

Slí na Sláinte



Slí na Sláinte stands for 'path to health'. It was introduced by the Irish Heart Foundation to make walking more fun.

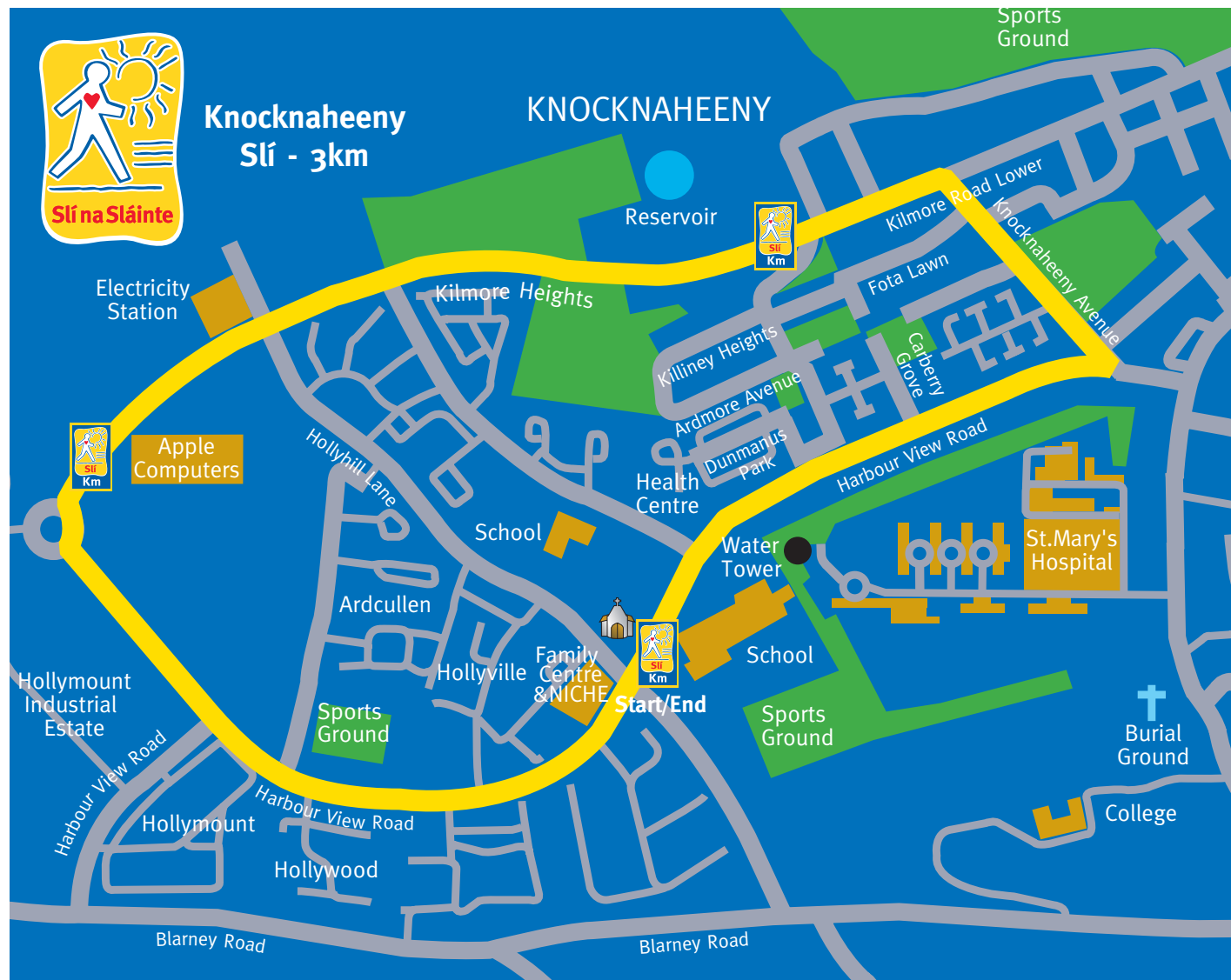
A lot of people have already taken it up as it is an easy way to get at least 30 minutes of physical activity per day. And the good news is 3 x 10 minute walks have the same health benefits as 1 x 30 minute walk.

The Slí na Sláinte walking routes are marked by bright, colourful signposts. The signposts are 1 kilometer apart, so you can work out how much you have walked. They are not numbered, so you can start and end wherever you like.

Simply follow the signs, walk at your own pace and you'll quickly start to feel better and fitter.



Regular walking... keeps your heart strong... improves your muscles... helps to keep your weight down... makes you feel good



The 3km route around Knocknaheeny begins just outside Supervalu on the Harbour view Road. Walking along Harbour View Road, for 1/2 a kilometre, turn left onto Knocknaheeny Avenue, and left again at the T-junction onto Kilmore Road Lower. Continue along Kilmore Heights for 1km, and left at the roundabout. Follow the road past Hollymount Industrial Estate and the Sports Ground back to your starting point on Harbour View Road.

Recommended as a daytime walk. Can be walked in either direction.

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Let's Go Walking...