

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 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 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.



Emo Slí na Sláinte - 4.3 km

The Emo Slí na Sláinte is 4.3km in length and starts at the entrance to Emo Court Estate, in the centre of Emo Village. The route is set within the Emo Court demesne, the second largest walled park in Europe, and follows peaceful forest tracks through beautiful oak, beech and pine trees. Why not take a detour to view the neo-classical Emo Court House, built in 1790 by James Gandon who is best known for the Customs House and the Four Courts in Dublin.

To follow the route, continue for 300mtrs, veering left at the first fork in the road. Take the first forest track, which leads away to the left and continue for nearly 2kms, turning right at the t-junction with a main road. Take the first right at the next crossroads and then right again at the t-junction to return to your starting point at the entrance to the estate.

After your walk, why not explore other walks through Emo demesne; including the longest avenue of Wellingtonia (Sequoiadendron giganteum) in Ireland. The wooded area called 'The Clucker' features azalias and rhododendron. The Grapery contains unusual trees including weeping beeches and Corsican pines. There is also a 10 hectare ornamental lake with ornamental temple beside the sluice gates.

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

Let's Go Walking...

