

## 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:  
Louth County Council at  
042-9335457

## 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



## Slí na Sláinte

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LOUTH COUNTY COUNCIL &  
HSE DUBLIN NORTH-EAST



Ardee, County Louth

# Slí na Sláinte

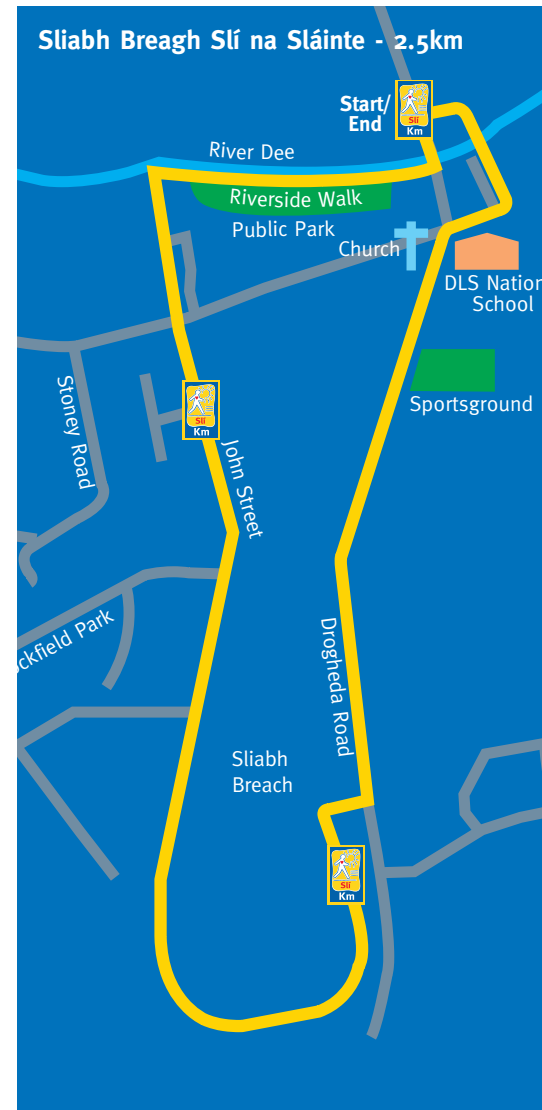
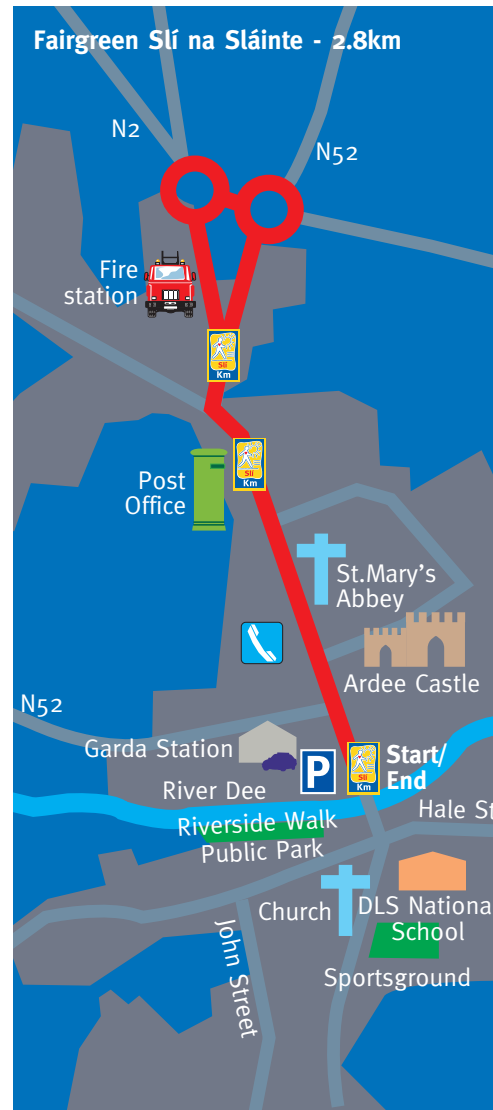


Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation - the national heart and stroke charity - it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world 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.



Both routes can be walked in either direction.  
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The Ardee Slí na Sláinte route consists of two linking routes which can be walked separately or together to give a total walking distance of 5.3 Km. Bridge Street Car-park, beside the River Dee is the starting point for the Ardee Slí.

The longer Fairgreen Slí route (2.8Km) heads north along Market Street to the pleasant Fair Green turning east at the N2 roundabout and then south at the N52 /Link Road returning to the car park. Noteworthy structures along this route are Ardee Castle, St Mary's Abbey (Church of Ireland) and the statue of Vere Foster, one of Ardee's dearest sons. The Norman Helmet sculpture at Fair Green reflects Ardee's heritage as a walled town.

The Sliabh Breagh route ( 2.5km) leaves the car-park crossing the River Dee by footbridge into Hale Street; turning right it continues along the Drogheda Road, which can be crossed using the School crossing. The route runs through the Sliabh Breagh housing estate from where a fine view of the Wind Farm west of Collon is visible before turning turns back northward along outer estate road to junction with John Street. The route crosses here to join the riverside walk along the River Dee and back to the car-park where Ardee's role in the famous epic Tain Bo Cuailgne (Cattle Raid of Cooley) is commemorated by the statue of Cuchulainn and the wounded Ferdia.