



A R D S B O R O U G H C O U N C I L

HIGHWAY TO HEALTH

Highway to Health is a simple and innovative scheme that aims to encourage people of all ages to walk for leisure and good health. It uses pole signs at one kilometre intervals and other directional signs on an established route.

ABOUT THE NEWTOWNARDS WALK ROUTES

These two routes are measured from Ards Leisure Centre in an anti-clockwise direction. Walk 1 goes around the town of Newtownards and is 3.31km. Walk 2 includes a walk around Kiltonga Nature Reserve/Dam Bottoms and is 2.87km long. Both can be accessed at any point along the walk and can be done in either direction.

PLACES OF INTEREST ALONG THE HIGHWAY TO HEALTH

1. Ards Leisure Centre

Ards Leisure Centre provides a wide range of leisure opportunities for all age ranges. Facilities include three swimming pools and the Waves Swim Programme, sports hall, floodlit astro turf pitch and a programme of fitness and aerobic classes. The centre is also home to Harpers Fitness Suite with state of the art fitness equipment. The children's play area - Whacky Whizzards - has loads of fun adventure for younger age groups. Champion Sports Café is open throughout centre opening hours, serving hot and cold food and drinks. The centre is available for bookings including children's parties. **For more information contact the centre on 028 9181 2837.**

2. The Priory

Originally an important Dominican priory, the building founded in 1244 was burned by the forces of Sir Brian McPhelim O'Neill in the 16th Century. The building was restored by Sir Hugh Montgomery as a church, with his home Newtown House protected within the grounds by bawn walls and flanker towers in the 17th Century.

3. The Market Cross

The Old Market Cross built in 1636 was reshaped in 1666 after Cromwellian troops had destroyed the original cross in 1653. This old stone cross was the focal point for the Newtown and the stalls that gathered about it for market days.

4. Townhall/Arts Centre

Originally the market house with the road travelling through it, this building was constructed in 1771. Since being a market house the building has been used as the Courthouse, gaol and Council Offices. Now the Council Arts Centre, the building houses concerts, art classes and contemporary exhibitions and is open to the public 6 days a week.

For more information contact the Arts Centre on 028 9181 0803.

5. Ards Tourist Information Centre and Ards Crafts

Ards Tourist Information Centre offers local and national tourist information. Advice is available about places to visit, planning day trips and interesting things to see and do. The TIC also offers a booking service for a range of accommodation around the Ards area. Bureau de change, fax and photocopying services are also available. Ards Crafts is also located in the TIC building and sells a wide range of high quality, locally produced crafts. This includes pottery, jewellery, turned wood, ceramics, cards and other gifts.

For more information contact Ards TIC and Ards Crafts on 028 9182 6846.

6. Kiltonga Nature Reserve/Dam Bottoms

This Nature Reserve is home to a variety of wildfowl including ducks, geese and swans. There is a circular walk around the pond with views over the water and seats to stop and rest. The site also caters for disabled access.

7. Kiltonga Leisure Centre

Kiltonga Leisure Centre is the Northern Ireland Centre of Excellence for Squash, with 6 courts available including a viewing gallery and a glass backed court. The state of the art fitness facility - Harpers Fitness - can be found at Kiltonga together with a wide range of fitness and aerobics classes. Other activities available include martial arts, ballet and a Steam Room. The refurbished cafe facilities offer a variety of food and refreshments. The centre has facilities for hire suitable for parties, business meetings, seminars and exhibitions.

For more information contact the Centre on 028 9181 8511.



ARDS BOROUGH COUNCIL

