

## Let's Go Walking...




Here are a few useful tips to enjoy your walk and keep your heart healthy.

- 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, choose layers rather than thick, chunky clothes.
- 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.

For health benefits you need to walk at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

#### Help to maintain Slí routes

Please report any dangerous obstacles or missing / damaged signs to:  
Tuam Area Office at  
093-24123

## Slí na Sláinte®

The Irish Heart Foundation.  
4 Clyde Road, Ballsbridge, Dublin 4.  
Tel: 01-668 5001 Fax: 01-668 5896

e mail: [info@irishheart.ie](mailto:info@irishheart.ie) • [www.irishheart.ie](http://www.irishheart.ie) • Helpline: 1890 432 787

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The Irish Sports Council



## Let's Go Walking...

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WESTERN TRAVELLER &  
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government supporting communities

AND GALWAY COUNTY COUNCIL



Tuam, County Galway

# Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation - the national heart and stroke charity - it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of 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, or preferably all days of the week.

You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright, colourful signposts which are not numbered and are situated at 1 km intervals.



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.

*Let's Go Walking...*



IRISH  
HEART  
FOUNDATION



Routes can be walked in either direction.  
Recommended as daytime walks.

SUPPORTED BY WESTERN TRAVELLER & INTERCULTURAL DEVELOPMENT, POBAIL AND GALWAY COUNTY COUNCIL

**Yellow Route (Linear Route)** - Begin at the car park of Western Traveller & Intercultural Development, Bru Bhríde; here you will see a map board illustrating the routes. Go right, using your Safe Cross Code as you cross the junction taking the road for Tuam town centre. You will pass the old Grove Hospital site on your right. Continue walking straight ahead until you reach the sculpture in the Square. The Town Hall will be on your left. Veer right walking along Bishops Street until you reach the Cathedral, it will be on your right. Turn left, using the Pedestrian Crossing, cross the Dunmore Road and veer right walking along the avenue towards The Palace Grounds. You will have 1km completed when you reach the pathway opposite the entrance to Tuam Leisure Centre- well done!

**Green Route (Palace Route)** Walk the circumference of The Palace Grounds using the pathways provided. The footprints on the pathways will guide you where necessary. You will have walked 1.3km when you have one lap of The Palace completed. If you are feeling energetic, maybe you will walk another lap before returning to Western Traveller & Intercultural Development, Bru Bhríde on the Green Route i.e. back the way you came from Bru Bhríde.

**Orange Route (New Road Route)** This is an alternative route which can be walked on its own or as an addition to the aforementioned routes. It is 1.4km in length. Begin at the car park of Western Traveller & Intercultural Development, Bru Bhríde; here you will see a map board illustrating the route. Go right, using your Safe Cross Code as you cross the junction taking the road for Tuam town centre. You will pass the old Grove Hospital site on your right. When you reach the AIB on the corner, turn right and continue along this road passing St. Jarlath's Credit Union until you reach the Dublin Road junction. Veer right, passing the Irish Wheelchair Association on your right. On reaching the roundabout go right, you are now on the stretch back to Bru Bhríde. At the next roundabout, being mindful of the Safe Cross Code, cross over and continue along until you reach Bru Bhríde.