

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.



The Tara Slí (4.5Km), which is looped starts at the historic Hill of Tara once seat of the High Kings of Ireland with the Duchas Interpretive Centre and the newly erected statue of St.Patrick in the background.

Take the road east to the townland of Jordanstown which leads on to the main Dublin/Navan road, turn left along this road where there was once a Constabulary Barracks. Take another left turn off this road, walk for approximately 0.75Km where there is a Ring Fort to the right similar to Newgrange called Rathmiles. Continue walking and take another left turn and on the corner there is Castletown House.

Continue walking up the Hill and on the right can be seen where the Banqueting Hall (Teach Míodhchuarta) once stood and further in to the right is Rath Grainne (Gráinne's Enclosure) another Ring Fort. Continue walking back to the Hill of Tara carpark.

Recommended as a daytime route. and can be walked in either direction.

Let's GO Walking...

