

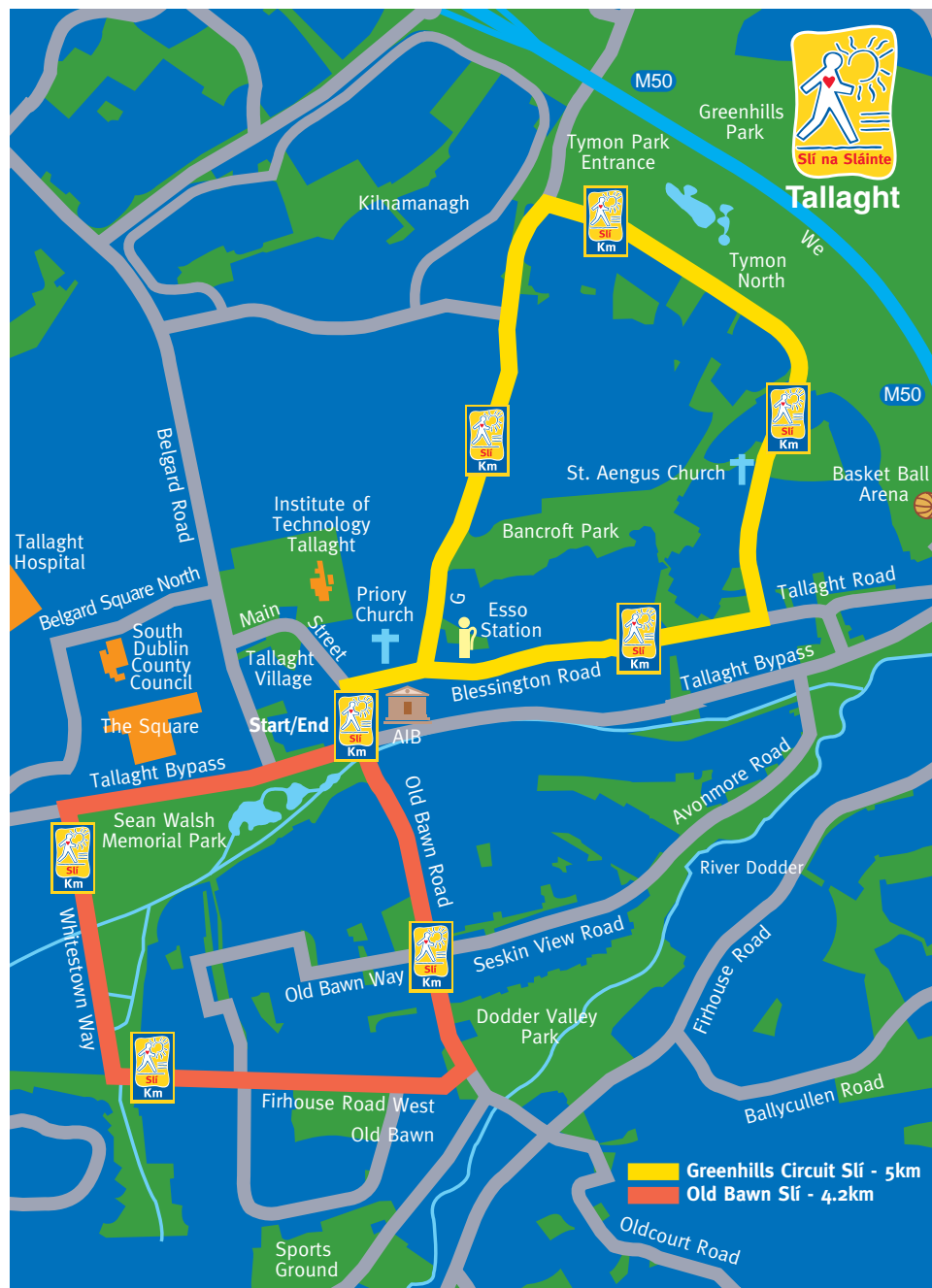
Slí na Sláinte

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.



There are two Slí na Sláinte routes in Tallaght and both can be walked in either direction from the meeting point at the Village Square.

Greenhills Circuit Slí - 5km
Walk uphill from the Village Square and turn right onto Tallaght Rd, the route then turns left towards Tymon for one and a half kilometres. Turning left, pass Kilnamanagh and follow the Greenhills Road back to the starting point at the Village Square

Old Bawn Slí - 4.2km
From the Village Square follow the route across the Tallaght Bypass, and onto the Old Bawn Road. Turn right onto Firhouse Road West and then right again onto Whitestown Way. At the T-junction, turn right onto the Tallaght Bypass and continue back to the starting point at the Village Square..



SUPPORTED BY SOUTH DUBLIN COUNTY COUNCIL AND SOUTH WESTERN AREA HEALTH BOARD

Let's Go Walking...