



walk active limavady

Six walks in the
Borough of Limavady

Welcome to Walk Active Limavady

Derry Healthy Cities and Limavady Borough Council have commissioned Urbanwalks to produce this walking booklet as a simple resource to enable our community to get more physically active whilst enjoying local surroundings.

This booklet has been designed to support you develop a habit of regular physical activity whilst achieving the minimum levels of recommended daily exercise. We want to encourage you to get out there and walk, and to get others to join you. The unique format developed by Urbanwalks provides a variety of circular and linear routes of differing lengths to suit a range of abilities. Why not start off easy and build up to something longer when you're ready.

Similar walking booklets have also been produced for the Derry and Strabane Council areas.

The Urbanwalks concept is recognised by the Department of Transport as an example of good practice in walking promotion.

Health benefits of walking

Significant health benefits can be obtained by taking the right amount of physical activity.

The current adult recommendation is at least 30 minutes of moderate intensity activity on five or more days of the week. Alarmingly, only about 37% of men and 25% of women currently achieve the recommended levels. Brisk walking is the perfect activity to help you meet the current recommendations.

Benefits of regular physical activity

Reduce high blood pressure – Moderate intensity activity, such as brisk walking, appears to be at least as effective in reducing blood pressure as more vigorous activity.

Prevention of Diabetes – Exercise greatly reduces the risk of developing Type 2 Diabetes.

Helps reduce weight – Physical activity in combination with a healthy diet can help to reduce weight and maintain weight loss.

Mental health benefits – Activity can help to reduce anxiety and depression. It also helps to improve self confidence.

Reduces risk of falls – Especially in the elderly. Physical activity can improve balance, co-ordination and joint flexibility.

Prevents development of Osteoarthritis and Osteoporosis in certain groups.

Increases strength in your heart, lungs and bones.

Improves your mobility and general well-being.

Provides you with more energy and promotes a better night's sleep.

How much walking should I do?

Walking will only contribute to the maintenance and improvement of health if it is of sufficient intensity and regularity, and is performed for a sufficient length of time. However, any walking is better than none. People may need to build up their level of activity gradually and for most inactive people gentle strolling is a good start point.

Frequency – Most days of the week (at least 5).

Intensity – At a pace faster than a stroll (see How will I feel? section).

Time – Ideally this should be one continuous session of activity of 30 minutes, but 3 periods of 10 minutes or 2 periods of 15 minutes will work just as well.

How will I feel?

Whilst being physically active you may feel some changes happening to the body, these are normal for everyone, and here is a list to help you understand.

You may: Feel a little out of breath, this is fine as long as you are able to hold a conversation without gasping for air.

You may: Feel a little clammy and warm, which is due to increased blood flow around the body.

You may: Feel a little aching in your muscles (calf, thighs etc). This is due to the body undertaking increased activity. Ensure you work at a moderate level and **do not** over do it.

What will I need?

Good footwear with laces so that the foot has support. Your footwear does not have to be expensive just sensible.

Do not wear shoes of the slip-on variety or those with elevated heels.

Take some water with you. Make sure you don't allow yourself to become thirsty as this indicates that you are dehydrated. Drink little sips often, especially if you are sweating.

Walking technique

Poor posture can lead to injury. Many adults suffer from back or neck pain at some time in their life; these conditions are often associated with poor posture.

During your walk the focus should be on your posture firstly and secondly having a natural leg and arm action.

Head – The head should be centred, in line with the spine. The chin should be parallel with the floor. Eyes should be looking forward.

Shoulders – Relax your neck and shoulder muscles. The shoulders need to be down and back and not rounded.

Chest & Upper Spine – The chest should be lifted and spine upright not slumped forward.

Arms – The arm swing should be natural and comfortable, it is important that the arm swing should not cross the centre of the body.

Legs – The length of each stride should be comfortable. Stride length will vary amongst individuals and will depend on your leg length, hamstring tightness and hip rotation.

Foot Placement – The heel should touch the ground first with each stride then the ball of the foot, then your toes in that order. Always walk in a straight line.

