

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



The SHORTER walk of 1.81 km (1.12 miles) is based entirely in Knockbracken Healthcare Park, a site that is home to SEBT headquarters and a range of other facilities. It is measured from the Singing Kettle Café, where a right is taken towards the mini roundabout. At roundabout, go straight ahead past estate services and down the hill. At bottom of the hill take a left towards the horse paddock.

At end of paddock take a left, and go straight ahead at the junction. Follow the road around the site and up the hill. At top of hill, take a left around the back of Trust headquarters, cross the road and finish at the café.

The LONGER walk of 3.03 km (1.88 miles) will involve the walk departing from the Singing Kettle Café, exiting Knockbracken and taking a left on to the Sainfield Road. Turn left at traffic lights and continue on to Purdysburn Road. Turn left into Alderwood Hill. Re-enter the Knockbracken site just before the double gates on the left. Walk past the barrier and take the first right towards the road, turn left and return to the Singing Kettle where a cup of tea can be enjoyed.

Both walks can be commenced at any point and walked in either direction.

*Let's Go
Walking...*



KNOCKBRACKEN HEALTHCARE PARK