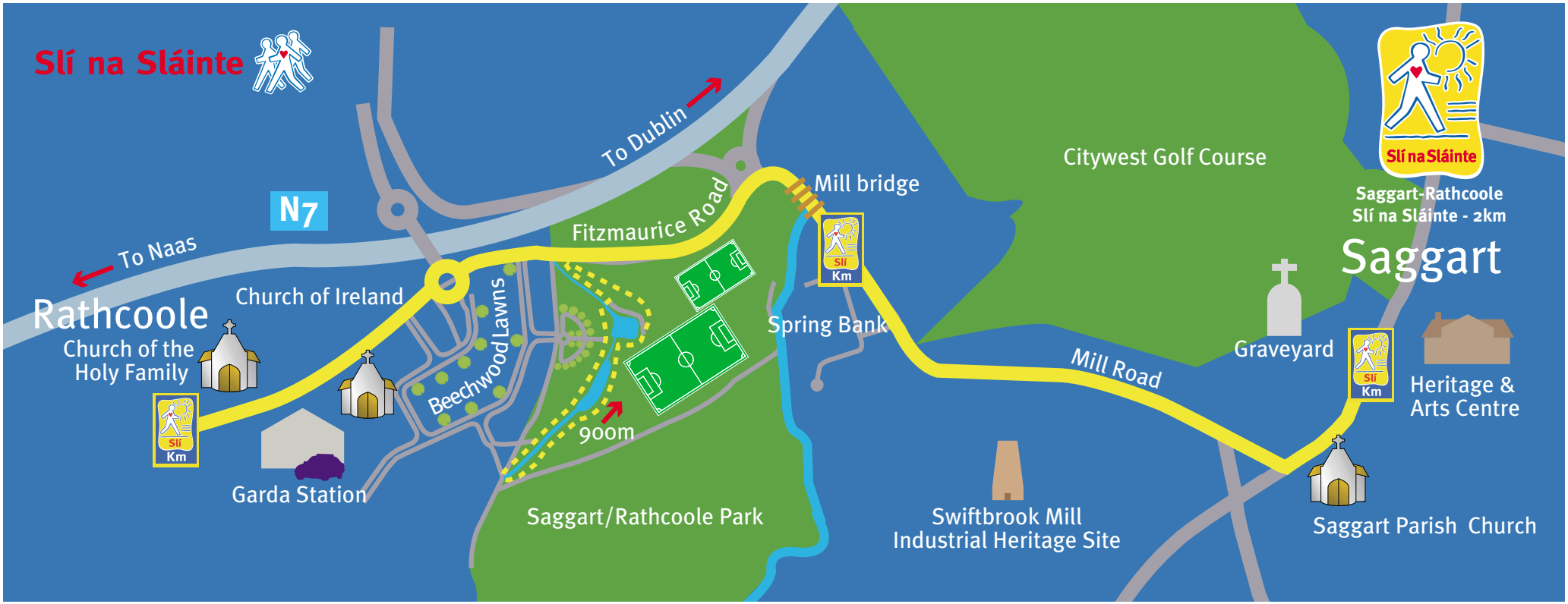
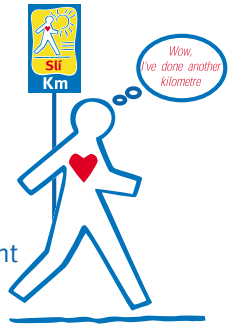


Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for health more enjoyable. Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because 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.



Saggart-Rathcoole Slí - 2km (4km return)

The Saggart-Rathcoole Slí na Sláinte, a 4 km route which begins at "Teacht Sagart", Saggart Heritage & Arts Centre, on Garters Lane. The route continues up Garters Lane towards the village and past the beautiful 19th century Parish Church on the left, the graveyard and the site of the original village settlement on the right.

Turn right at Jacobs Public House, down Jacobs Lane and then straight ahead to Mill Road. Follow the path, which ambles past the old mill gate entrance to the former Swiftbrook Paper Mills and Estate on down to Spring Bank.

Take left turn at the roundabout after the Mill Bridge to join the new Fitzmaurice Road adjacent to Saggart/Rathcoole Park. The route continues past Beechwood Lawns, the Church of Ireland and Garda Station to the Church of the Holy Family in Rathcoole village.

To complete the 4km route, turn at the Church in Rathcoole and walk back to the starting point in Saggart Village.

Why not add 900mtrs to your daily walk by walking around Saggart-Rathcoole Park!
Remember, for heart health benefits you should aim to walk 3km most days of the week.

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

SUPPORTED BY SOUTH DUBLIN COUNTY COUNCIL, RURAL DUBLIN LEADER CO. LTD., AND SOUTH WESTERN AREA HEALTH BOARD

IRISH HEART FOUNDATION

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