

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.

Legend:

- 1 Reginald's Tower
- 2 Clock Tower
- 3 Waterford Treasures/Tourist Office
- 4 Holy Trinity Cathedral
- 5 Christ Church Cathedral
- 6 Theatre Royal
- 7 French Church
- 8 City Hall
- 9 City Council Offices
- 10 Blackfriars Abbey
- 11 Garter Lane Arts Centre
- 12 Railway Station
- 13 St. Patrick's Church
- 14 St. Patrick's United Church
- 15 Court House
- 16 The Undercroft
- 17 William Vincent Wallace Plaza
- 18 Greyfriars Gallery
- 19 Railway Square
- 20 The Apple Market
- 21 Bus Station
- 22 The People's Park

