

## Let's Go Walking...

Here are a few useful tips that will help you to enjoy your walk and do your heart good

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about, and gradually build up to the recommended 30 minutes walking a day.
- Drink a glass of water before and after your walk and, don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Remember, loose clothing is more comfortable and, in winter, add light layers rather than thick, chunky clothes. It's much better.
- Why not try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless....
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start.
- Stop if you experience unusual symptoms, such as chest pain, dizziness or breathlessness, and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...

## Slí na Sláinte

## Slí na Sláinte®

A regular programme of walking...

-  ... keeps your heart strong
-  ... improves muscle strength
-  ... helps to manage your weight
-  ... makes you feel good

BUT, ABOVE ALL - WALKING IS FUN

### PHYSICAL ACTIVITY

...reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

## Slí na Sláinte®

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## Slí na Sláinte

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IRISH  
HEART  
FOUNDATION

SUPPORTED BY  
WEXFORD COUNTY COUNCIL AND  
ROSSLARE COMMUNITY DEVELOPMENT  
ASSOCIATION

Rosslare, Co. Wexford

# 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

As this is the countryside please walk on the right-hand side of the road.



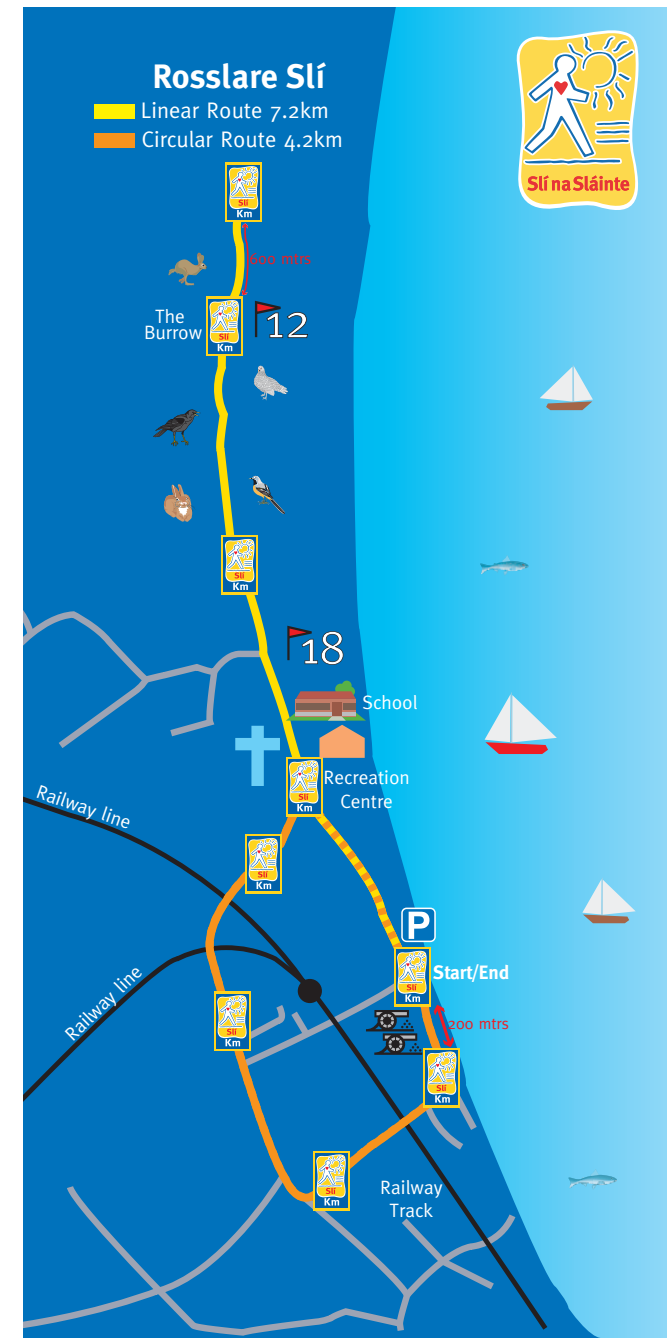
IRISH  
HEART  
FOUNDATION

## Rosslare Slí na Sláinte

There are two Slí walks in Rosslare both beginning at the village carpark on the site of an ancient killing ground. If you close your eyes and listen you will hear the cries and shrieks, Cromwell was here! The routes are truly a pathway of mixed emotions, flora and fauna. As you head north from the starting point you pass the famous Kelly's Resort Hotel and on your left Marconi House where a wireless transmitter boosted the signal between Cornwall and Clifden. When you reach Crosbie Cedars Hotel you have a choice, turn left for the circular route or continue on straight for the linear walk.

For the circular route, as you reach the Crosbie Cedars Hotel turn left up Grange Road and cross the railway tracks. It was these tracks that in the late 1800's brought the first holidaymakers to the village, setting the seeds for the resort of today. Walk on through the new roundabout, turning left on to the Mauritiustown Road and over the Railway Bridge from where you can see the Europort in the distance. Below you on the sand dunes lies the ancient ruins of one of the first churches in the village beside which boldly stand the giant cannons that once protected this island. Walking back around to your starting point you will have completed your 4.2km route.

The linear walk takes you to the famous Burrow area of Rosslare. A geographical, ecological and historical tour, which takes you from a rural landscape to salt water marshes and on to a sand dune structure which is the pride of Europe. You will pass the National School, which houses the local museum - among the displays is a model of the lost fort. Further on you will see St Brioc's Well and Commodore John Barry's house. The RNLI monument marks the bravery of our Lifeboat Men who attended disasters at sea such as the sinking of the 'Pomona' with 488 lives lost. At the very tip once stood The Fort that like Atlantis is, alas, no more. It was swept away in a bad storm in 1923. The route finishes at this point, where you will have walked 3.6km. Turn around and continue back to the starting point to make your walk 7.2km.



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