



## Salthill Slí na Sláinte

5km – Linear Route



Sponsored by Boston Scientific and supported by Galway City Council and Galway Sports Partnership.



### Salthill Slí na Sláinte

Salthill Slí na Sláinte is a 5km linear walk and can be started at either end or any point along the route. Starting at Spanish Arch you walk across Wolf Tone Bridge and turn left along the side of the River Corrib and the Claddagh Basin. Over the lock gate and left onto Claddagh Quay. Take a left turn again on to Nimmó's Pier with views of the city. Near the end of the pier you turn right along the sea front of South Park. Across the Bay are views of the Burren and straight ahead is Mutton Island with her beautiful lighthouse. Continuing along we pass the causeway to Mutton Island and onto Grattan Road. At the end of Grattan Road turn left onto Seapoint Promenade and past Toft Park on your right. Continue along the Prom with its many beaches and parks along the way. The next major point is Blackrock with its iconic diving board and tradition of "Kicking the Wall". From the wall going left, journey past the diving tower and along the water front to Tobermacconry 5km marker with its fantastic views of Galway Bay. On a good day you can see the Aran Islands in the mouth of the Bay. If you start at Tobermacconry the sea and the Burren in Co. Clare will be on your right all the way with views of the city climbing closer and closer as you near Claddagh.

### The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

### 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 a sociable 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 minimum of thirty minutes of physical activity five 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 1km 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.

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION  
50 RINGSEND ROAD  
DUBLIN 4