

# 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.



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## Knocklong Slí

The Knocklong Slí na Sláinte is 2.7km in length and starts at the Community Centre.

To follow the route, turn left after the Community Centre onto Church Road. Walking uphill, pass St. Joseph's Church and the crossroads, and take the next left.

Following the route downhill past the old school, quarry, old graveyard and the castle ruins, notice the spectacular scenery stretching out over County Limerick.

Walking to the end of the road you will have returned to your starting point, feeling proud to have completed the 2.7km route.

Route can be walked in either direction.

Recommended as a daytime walk.

Let's Go Walking...

