

# 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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Beginning at the Bus Depot at the Station Roundabout, follow the Slí route towards the Port Bridge, passing the newly developed and visually impressive Institute of Technology. This long stretch of road is lined with a variety of trees which when in full bloom greatly enhances the beauty of the area.

Turning left at the Port Bridge, passing the bright stone building of the old port towards the Mt. Errigal Hotel, you continue the path towards Ballyrairie National School passing a small grove of Silver birch and Hazel. As you proceed back into town again, you pass the attractive bungalows and gardens of Ballyrairie, and continuing towards Oatfields Sweet Factory you will get a pleasant view of Gortlee wood on the right.

The 2.7km circuit comes to a finish as you return to the Bus Depot at the entrance to the Letterkenny Shopping Centre. Your 'path to health' is now completed.

**Route can be walked in either direction.**

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Let's Go Walking...

