

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.



East Meath Slí na Sláinte - 5km

The East Meath Slí na Sláinte is a 5km route (10km return) running from Laytown Train Station northwards through Bettystown and onto Mornington; the area is rich in natural beauty and steeped in history.

The route follows a scenic path along the R150 road, running parallel to the beach. Starting from Laytown where the River Nanny flows to the sea, follow the path past the Race Field on the right, where the Laytown Races are held on the strand each year. Pass the Sacred Heart Church and Scoil an Spioraid Naoimh on the right and continue to Bettystown Square (formerly Betaghstown), passing the Brookside housing estate on the left - named after the Brook near which, on the strand, the Tara Brooch was found in 1850.

Continue walking along the R151 past Laytown and Bettystown Golf Club, and onto Mornington where the River Boyne flows into the Sea. Make sure to notice the 80 foot watchtower, called the Maiden Tower and the nearby Lady's Finger, a smaller 40 foot tower.

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

Let's Go Walking...

