

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.

For health benefits you need to walk at a hearty pace for at least 30 minutes most days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

Help to maintain Slí routes

Please report any dangerous obstacles or missing / damaged signs to:
Cork County Council
Carrigaline Area Office
021/4371800

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 • www.irishheart.ie • Helpline: 1890 432 787

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The Irish Sports Council



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Carrigaline-Crosshaven Co. Cork

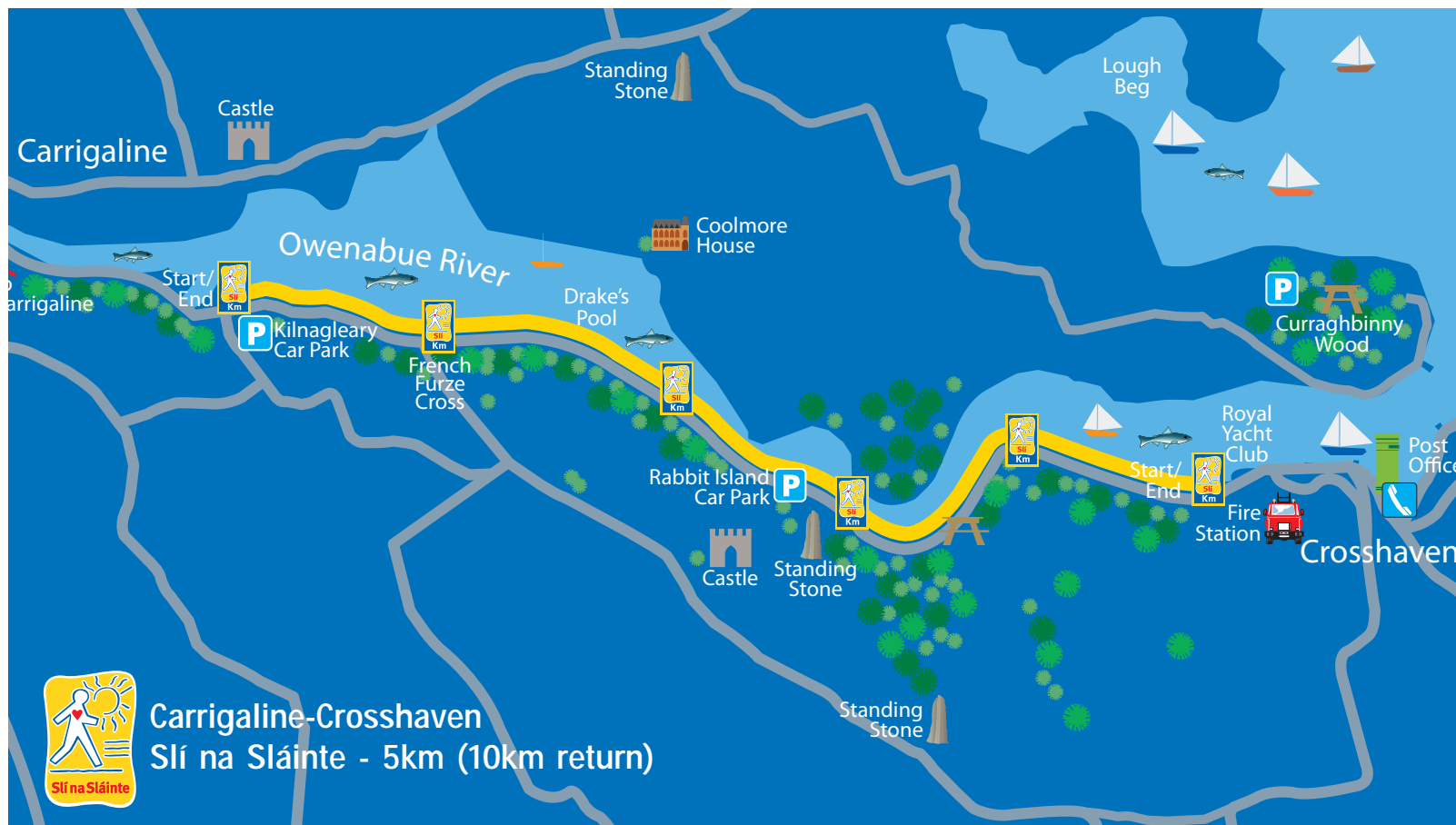
Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the outgoing way to make walking far 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 walking 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.



The Carrigaline-Crosshaven Slí na Sláinte is a 5km route (10km return) which can be started at either the Kilnagleary Car Park near Carrigaline or in Crosshaven, near the Royal Cork Yacht Club (the oldest sailing club in the world).

This very popular walking route follows the old Cork to Crosshaven railway line, which operated from 1904 to 1932, on a traffic-free pedestrian path. The Slí route runs alongside the beautiful Owenabue River, and is a haven for many species of birds and wildlife. There are also many benches and tables along the way to enjoy a picnic or take in the stunning scenery.

Along the route, just opposite the picturesque Coolmore House, you will pass "Drake's Pool". This cove is a recess that has enjoyed a rich history. Sir Francis Drake and five of his fleet ships took refuge in 1587 when they were pursued by the powerful Spanish Armada.

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

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