

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



- : Km Marker
- : Walk
- : Other Routes
- : Golf Course



The walk is situated adjacent to Antrim, a town steeped in history and with many places of interest. It is measured walking anticlockwise, starting at a kilometre marker leading from Antrim Forum car park to the Sixmilewater river. Turn right onto the river path and follow the signs up to a footbridge. Cross the river and proceed towards the town, turning left onto Market Square. Near the bottom of the Square, turn left onto a walkway leading back to the river. Turn right and follow the signs into Antrim Castle Gardens, passing an ancient motte. Recross the river and turn right onto the riverside path leading to Antrim Lough Shore Park. As the path enters the car park, turn left towards Lough Road. Turn left again onto Lough Road and continue until a further left turn completes the route at Antrim Forum.

The walk can be accessed at any point and walked in either direction.

For further information about the borough of Antrim, contact Antrim Tourist Information Centre, Tel: 028 9442 8331.

Let's Go Walking...

