

THE IRISH HEART FOUNDATION
4 CLYDE ROAD
BALLSBRIDGE
DUBLIN 4

PLEASE DETACH HERE PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation — the national heart and stroke charity — it's a sociable way to make walking far more enjoyable. Already, it's capturing the attention of 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 minimum of 30 minutes of physical activity 5 days of the week. You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. 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.

ALSAA Slí na Sláinte – 3.1km

The ALSAA Slí na Sláinte route begins at the Clubhouse on the Dublin Airport side of the grounds. On leaving the mapboard, follow the path keeping the athletics track on your left hand side. You will walk past the lawn bowling club and lawn tennis courts on your right. Stay on the path for another 100 metres approx, passing along a soccer pitch on your left, crossing the stream and walking under overhanging trees and fencing. The total distance from the mapboard to this



stage is 400 metres and you should use this time to warm your body up and stretch out the muscles before you complete the next 2.3km loop which is signed at km intervals.

2.3km Loop

At the right turn signpost you will leave the path, turn and follow the perimeter of the GAA pitch. Continue straight leaving the playing pitch behind you. Continue to follow the route around the perimeter turning right on to the next playing area. Follow the perimeter of this area, looking out for the turn left sign where you will follow the line of trees up and back down the

other side. At this point you will have passed your first km sign. Now you turn to your left to follow the perimeter again all the way down along a semi-circle of trees. Watch out for rabbits and rabbit holes along this area in particular! Now look out for the next 'turn left' sign. You'll follow this line of trees up and back down the other side. Then pass your 2nd km post following the perimeter back to the start of the loop. When you return to the clubhouse why not have a refreshing drink, coffee or bite to eat in the ALSAA bar or cafe!

Let's Go Walking...