

# 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  
 is 3.50 KM

- : Km Marker
- : Walk
- : Other Routes
- : Belfast Lough
- : Railway



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AES Kilroot Power Limited, is pleased to support the "Highway to Health" scheme. The scheme encourages people of all ages to take steps to improve their health and fitness by taking regular exercise.

The route is measured from Prince William Way outside the Leisure Centre. It goes anticlockwise down North Road, along Albert Road and into Govenors Place. From there it passes the Castle and goes along the Marine Highway past the Marine Gardens to Downshire Halt where it turns into Victoria Road. It returns to the Leisure Centre via Elizabeth Avenue, Barn Road and Prince William Way. The route can be accessed at any point and walked in either direction.

For other walking opportunities in the Borough contact:  
 Carrickfergus Borough Council,  
 Parks & Countryside Section,  
 Museum & Civic Centre,  
 Antrim Street, Carrickfergus,  
 BT38 7DG  
 Tel: (028) 9335 8000  
 Email: [play@carrickfergus.org](mailto:play@carrickfergus.org)  
 Web: [www.carrickfergus.org](http://www.carrickfergus.org)

*Let's Go  
 Walking...*

**CARRICKFERGUS BOROUGH COUNCIL**