

## 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.

*Let's Go Walking...*

### Rathanna Slí na Sláinte - 5.4km

The Rathanna Slí na Sláinte is 5.4km in length and affords spectacular views over Mount Leinster and the surrounding countryside of County Carlow.

The route starts at the car park opposite the Community Centre and continues towards St. Fortchern's Church turning right at Moyvalley, and on towards Killedmond Bridge. The route continues, turning right past the Old School and then immediately right again, along a pleasant country road. Turning right at Raheen Cross Roads, follow the route for nearly 2km following the road just under Mount Leinster.

*Keep a look out along this road for sightings of Whitethroats and Willow Warblers darting along the hedgerows. Watch out for Stitchwort, Ox-eye Daisies and Ragged Robin flowering in the ditches.*

Turning right at Rathanna Bridge, continue back towards the starting point at the car park.

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

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