

# 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

Length of WALK 1 (Yellow) is 2.12 KM (1.3 Miles)  
(20-21 Minutes)  
Length of WALK 2 (Green) is 2.65 KM (1.7 Miles)  
(25-26 Minutes)



Gilford



Both walks start and finish in the car park at Gilford Bridge.

Route 1 (yellow) goes along Mill Street, up Castle Hill and turns left into Keady Row Loanin'. It emerges on to Hill Street and returns to the car park via High Street and Dunbarton Street. The total distance is 2.1 Km. with a target time of 20 - 21 minutes.

Route 2 (green) crosses the river on leaving the car park. It turns left into Wall Road, continues along Tandragee Road and turns right on to Whinny Hill. (There is a stretch of about 300 metres with no footpath and walkers are advised to walk single file on the right hand side of the road). Continue along the Whinny Hill and return to the car park by Gilford Bridge. The total distance is 2.6 Km. with a target time of 25 - 26 minutes. A shorter walk (2.1 Km) giving a break from traffic is available by cutting across Shannon's Loanin'.

Those people feeling energetic can do both walks together by simply continuing through the car park on completion of the first route. This gives a total distance of 4.7 Km. with a target time of about 46 minutes.