

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.

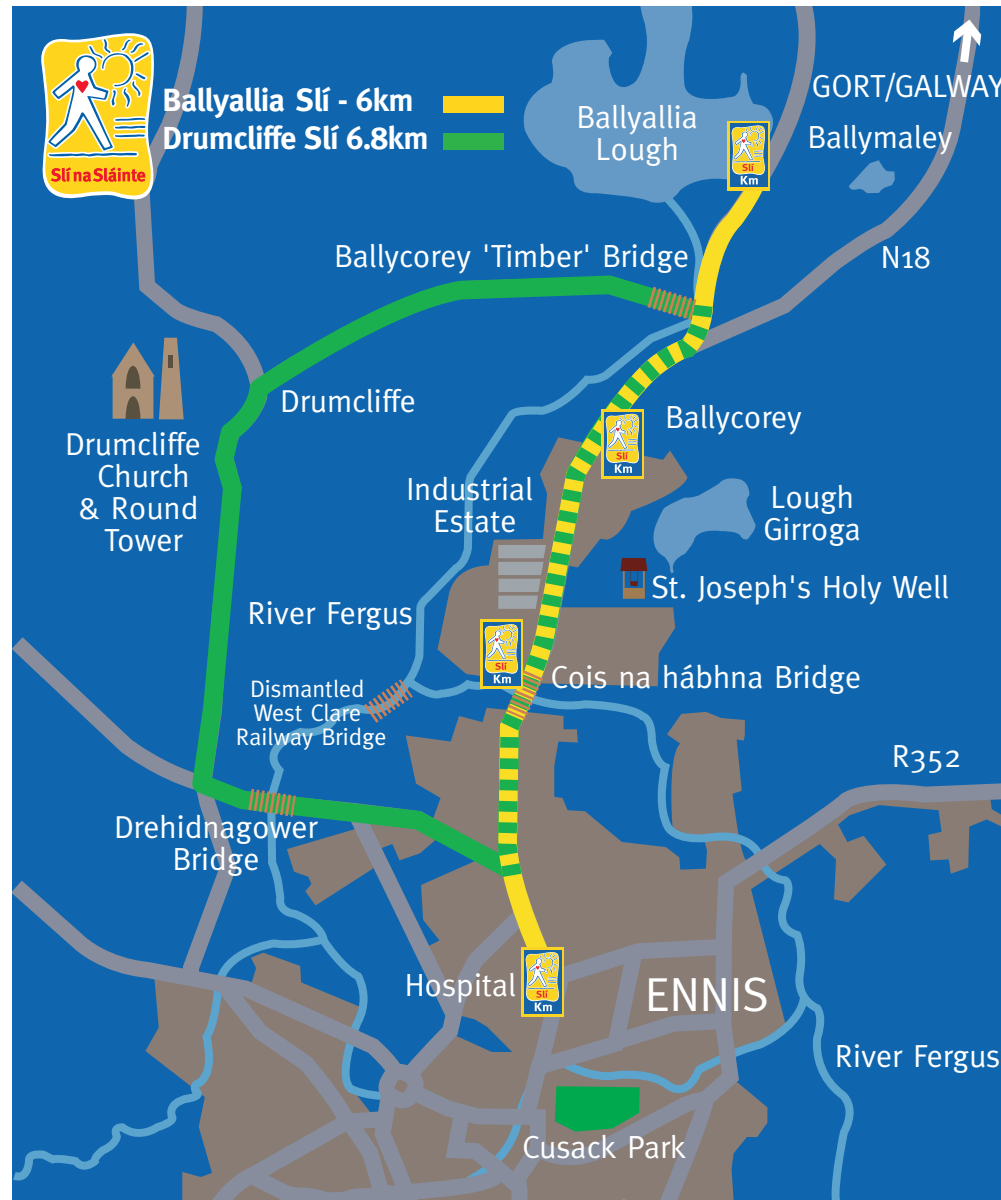
Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too!

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.



Ballyallia Slí

The Ballyallia Slí is 6km in length and starts at the Cardiac Rehabilitation Unit at Ennis General Hospital. The route follows the footpath along the Gort Road (N18) for approximately 1.8km then turns left onto the Ruan Road. The halfway mark of the Slí is at the car park beside Ballyallia lake.

Once at the lake take time to enjoy the beautiful riverside park which hosts an array of wildlife and aquatic plants. On returning to Ennis General Hospital you will have completed the 6km route.

Drumcliffe Slí

The Drumcliffe alternative Slí is 6.8km in length. Starting at the Cardiac Rehabilitation Unit at Ennis General Hospital, the route also turns onto the Ruan Road. Take the first turn left instead of walking to Ballyallia Lake and cross a narrow bridge over the River Fergus. Continue along this road, keeping left at the fork in the road. Reaching a crossroads, turn left onto the Drumcliffe Road which will bring you back once again to the Gort Road. Turn right to return back to Ennis General Hospital where you will have successfully completed your 6.8km route.

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Let's Go Walking...

