

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.

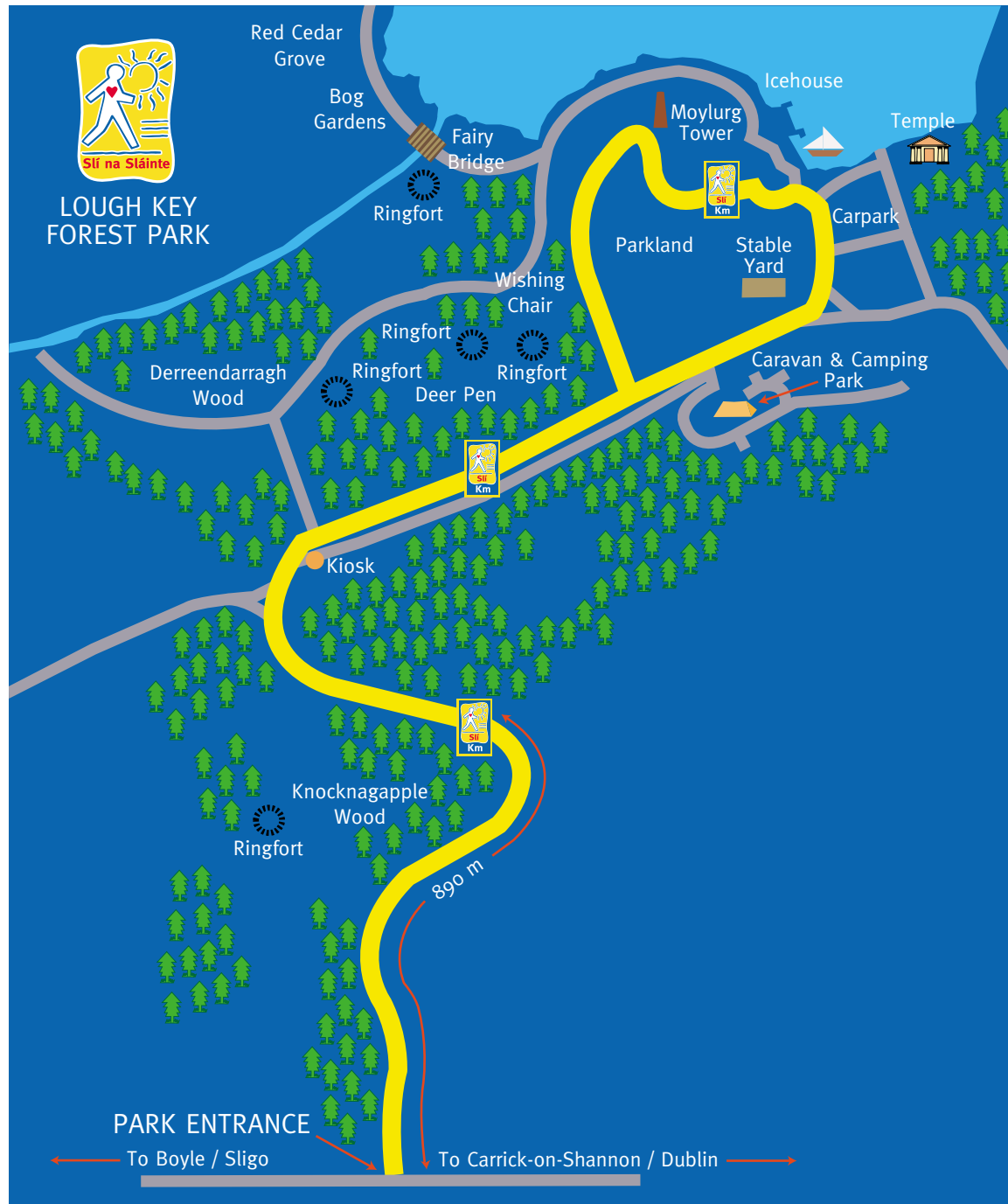
Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too!

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.



Lough Key Forest Park comprises some 350 hectares of mixed woodlands and incorporates a number of islands of Lough Key. This is a park of great natural beauty, combining the woodlands and water with a wealth of historical and archaeological points of interest including the Bog Garden, Fairy Bridge, Ice House, Wishing Chair and a variety of on site and local facilities and attractions.

The Slí na Sláinte route in the park is 3.8km. If you begin at the entrance to the park and walk the entire route and return to the entrance you will have covered 5.7km. At the entrance you will find a mapboard illustrating the route. From this point you follow the avenue into the park passing Knocknagapple Wood on your left. Continue along the road following the Slí directional arrows past Derreendarragh Wood, the Deer pen and the camping area. The route brings you past the Stable Yard and the Estate Chapel, and circles around to Moylurg Tower. Continue along the path that brings you back to the main avenue.

The route can be walked in either direction and is recommended as a daytime walk.

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*Let's GO
Walking...*

