

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.

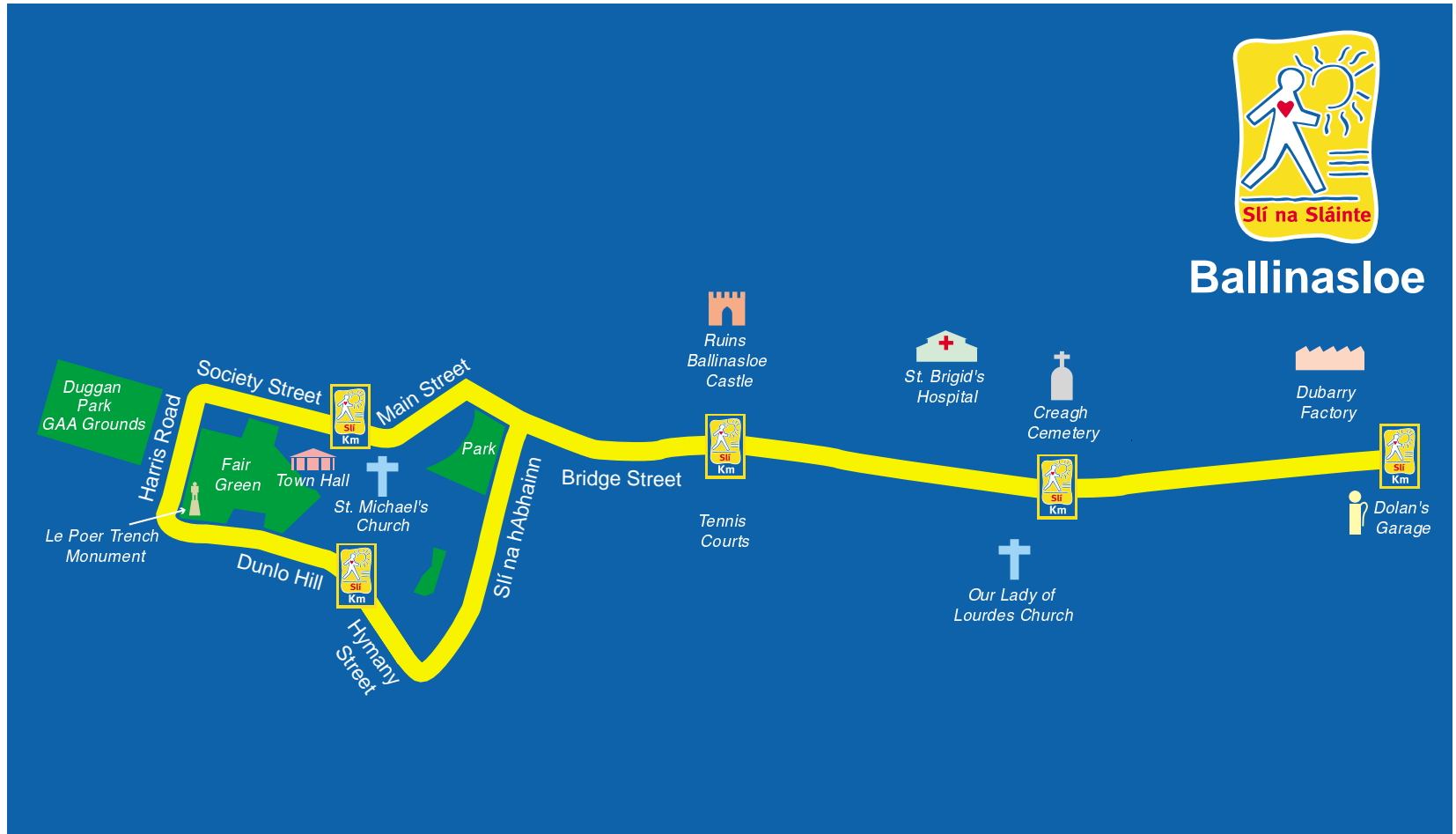
Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

Irish Heart Foundation



"As President of 'Heart of the Matter'. it gives me great pleasure to endorse the Irish Heart Foundation's programme Slí na Sláinte. The value of exercise in helping prevent heart and other diseases has been unequivocally confirmed in several International Medical Research Studies. I would encourage all of you, of all ages, to take exercise, the simplest form of which is walking. Our Urban District Council are to be congratulated for implementing this scheme in Ballinasloe."

Dr. John Barton. MRCP



Slí na Sláinte Ballinasloe is seven kilometres in length from the start/end point opposite Dolan's Garage on the Dublin Road. From this point the route follows Bridge Street, passing the Dubarry factory, Our Lady of Lourdes Church and the ruins of Ballinasloe Castle.

The route follows a circuit through the town up Main Street, Society Street, Harris Road, past the GAA ground and the Le Poer Trench Monument. It then goes down Dunlo Hill and Hymany Street, Slí na hAbhainn and away from the town along Bridge Street to end, back at Dolan's Garage.

Routes can be walked in either direction.

BALLINASLOE URBAN DISTRICT COUNCIL

Let's GO Walking...

