



## Woodenbridge Slí na Sláinte



This project was part funded by County Wicklow Partnership through the European Agricultural Fund for Rural Development: Europe investing in Rural Areas.

### Woodenbridge, Co. Wicklow 3km (6Km Return)

The Slí na Sláinte walk begins at Woodenbridge, which takes its name from several timber bridges that were swept away by the flood of 1770 and replaced with the stone bridge. The old name 'Garnagowlan' means 'Garden of the river fork' describing the setting where the Aughrim and Avoca rivers meet. View the granite parapets where the train once passed on the way to Shillelagh, the remains of the station can still be seen from the road, it was built in 1865. Pass by the Woodenbridge Golf Club which is the second oldest golf club in Ireland. The field beside the golf club is where John Redmond made his historic Woodenbridge speech in September 1914, which

resulted in a split in home rule. Passing by the short stone walls, the words Sigfried/Maginot can be seen, this is a reminder of past history when the Second World War dominated. The entrance on the left is for Avoca Manor which was built in 1919. On the left, the ancient graveyard and church of Castlemacadam that dates back to 1717, the new church was built in 1870. Walking under the mature mixed tree canopy you can view the fine specimen of 150 year old beech trees under Black Dog House. See the wide range of natural habitat, among which is the recently reintroduced Red Kite. These magnificent birds can often be seen over the vale.



## The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

### 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 a sociable 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 minimum of thirty minutes of physical activity 5 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 1km 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.

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION  
4 CLYDE ROAD  
BALLSBRIDGE  
DUBLIN 4