

# 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.

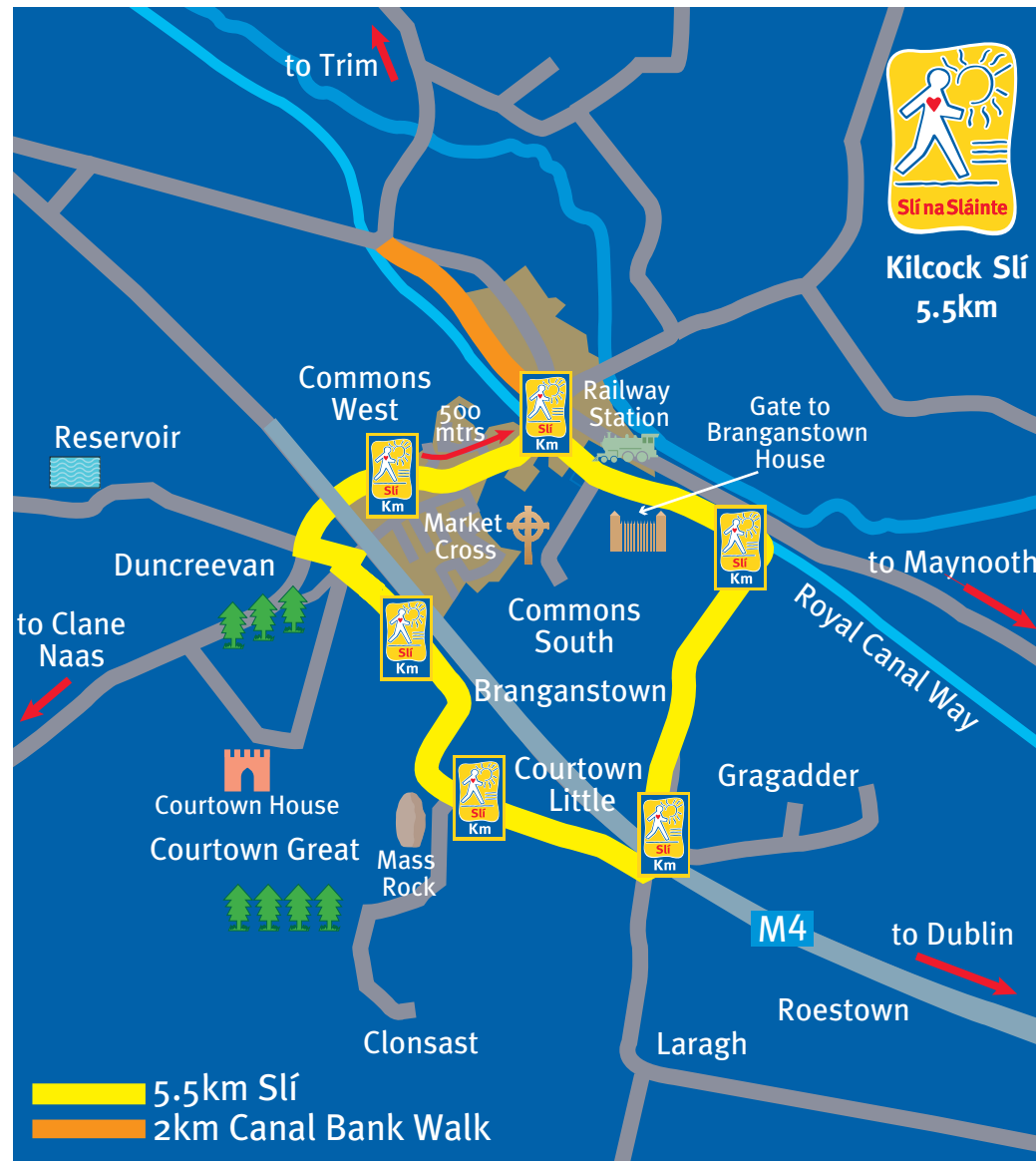
Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too!

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.



## Canal Bank Alternative Slí 2km

The Canal Bank alternative Slí is 2km in length and begins at Shaw Bridge. From the banks of the canal there is a good view of St.Coca's Church built in 1867 as well as the Presentation Convent circa 1880. The ZED chewing gum factory also comes into view. The route follows the bank for 1km to Allen Bridge and returns back to the starting point after a pleasant waterside ramble.

## Kilcock Slí na Sláinte 5.5km

The Kilcock Slí is 5.5km in length and starts at the Fairgreen, near the entrance to the Railway Station car park.

Before starting the walk, take time to notice Market Cross, base dated 1640 and the remains of the Military Barracks.

Walking through the car park and along Connaught Street you will pass the GAA Pavilion and further on, the remains of the gate pillars of Branganstown House. Following the route, cross the flyover and turn right. At the next Km mark, notice a cul de sac on the left, which leads to a Mass Rock dating from Penal Times.

Continuing along the route you will catch a glimpse of Courstown Stud farm and Courstown House (once the residence of Film Director John Houston, and visited by many stars, such as Gregory Peck,) and further along on the right is Pinewood Cottage built in 1896.

At the next junction, turn right, immediately left, then right again to cross the motorway once more. Follow the route past Bawnogue with its all weather running track. At the roundabout, bear left onto Courstown Road passing the old School House and the Courthouse. This will bring you back to the Fairgreen, having successfully completed your 5.5km walk.

Let's Go Walking...

