

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:
1.1 kms (0.68 miles)

Length of Walk 2:
1.9 kms (1.18 miles)

Length of Walk 3:
3.2 kms (1.99 miles)

Length of Walk 4:
4.0 kms (2.49 miles)

- : Walk 1
- : Walk 2
- : Walk 3
- : Walk 4
- : Overlapping routes
- : Other Roads/Paths
- : Km Marker
- ▲ : Main Hospital Entrance



The Ulster Community and Hospitals Trust is delighted to now have marked walking routes for the Ulster Hospital site. It is anticipated that these routes will be used by patients, staff and visitors alike to increase physical activity levels.

The routes range from 1.1kms - 4.0kms which should cater for most people. Whether it is starting a walking programme, developing stamina by going for a long walk in the grounds of Stormont or taking a quick stroll on a lunchbreak there is much to be gained.

The on site route commences at the main entrance to the building, goes along the front of the hospital and turns left past A & E. It then goes up the side of the new car park, turns left along the top of the site, comes down past the Mortuary, passes the front of Human Resources and Maternity before returning to the main entrance.

Let's Go Walking...



T H E U L S T E R H O S P I T A L

