

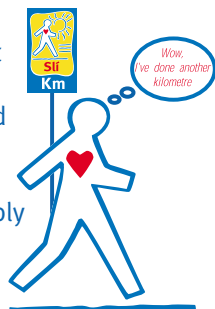
Slí na Sláinte



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!

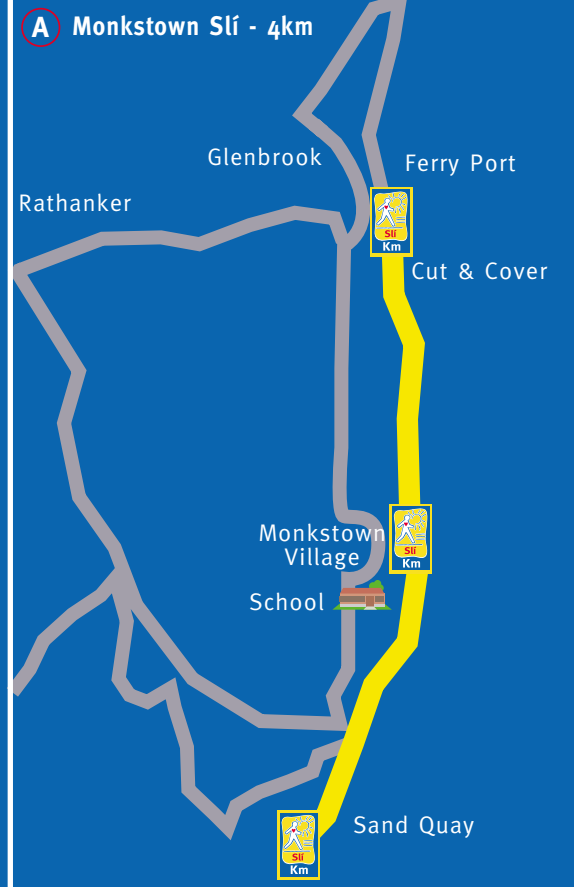
And no wonder, because it's a fun healthy way for the average adult to accumulate the recommended 30 minutes of physical activity, on most, preferably all days of the week.



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.

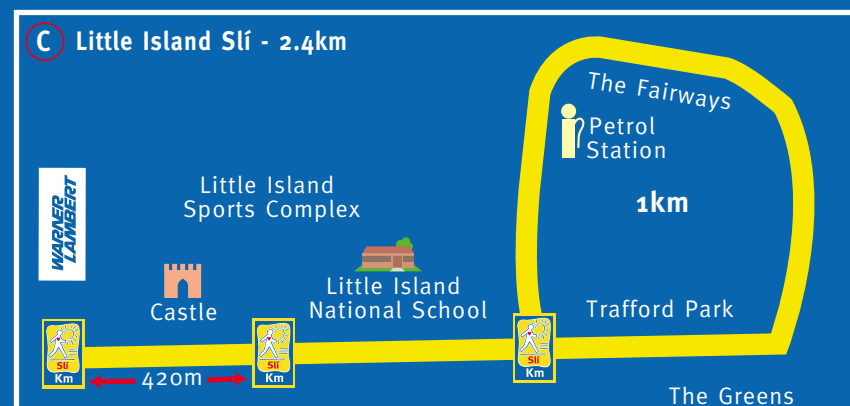
Irish Heart Foundation



A Monkstown Slí - 4km



B Ringaskiddy Slí - 3km



C Little Island Slí - 2.4km

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Monkstown
The Monkstown Slí is 4km in length, 2km along the coastal path and back again. The route takes you from the Ferry Port through the Village and on past the Sand Quay. Return along the same route.

Ringaskiddy
The Slí is 3km and begins at the Warner Lambert factory. Continue in the direction of the Village taking a left at the Oratory.

Passing through the Village, turn left after the Ferry Port onto the Curraghbinny Road (R613). Keep going along this road until you meet the last km point.

Little Island
The 2.4km route begins at the map sign beside the Castle near the Warner-Lambert factory in Little Island. Walking from this point, continue straight along the road and through the junction. You will pass the

Trafford Park complex on your left and The Green's Housing Estate on your right. Follow the road right around until you see the Petrol Station on the corner and then take a left bringing you back to the km point.

MONKSTOWN / RINGASKIDDY / LITTLE ISLAND



Let's GO Walking...

All routes can be walked in either direction



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