

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.



Skerries Slí

The Skerries Slí na Sláinte is 4km in length. It starts near the entrance to the bandstand at the top of Harbour Road. The route follows the path around Red Island, which is not actually an island but a peninsula. Off the coast can be seen the islands of Colt, St. Patrick's and Shenick, with Rockabill lighthouse in the distance.

Leaving Red Island, the route meets a path, which runs to the grassy South Strand. At the brook the route turns right onto Brookville Lane, turns left onto Holmpatrick and then right at the Protestant Church, opposite to the entrance of the Mills Heritage Project.

Follow the pedestrian path into the Mills, passing the first Watermill on your left and then the Great Windmill, go right following the footpath through a small estate until it reaches a T-junction with the main Dublin Road.

Turning right onto the Dublin Road, pass the Community Centre on your right. On reaching the Monument, turn left and then right onto Harbour Road, which leads you back to the starting point near the Bandstand.

Route can be walked in either direction.

Recommended as a daytime walk as underfoot conditions can be rough on the cliff walk.

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MORIARTY'S SUPERVALU,
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Let's Go Walking...

