

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



Housing Executive



Rathcoole takes its name from Coole which was the ancient name of the parish of Carnmoney, and the many Rath's 'forts' found in the area.

In 1948 the Northern Ireland Housing Trust began looking for sites to solve Belfast's growing housing problem. The 366 acre site was acquired to accommodate the post war overspill from Belfast. Work on Rathcoole estate began in 1953 and was completed nearly 22 years later to become one of the largest public housing estates in Western Europe. It incorporated some 3,800 dwellings ranging from tower blocks, maisonettes, and bungalows, to traditional housing.

Many well-known individuals have hailed from Rathcoole including Stephen Boyd renowned film actor; John Burns Sunday Times journalist and crime writer; John Anderson BBC composer and producer; Gary Mitchell playwright along with Northern Ireland football captains Jimmy Nicholl and Alan McDonald.

The walks can be started at any point and walked in either direction.

RATHCOOLE ESTATE

Let's Go Walking...

