

Let's Go Walking...





Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes walking a day.
- Drink a glass of water before and after your walk and, don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Remember, loose clothing is more comfortable and in winter, choose layers rather than thick, chunky clothes.
- Why not try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless....
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start.
- Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness, and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...

Slí na Sláinte

Slí na Sláinte®

A regular programme of walking...

-  ... keeps your heart strong
-  ... improves muscle strength
-  ... helps to manage your weight
-  ... makes you feel good

BUT, ABOVE ALL - WALKING IS FUN

PHYSICAL ACTIVITY

...reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

For health benefits you need to walk at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

Help to maintain Slí routes

Please report any dangerous obstacles or missing or damaged signs to:
Traffic Section
Dún Laoghaire - Rathdown County Council
01 2054700.

Slí na Sláinte®

The Irish Heart Foundation.
4 Clyde Road, Ballsbridge, Dublin 4.
Tel: 01-668 5001 Fax: 01-668 5896
e mail: info@irishheart.ie • www.irishheart.ie • Helpline: 1890 432 787
© Irish Heart Foundation - 2010

Supported by the Department of Health and Children and
The Irish Sports Council



IRISH
HEART
FOUNDATION



Slí na Sláinte

Let's Go Walking...

SUPPORTED BY
DÚN LAOGHAIRE-RATHDOWN CO. COUNCIL
DEPARTMENT OF TRANSPORT &
SMARTER TRAVEL

Dún Laoghaire, The Metals, Co. Dublin

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 the outgoing 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 30 minutes of physical activity on most, or preferably all 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 1 km 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.

'The Metals' was originally laid out in 1816 to bring stone from the granite quarries in Dalkey to the harbour works at Dún Laoghaire. Between 1816 and the 1860s over 600,000 tonnes of stone was carted down the hill on metal tracks to supply the stone for the East and West piers. A walk along the Metals not only brings you back in time. It also brings you from one of the County's most scenic areas to another.

Some sites of interest:

- 1 Dalkey Quarry (for continuation of Metals)
- 2 Dalkey Village
- 3 Dalkey Castle and Heritage Centre
- 4 Cuala GAA Club (Hyde Park Rd)
- 5 Dalkey United (Hyde Park Road)
- 6 Castlepark School
- 7 Home of Major John McBride – executed for taking part in 1916 Rising. Spencer Villas, Glasthule.
- 8 Birthplace of Sir Roger Casement, Sandycove Road
- 9 Joyce's Tower, Sandycove
- 10 Home of Padraig Colum, writer - Eden Road Upper
- 11 People's Park, Dún Laoghaire



Route can be walked in both directions, can be started and ended at any point and is suitable for day and night

SUPPORTED BY DÚN LAOGHAIRE - RATHDOWN COUNTY COUNCIL
DEPARTMENT OF TRANSPORT & SMARTER TRAVEL



Let's Go Walking...