

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.

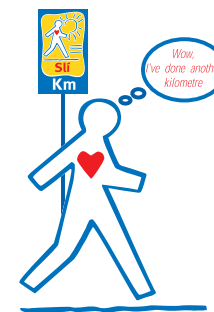
Kells Slí na Sláinte - 6km

The Kells Slí na Sláinte is a 3km route (6km return) and skirts most of the notable heritage buildings and monuments within the town. It commences at the Heritage Centre adjacent to the Market Cross. The exhibitions in the Heritage Centre outline the significance of the monastic history of Kells, and also houses a Gift Shop and Coffee Shop.

To follow the route, take the road towards Headfort Place, John St., and Market St. towards the gate of the Church of Ireland (the original monastic site), turn left, continue along Church St. and turn right up Cannon St. Here you will pass the restored wall of the monastic inner enclosure and the Round Tower.

At the end of Cannon St. veer left out the Oldcastle Road for just over 2km, towards the People's Park in Lloyd. On entering the park you will note the 1791 Tower of Lloyd built at a time of local famine as a memorial to the then Lord Headforts' father, the Earl of Bective. Return back to Kells along the same route to complete the 6km route.

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



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Let's Go Walking...



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