

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

The Park Lake

Lurgan

Highway To Health

Length of WALK is 3.27 KM (31 - 32 Mins)

CHS Northern Ireland CHEST HEART & STROKE

ROADS Service

CRAIGAVON Borough Council

Get REAL! with Regular Exercise And Leisure
www.getrealcraigavon.com

- : Km Marker
- : Walk
- - - : Other Roads
- . - . : Other Paths

The walk is measured from the Waves Leisure Centre where the path enters Lurgan Park. The Leisure Centre offers complementary indoor facilities where users can benefit from fitness advice and a café.

The route meanders through one of Ireland's most beautiful town parks, once the demesne of Brownlow House. The expansion of Lurgan in the 18th and 19th Century was financed by the linen trade. Many of the buildings are a fine testament to local builders and craftsmen and can be seen on the walk as it passes through the town centre before returning to Waves via Robert Street.

The route can be walked in either direction and started at any point. It is 3.27 km in length and takes about 30 minutes to complete.

Please note that the park closes at dusk.

Let's Go Walking...

