

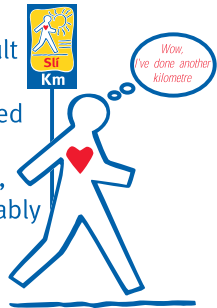
Slí na Sláinte



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.



Newbridge has established two walking routes to help you improve your health and get to know the town better in an enjoyable way.

The first route is within the town centre. The circuit is 3.9 Km in length and incorporates the Main Street, Strand House Road, and Moorfield crossroads. It then turns back towards the town centre taking the road by the side of Dunnes Stores, Newbridge Cutlery and following the Liffey until you arrive back at Main Street.

The second route is 4.2 Km in length and is also a circuit. It follows the Green Road and takes you past the Business Park, Lumville crossroads through the Curragh Plains. It returns into the town again via the Curragh roundabout passing Ballymany Stud.

This route is particularly suited to daytime walking.

Remember, both routes can be walked in either direction so go on and try them for yourself!

The project was sponsored by Kildare County Council and Newbridge Credit Union Ltd.

Let's Go Walking..



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