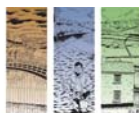


Urbanwalks™

Urbanwalks the company has mapped, designed and produced this Walk Active Booklet for Strabane District 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



'Working for a Healthier NW'

Strabane
District Council
Comhairle Ceantair
an tSrátha Báin
Strabane Destríck Council

Useful information

Strabane District Council

For information about Strabane District Council's services:
www.strabanedc.com or call 028 7138 2204

Community Sports Officer

For further information on Community Sport Programmes call:
028 7188 4340

Countryside Access Officer

For further information on open spaces and countryside walks and activities in the Strabane District Council area call:
028 7138 2204 ext 294

Highway to Health Co-ordinator

For further information on alternative routes call:
028 7138 2204 ext 240

Community Safety Officer

For general advice on keeping you safe call:
028 7138 2204 ext 350

Council Leisure Facilities

Riversdale Leisure Centre: 028 7138 2672
Melvin Park Sports Complex: 028 7138 2660
Derg Valley Leisure Centre: 028 8167 0727

All centres have an extensive range of facilities and activities on offer to cater for many different sporting and recreational requirements.

NHS Direct Online

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

Derry Healthy Cities

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

For information about this leaflet please contact:

Sports Development Officer

For further information on sporting opportunities and clubs in Strabane District Council area call:
028 7138 2204 ext 297



walk
active

strabane

Six walks in the
District of Strabane



urbanwalks®



LOTTERY FUNDED



Welcome to Walk Active Strabane

Derry Healthy Cities and Strabane District 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 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 Limavady 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. Alarming, 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.

Upcoming events in the Sports Development Calendar

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!

Strabane District Council Sports Forum Annual Awards Night

In the coming months Strabane District Council in conjunction with Strabane Sports Forum are hosting their



Sports Awards Night. Do you know of anyone who deserves recognition for his or her achievements or contribution to sport in the Strabane District

Council Area? Please keep in mind those who you think are suitable as nomination forms will be available in the near future.

Gold Card Scheme

Representing your sport at county level or higher? Applications are welcome from all individuals; senior and junior, male and female. Arrangement can also be made for any athletes with special training needs.

Strabane 10k Road Race & Leisure Walk

This annual summer event is open to everyone throughout the district, whether you

are a seasoned runner, a recreational jogger or a health conscious walker.

So why not get your family

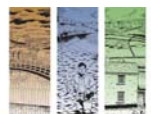
and friends motivated, into training and join in the annual Strabane 10k road race / leisure walk.



For further information on sporting opportunities and clubs in the Strabane District Council area call:

**Sports Development Officer on
028 7138 2204 ext 297**

www.strabanedc.com



Strabane
District Council
Comhairle Ceantair
an tSraitha B ain
Strabane District Council

2

Strabane Riversdale Leisure Centre

1. Starting outside Riversdale Leisure Centre turn right and walk to the end of Lisnafin Park.
2. At the end of Lisnafin Park turn left onto Urney Road and walk along to the traffic lights.
3. At the traffic lights carefully cross to your right and walk along Strabane By Pass until you arrive at the roundabout.
4. At the roundabout turn right onto Bradley Way and walk along until you arrive at a set of traffic lights.
5. At the traffic lights turn right onto Urney Road and continue walking back to the traffic lights at Strabane By Pass.
6. At the traffic lights cross over Urney Road turn left and walk along taking your 1st right back into Lisnafin Park to walk back to where you started.

- Distance = One & a quarter miles / 3000 steps
- This walk should take around 20 minutes



1

Strabane Strabane Town Centre

1. Starting at Abercorn Square turn left and walk along Derry Road towards the Council Offices.
2. After the Council Offices turn left onto Barnhill Road and using the traffic island carefully cross over onto the right hand side and continue walking to the roundabout.
3. At the roundabout take care crossing over Lifford Road then bear right and using the pedestrian crossing cross over onto the left hand side of Bradley Way and continue walking.
4. At the next roundabout bear left staying Bradley Way and walk along to the next set of traffic lights.
5. At the traffic lights turn left onto Bridge Street and cross over the Mourne River until you arrive at a mini roundabout.
6. At the mini roundabout turn left onto Market Street and walk back to Abercorn Square where you started.

