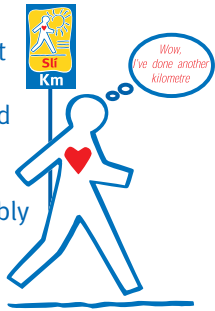


# Slí na Sláinte



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.



DROGHEDA

The Slí takes you down Peter Street past the Thosel into Shop Street and up to the Bullring. It then turns along the Dual-Carriageway passing Bus Eireann until you come to the Peace Bridge. Crossing the river Boyne for the second time, your walk brings you up George's Street passing the Ould Wall and turns into Windmill Road past Drogheda Utd, F.C.

You then Follow Cross Lane passing St Peter's Cemetery on your left and the Lourdes Hospital on your right until you come to the Ballymakenny Road Junction. Turning down Hardmans Gardens towards the Town Centre you pass Our Lady of Lourdes Church. At Dolan's Corner you turn down Magdalene Street, past the Magdalene Tower and back into Peter Street from where you started your walk.

Route can be walked in either direction.



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Let's Go Walking...

