

# 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.

*Quaidy Murphy*

Chief Executive Irish Heart Foundation



The Village Slí is 5.8 Km and begins on the corner of Well Road and the Main Street. It follows Main Street, North Street and turns into Watery Lane at the roundabout. Continuing along this road it turns right onto Rathbeale Road and keeps going until you meet the entrance to Ardcian Park. Take a left here into the estate and follow the road until you meet the junction of St Cronans Avenue and Brackenstown Road. The Slí follows Brackenstown Road and turns into Well Road, which brings you back to your start point.

The Highfield Slí begins at the entrance to the estate and is 3.8 km in length. Following Highfield Green through the pedestrian walkway, you continue along Hilltown until you meet the junction of River Valley Way, take a left here. Where the route meets River Valley Road, take a right and continue until you meet the roundabout. Take a left and continue to Forest Road. Take another left turn and Forest Road will bring you back to the entrance to the Highfield Estate.

For an alternative walk take the path through River Valley Park from the entrance to Highfield Estate. This path eventually leads to River Valley Road where it rejoins the Slí route to bring you back to the entrance to Highfield. Taking this route makes your walk a slightly longer 4.2 km. This is recommended for daytime only.

**Routes can be walked in either direction - enjoy!**

*Let's Go Walking...*



SPONSORED BY FINGAL COUNTY COUNCIL AND ARCH CHEMICALS B.V.