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





3

Strabane Melvin Park Sports Complex

1. Starting outside Melvin Park Sports Complex turn right and walk along Melvin Park with the Mourne River on your left hand side and Football Pitches on your right.
2. After the football pitches bear right and walk along pathway turning left just before the play area onto Ballycolman.
3. Follow the pathway around to the left then turn right and continue walking to the end of Ballycolman.
4. Turn right onto Ballycolman Avenue and walk to the other end.
5. At the end of Ballycolman Avenue turn right onto Bridge Street and continue walking.
6. Just before the bridge turn right and walk back along to Melvin Park Sports Complex where you started.

- Distance = One & a quarter miles / 3000 steps
- This walk should take around 20 minutes

4

Castlederg Tourist Information Centre

1. Starting at the Tourist Information Centre turn left and walk along Lower Strabane Road, carefully crossing onto the right hand side when path is available.
2. At the end of Lower Strabane Road turn right onto Main Street and continue walking carefully crossing onto the left hand side.
3. Take care crossing the side roads and at the mini roundabout taking care again, cross straight over onto Castlefin Road.
4. Walk along Castlefin Road & carefully cross onto the right hand side, turn right onto Churchtown Park then right onto Lurganboy Road.
5. At the end of Lurganboy Road turn left onto William Street then carefully cross onto the right hand side and continue walking towards Derg Valley Leisure Centre.
6. At the roundabout turn right onto Lower Strabane Road, then carefully cross onto the left hand side and walk back to where you started.

Please Note: Please take care when crossing roads as there are no crossing points and at point 5 on Lurganboy Road you will need to cross the road more than once as the pathways run out.

- Distance = One & three quarters of a mile / 4200 steps
- This walk should take around 25-30 minutes



5

Sion Mills Sion Mills Town Centre

1. Starting outside Sion Mills Primary School, turn right and carefully cross over West View Terrace using the sloped kerbs.
2. Bear left with pathway and continue walking to the end of Seein Road then turn left onto Alexandra Place.
3. Continue walking along Melmount Road then take your 1st left after the Police Station onto Primrose Park.
4. Turn left onto Daisy Park, and carefully cross over Mars Halls Row onto Meadow Crescent.
5. Continue walking along into Sycamore Avenue then at the T junction turn left and carefully cross over onto the right hand side using the sloped kerbs.
6. Take your next right onto Grove Terrace and walk along bearing left with pathway passing the Health Centre until you are back where you started.

➤ Distance = One mile / 2400 steps

➤ This walk should take around 15-20 minutes



6

Newtownstewart Town Centre

1. Starting across the road from the castle ruins on the junction of Townhall Street and Main Street turn left and walk along Townhall Street.
2. Take your 2nd left turn into Millbrook Lane and walk along to the other end then turn left onto Old Castle Road.
3. Take your next left onto Dublin Street and continue along into Main Street until you arrive at the mini roundabout where you started.
4. Carefully cross over Townhall Street and walk along Castle Brae crossing Abercorn Bridge over the Strule River.
5. After the bridge carefully cross to your right into Douglas Road and follow it along passing Vaughan's Holm Sport Complex on your left.
6. Bear right over Newtownstewart Bridge taking care as there is no pathway, then carefully cross over Castle Brae and turn left to walk back to mini roundabout where you started.

➤ Distance = One & a quarter miles/3000 steps

➤ This walk should take around 20 minutes

Please Note: At point 2 the pathway runs out on the left hand side of Millbrook Lane, so you will have to cross to the right and then back over to the left but take care as there are no crossings.

