support "Highway to Health" and hopes that it will benefit local people by encouraging them to take steps along the road to improved health and fitness.

The Limavady Walk is measured from a point on Greystone Road outside the Leisure Centre. It proceeds in an anticlockwise direction to Broad Road, turns past the Showgrounds and through the town centre via Church Street, Main Street and Market Street, returning to Greystone Road by Irish Green Street. The Limavady Walk is 4.47 Kms long. (42 - 43 minutes) Using Scroggy Road creates two shorter routes, Route A - 3.30 Kms (31 - 32 minutes) and Route B - 2.82 Kms (26 - 27 minutes)

The Dungiven route is 2.44 Kms long (23 - 24 minutes) and is measured from outside the factory on the Ballyquin Road. It goes via Main Street and Garvagh Road, turning left just before Derryware Bridge and back on to Ballyquin Road.

All the walks can be started at any point and walked in either direction.

Let's Go Walking...

