



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 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.

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

Portlaoise Slí na Sláinte 5km

The Portlaoise Slí na Sláinte is a 5km route and starts near the roundabout on Market Square. Follow the route down Main Street, turning left onto Railway Street and right onto Tower Hill before turning right again onto Mill View and onto the Dublin Road. Continue past Portlaoise Prison, following the route for just over 1km, before turning right at Portlaoise General Hospital. Turn right again at the next junction onto the Stradbally Road and continue back towards Portlaoise town centre. Turn left at the Church roundabout onto James Fintan Lalor Avenue, passing the 'Blue Bridge' and Laois County Council offices. Turn right at the Garda Station roundabout to follow the route back to the starting point at Market Square.