

Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for leisure and good health even more enjoyable.

Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun healthy way for the average adult to accumulate the recommended 30 minutes of physical activity, on most, preferably all days of the week.



Marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walk routes all over Ireland.

Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.



Clonmel is situated amid scenic surroundings along the banks of the River Suir. The principle economic and administrative center of South Tipperary, Clonmel is the largest inland town in Ireland.

Clonmel's 5 km Slí na Sláinte starts in Parnell Street at the Town Hall, home of Clonmel Borough Council. Begin to walk along Parnell Street, proceed across the junction at The Mall towards the Davis Road traffic lights.

At the traffic lights turn right onto the Old Waterford Road and proceed over the Gashouse Bridge. On arriving at the Loretto Roundabout turn right and proceed along Raheen Road. There are some picturesque views to the right of the Clonmel Quay Streetscape and the Town Public Park known as Denis Burke Park. On your left, admire the views of the Comeragh Mountains in the distance, as they overlook the town.

The River Suir and the Medieval Quays played an important role in the development of Clonmel, as use of the River Suir provided cheap transport and helped to make Clonmel one of the most important commercial and industrial inland towns in Ireland.

Continue along Raheen Road, turn right into the pleasant riverside town park known as Lady Blessington Baths. At the junction with Bridge Street, turn left and proceed through the area known locally as Old Bridge. After a short distance, you come to a cross-roads, turn right at this junction and continue along the Dungarvan Road. Admire the work carried out on new rubble stone masonry walls.

You continue on past Clonmel Corporation's Housing Development until you arrive at the Dungarvan Road Roundabout. Keeping right, proceed along the

Convent Road, over the Workhouse and Convent Road Bridge's, which span Moore's Island and the River Suir.

Go through the traffic lights at Irishtown and proceed through Connolly Park. At the Western Road Junction turn right, continue on straight with the Sportsgrounds on your right and the Hospital grounds on your left. Proceed through the Haywood Road, Cashel Road and Fethard Road junctions. At the Crescent Corner turn right and continue on straight until you meet The Mall Roundabout. At this location turn right into Parnell Street to bring you back again to the Town Hall.

Route can be walked in either direction.
Recommended as a daytime walk.



Sponsored by Clonmel Corporation and Guidant Ireland.

Let's Go Walking...

