

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 or 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.



Stradbally Slí na Sláinte - 4 km

The Stradbally Slí na Sláinte is 4km in length and starts at the Market House, in the centre of the town.

The route follows the main street downhill, crossing the bridge over the Stradbally River before turning left into Court Square. Continue straight past the Court House onto the Timahoe Road, passing the gates into Stradbally Lake (a worthwhile detour to the 6 acre Brown Trout Lake and a number of seated picnic areas).

Continue for 200mtrs, turning left at the first junction after Pole Bridge onto Charter Road. Turn left at the end of Charter Road onto Corrig Road and continue towards the t-junction with the main Carlow road. Turn left again, walking towards Stradbally and the start/end point at the Market House.

Suitable as a daytime walk only and can be walked in both directions.



Supported by Laois County Council & Stradbally Development Association

Let's Go Walking...

