

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
Web: www.irishheart.ie

For further information on Corkagh Park contact:
South Dublin County Parks & Landscape Services Department.

Tel: 01-4149255 Fax: 01-4149205
e mail: parksdept@sdblincoco.ie
Website: www.sdcc.ie

© Irish Heart Foundation - 2008

Supported by the Departments of
Health and Children and
Tourism Sport and Recreation.



IRISH
HEART
FOUNDATION



Slí na Sláinte

Let's Go Walking...

SUPPORTED BY
SOUTH DUBLIN
COUNTY COUNCIL



Comhairle Contae
Atha Cliath Theas
South Dublin County Council

Corkagh Park, Clondalkin, Dublin 22

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 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.

Corkagh Park Slí

Corkagh Park is set in 300 acres of estate parkland, immediately adjacent to the Naas Road and stretching almost a mile to the village of Clondalkin. The parkland landscape has large expanses of grassland as well as numerous groups of mature trees and panoramic views through the park, to the foothills of the Dublin and Wicklow Mountains.

The Corkagh Park Slí na Sláinte is a 2.8km circular route which follows a beautiful path along the edge of the park. Starting close to the St. Johns Road entrance the route continues along by lakes, passing the baseball fields and walled garden before continuing onto the tree lined Oak Avenue. The route then veers left, along a path with spectacular views over the park and surrounding countryside before coming back to the starting point.



SUPPORTED BY
SOUTH DUBLIN
COUNTY COUNCIL



Recommended as a daytime walk and can be walked in either direction