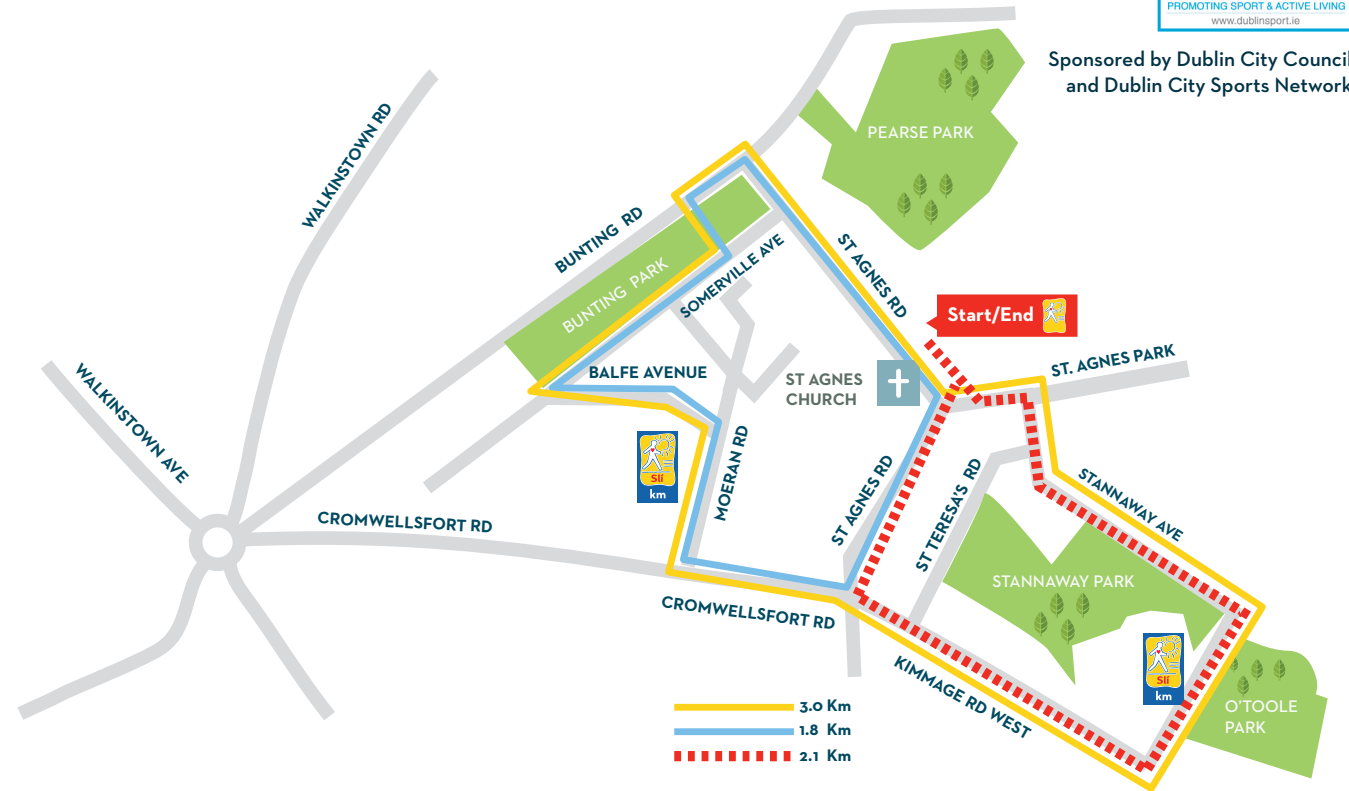


Crumlin Slí na Sláinte



Crumlin Slí na Sláinte

Yellow route

The yellow route starts at the Dublin City Council Area Office in Crumlin Village and proceeds towards St. Mary's Road while passing the historic buildings of Glebe House, Melville House and Looceville House. The route turns left at St. Mary's Church, which is also a protected structure, onto Bunting Road and passes a replica Celtic Cross which was erected by the Crumlin Historical Society. The walk turns into Bunting Park, which is still called Mooney's Field by some older residents and exits the park at Somerville Avenue before continuing onto Somerville Park, Moeran Road and passing Walkinstown Library, before turning left onto Cromwellsfort Road. The walk then heads east past the Ashleaf Shopping Centre and along Kimmage Road West before turning left onto Lorcan O'Toole Park and left again at Stannaway Avenue, with Stannaway Park on the left. It continues

along Stannaway Avenue before turning left into St. Agnes Park and right at Crumlin Garda Station before arriving back at the Crumlin Area Office.

Blue route

The blue route starts and finishes at the Crumlin Area Office and follows the yellow route to the Ashleaf Shopping Centre before turning left at St Agnes Road before arriving at the finishing point.

Red route

The red route also starts at the Crumlin Area Office but heads south to the Ashleaf Shopping Centre before turning left and following the yellow route to the finishing point.

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
50 RINGSEND ROAD
DUBLIN 4