Get Active!

Over 2000 people die in Northern Ireland each year due to an inactive lifestyle. Inactivity is now recognised as a major health and social burden.

The number of people dying from heart disease in Northern Ireland is amongst the highest in Europe and is significantly higher than England.

Use these routes to help you get your 5 x 30 minutes of activity every week. **Remember;** every step counts; making the **'active'** choice every time makes the difference!

Be healthy, stay safe and have fun!

HEALTH & WELL-BEING

@ ROE VALLEY LEISURE CENTRE
TEL. 028 7776 4009 www.rvlc.co.uk

FIT FOR LIFE

Fit For Life is an innovative programme run by Roe Valley Leisure Centre in association with local GP's and health professionals aimed at getting people involved in physical activity with a view to improving their overall health & well being.

The scheme is aimed at people who perhaps suffer from specific illnesses such as high blood pressure, anxiety, obesity, depression etc.

Concession rates are available to customers under this scheme but to avail of this program all participants must be referred by their GP or practice nurse.

Upon referral, participants will be offered a free induction in the fitness suite at RVLC and thereafter be able to use the facilities at a reduced rate for 15 weeks with the option of taking out a membership at a reduced rate for a further 8 months.



Go on... get active!
– contact your doctor if you think you might be eligible to join the scheme.

Fitness and Fun for Everyone



1

Limavady Limavady Town Centre

1. Starting at the car park at the junction of Rathmore Road and Scriggan Road turn left onto Rathmore Road and then left again onto Broad Road.
2. At roundabout turn left onto Ballykelly Road taking care crossing any side roads.
3. At the next roundabout turn left onto Lisnakilly Road then bear left with road to cross bridge over the River Roe.
4. At the next set of traffic lights turn left onto Linenhall Street and walk along to the other end bearing right onto Main Street.
5. Continue walking passing the bus station on your left, then after a residential care home carefully cross Killane Road to your right using sloped kerbs.
6. Now using pedestrian crossing, cross straight over onto left hand side of Church Street and continue walking passing over a mini roundabout until you arrive back where you started.

DID YOU KNOW?

- The stand of trees between Scriggan Road and the by pass is part of the Doctor's Belt which was formerly part of the Drenagh Estate.
- Roemill Road used to be called Isle of Man Street and Church Street was Distillery Road.
- At one time a tunnel ran along the length of Main Street on the northern side linking the cellars of various houses and businesses.

- **Distance = Three miles / 7200 steps**
- **This walk should take around 45-50 minutes**

2

Roe Valley Country Park Carrick Mills

DID YOU KNOW?

- In the late 1800's JE Ritter generated hydro-electric power from the River Roe to supply Limavady town.
- Limavady takes its name from the Dogleap which translates from the Irish léim-an-mhadaidh. Legend has it that during a siege a hound from the O'Cahan clan leapt across the river to deliver a message to help lift the siege.

1. Starting from the main car park follow the pathway to the right of the water until you arrive at a fork in the pathway.
2. Turn right along pathway keeping the River Roe on your left hand side and continue along until you arrive at Carrick Mills footbridge.
3. Cross over the bridge using the steps then turn left and follow pathway along, again keeping the River Roe on your left hand side.
4. At the end of the pathway bear left and take care walking on the road as there is no pathway.
5. After the small bridge bear left behind the Dogleap Centre onto pathway, which will bring you out in front of the Dogleap Centre and the public toilets.
6. Turn right along pathway and walk back to the car park where you started.

- Distance = Two and a half miles / 6000 steps
- This walk should take around 40 minutes





3

Dungiven Castle Park

DID YOU KNOW?

- There has been a castle in Dungiven since 1600s, the present building dates from the 1800s. In the past it has served as accommodation for American GIs and as a dance hall before becoming visitor accommodation.
- Bleach Green Lane has associations with the linen industry and leads to the former town parks of Dungiven.

