

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.



Mountmellick Slí na Sláinte - 6.9km

The Mountmellick Slí is a 6.9km loop walk and starts at O'Connell Square. Continue along Patrick Street and Emmet Street, turning left onto Chapel Street and walk in the direction of the Tullamore Road. Take a left turn at Graigue Cemetery onto New Road and then another left to Station Road and into Wolfe Tone Street.

Passing the Garda Station and the 1898 monument, turn right at Watchorne's corner onto Manor Road. To follow the route, veer left at the picnic area heading towards Owenass Bridge and on to Derrycloney Bridge.

At Derrycloney Bridge, turn left through the picnic area onto the main Portlaoise road and walk back in the direction of Mountmellick. Turn right at Fox's Corner, walking past St. Vincent's Hospital and follow the route back to your starting point at O'Connell Square where you will have completed the 6.9km walk.

Mountmellick Alternative Slí - 1.8km

The Mountmellick Alternative Slí is 1.8km in length. The route starts at St. Vincent's Hospital Gates and follows Connolly Street, Bridge Street and along Sarsfield Street and Parnell Street, passing by the Church on the right hand side of the road. Take the first left onto Pearce Street, heading towards the Portlaoise Road. The route passes the MDA building and ends back at St. Vincent's Hospital by turning left at Fox's Corner.

Let's GO Walking...

