

## Let's Go Walking...

Here are a few useful tips that will help you to enjoy your walk and do your heart good

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about, and gradually build up to the recommended 30 minutes walking a day.
- Drink a glass of water before and after your walk and, don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Remember, loose clothing is more comfortable and, in winter, add light layers rather than thick, chunky clothes. It's much better.
- Why not try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless....
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start.
- Stop if you experience unusual symptoms, such as chest pain, dizziness or breathlessness, and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...

## Slí na Sláinte

## Slí na Sláinte®

A regular programme of walking...

-  ... keeps your heart strong
-  ... improves muscle strength
-  ... helps to manage your weight
-  ... makes you feel good

BUT, ABOVE ALL - WALKING IS FUN

### PHYSICAL ACTIVITY

...reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

## Slí na Sláinte®

The Irish Heart Foundation.  
4 Clyde Road, Ballsbridge, Dublin 4.  
Tel: 01-668 5001 Fax: 01-668 5896  
e mail: [info@irishheart.ie](mailto:info@irishheart.ie)  
Web: [www.irishheart.ie](http://www.irishheart.ie)

© Irish Heart Foundation - 2004

Supported by the Department of Health and Children and The Irish Sports Council.



## Let's Go Walking...



SUPPORTED BY CARLOW COUNTY COUNCIL  
AND LEIGHLINBRIDGE IMPROVEMENT GROUP

Leighlinbridge, Co. Carlow

# 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 health and leisure 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.



Remember, for heart health benefits you should aim to walk 3km most days of the week.

*Let's Go Walking...*

SUPPORTED BY CARLOW COUNTY COUNCIL AND LEIGHLINBRIDGE IMPROVEMENT GROUP



## Rathvinden Slí 3km (6km return)

The Rathvinden Slí starts at the small picnic area beside the 13th century bridge. This 3km Slí follows the Barrow Track. At the beginning of the route you will see beautiful landscaped gardens to your left. On your right is the island wildlife reserve, home to a huge range of wildlife and flowers. The callow land, along the opposite riverbank, is particularly important for winter migrant waders such as swans, ducks and geese. Look out for the otters!

Passing Rathvinden Cottage on your left, secluded by its beautiful trees, your walk continues under the new bridge and past Rathvinden Lock. The Slí continues along the meandering riverbank for a further 2km. Turning around and returning to your start-point will complete your walk.

## Rathellen Slí 7.5km

The Rathellen Slí is 7.5km in length and starts on the Barrow Track beside the castle. Walking along the route you will notice Ballyknockan Church on your right. The marshlands to your left are home to a varied species of wildlife and flowers, such as Iris, Marigold and Orchid. Continue along the track, following the canal, until you reach Rathellen Lock. Turning left up the laneway, cross the Bagenalstown Road and continue up Green Road. At the next junction, beside the rail line, turn left and walk along until you reach the Bagenalstown Road again. Turn right and continue back into the village to your starting point at the castle.

