



## Drimnagh Slí na Sláinte



**Drimnagh Slí na Sláinte 2km** ———  
**Lansdowne Valley Park Slí na Sláinte 1.2km** - - - - -



**smartertravel >>>** Waterways Ireland **Dublin City**  
 Uiscebealaí Éireann Watterweys Ailann Baile Átha Cliath  
 Supported by Smarter Travel funding from the Department of Transport, Tourism & Sport, Dublin City Council and Waterways Ireland

## Drimnagh & Lansdowne Valley Park Slí na Sláinte

### Lansdowne Valley Park Slí na Sláinte 1.2km

Located along the Camac River in Drimnagh, between Slievebloom Road, Naas Road and Davitt Road, the park extends to about 14 hectares (34.6 acres). Developed in the early 1990s the park strikes a balance between providing for recreation and nature conservation.

An 18 hole pitch and putt course dominates the southern end while the remainder was developed to provide opportunities for habitat creation and nature conservation with the park forming an important link in the green infrastructure of the area given its proximity to the Grand Canal at Davitt Road and connections to Dublin City.

## 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 thirty 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.

### Drimnagh Loop Slí na Sláinte 2km

The Grand Canal loop of the Drimnagh Slí na Sláinte runs between the locks at Blackhorse and Goldenbridge, which are 1km apart. The Grand Canal links Dublin Bay with the River Shannon in County Offaly over a distance of 131km. Built between circa 1756 and 1803 the canal originally stopped at the Grand Canal Harbour at the Guinness Brewery, but this was closed in 1974 and now forms part of the LUAS route between Suir Road and Fatima. The last cargo boat on the canal carried kegs of Guinness in 1960, and barges carried passengers until around 1850. The paths on either side of the canal were used by horses that pulled the barges between the locks until the early part of the 20th century. The canal is looked after by Waterways Ireland, a North/South Implementation Body for the inland navigable waterways systems, established in 1999.

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

**THE IRISH HEART FOUNDATION**  
**4 CLYDE ROAD**  
**BALLSBRIDGE**  
**DUBLIN 4**