

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.



From the Library on Monastery Road, the 3.8 Km circuit of Clondalkin follows the road past the Old Monastery Wall to the roundabout at the top of Woodford. This is the highest point in Clondalkin and on a clear day you have a great view of Dublin Bay and the Dublin/Wicklow mountains.

From this junction you continue down Woodford to the roundabout at the junction of Yellow Meadows Road. Continuing onwards you cross the Cammock River to reach the Nangor Road which runs alongside the Canal. Follow this road until you turn left onto Ninth Lock Road which takes you into the village of Clondalkin. There are many sights and amenities to be seen in this historic village such as the Round Tower, St John's Church and Aras Chronain.

Turning into Orchard Road, you will eventually meet Monastery Road again. Passing by Tully's Castle you continue along Monastery Road to return to the Library.

SUPPORTED BY SOUTH DUBLIN COUNTY COUNCIL AND SOUTH WESTERN AREA HEALTH BOARD



Let's Go Walking...