

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.



Beginning at the administration entrance of the hospital, take the route past ward 125 and past the swimming pool. Follow the route down to the local health centre and back on the lower path to join the main road again. Continue past the churches and to the left past Oriel House and Clogher House. The route continues past the kitchen back to the main administration entrance.

Route should be walked twice for heart health benefit and can be walked in either direction.

For Monaghan General Hospital Staff:

When travelling to St. Davnet's Hospital, take the route along the Plantation Cottages and onto Glaslough Street leading to St. Davnet's Hospital. This route is 1.8km.



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Let's Go
Walking...