1. Starting at the gates of the Sports Pavilion turn right onto Chapel Road then take your 1st right onto Bleach Green.
2. Carefully cross to the left hand side and follow pathway along onto track until you arrive at a sign saying Environmental Park.
3. Turn right into park and at the 1st fork in pathway turn left to follow winding path along until it starts to come back on its self.
4. Continue along ignoring pathway to your right and walk up a steep slope until you arrive at the Castle.
5. Walk in front of the castle taking the steps down through the garden then turn left onto pathway and bear right passing the wishing well on your right hand side.
6. At the T junction turn left and follow pathway along then take a left turn at sign post to exit the park and retrace your steps back to where you started.

➤ **Distance = Two and a half miles / 6000 steps**

➤ **This walk should take around 40 minutes**

4

Burnfoot Boyd's Riverside Walk

DID YOU KNOW?

- The walk is named in memory of Boyd Wilson a local landowner and farmer.
- The River Roe is designated as an Area of Special Scientific Interest because of its importance as a habitat for salmon, trout and otters.

1. Starting at the car park on Derryork Road follow pathway along keeping the river on your right hand side until you arrive at a bridge.
2. Cross over the bridge and walk along again with the river on your right hand side.
3. At the next bridge continue walking then take a sharp left along farm lane between two fields.
4. At the end of the farm lane turn left onto Straw Road, taking care when walking as there is no pathways.
5. After walking through Burnfoot village turn left and at the football pitches turn left along footpath with river on your left hand side.
6. Bear right after the bridge and retrace your steps back to where you started.

➤ **Distance = Two miles / 4800 steps**

➤ **This walk should take around 30-35 minutes**

Please Note: The pathway along the river and along the farm lane is made up of stones and mud, so please make sure supportive footwear is worn.





5

Banagher Banagher Glen & Dam

1. Starting from the main car park pass through the kissing gates and past the Old Filter House.
2. Walk up the pathway until you arrive at a fork then take the left pathway and continue walking passing the waterfall on your right.
3. Continue walking and walk until you arrive at the Dam, now retrace your steps back to where you started.

- **Distance = Four miles / 9600 steps**
- **This walk should take around 1 hour and 30 minutes due to the terrain**

The car park gates are only open at certain times of the year, pedestrian access is available throughout the year. When main gate is closed use the car park to the right of the gate and walk up to the Filter House, this will add an additional half a mile to your route in total, which will take you around 8 minutes.

Please Note: This is one of the hardest routes in the booklet and the whole walk to the Dam is uphill, so you must take this into consideration when doing the walk. Make sure you take some water out with you and that you are wearing suitable footwear.

DID YOU KNOW?

- Banagher Glen is one of the most ancient oak woodlands in Ireland and is designated as a site of European importance.
- Banagher Dam took 18 years to build and was opened in November 1935.
- A mythical serpent Lig-na-Paiste is believed to have lived under Waterfall Bridge before being driven out by St Muiredach O'Heney.

Urbanwalks™

Urbanwalks the company have mapped, designed and produced this Walk Active Booklet for Limavady Borough Council. For more information about our products, activity solutions and consultancy services, please visit us at: www.urbanwalks.co.uk or call us on 0870 242 7507

Useful information

Limavady Borough Council

For information about Limavady Borough Council's services: www.limavady.gov.uk or call 028 7772 2226

Translink

News and information on local & national travel by bus, coach or train: www.translink.co.uk or call 028 9066 6630

Health & Social Care in Northern Ireland

Gateway to health and social care services in Northern Ireland: www.healthandcareni.co.uk

NHS Direct Online

For general medical information please visit: www.nhsdirect.nhs.uk or call 0845 46 47

Limavady Police Station

For general advice on keeping you safe: www.psnipolice.uk or call 0845 600 8000

Limavady Tourist Information Centre

For local tourist information please visit: www.limavady.gov.uk or call 028 7776 0307

Roe Valley Leisure Centre

For information on leisure facilities in Limavady Borough: www.rvlc.co.uk or call 028 7776 4009

Derry Healthy Cities

For more information please visit: www.derryhc.com or call 028 7161 1384

For information about this leaflet please contact:

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