



Irish Heart Foundation

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East Meath Slí na Sláinte - 5km

EAST MEATH SLÍ NA SLÁINTE - 5KM

-  POST OFFICE
-  PARKING
-  SCHOOL
-  TRAIN STATION
-  CHURCH
-  PLAYGROUND
-  REMEMBRANCE GARDEN
-  TARA BROOCH
The Tara Brooch was found on Bettystown Beach in 1850
-  TOWN CENTRE
-  LAYTOWN STRAND
races since 1868

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

You should be able to walk 3kms in 30-40 minutes depending on your pace.

Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

www.irishheart.ie

www.stroke.ie



Rialtas na hÉireann
Government of Ireland

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comhairle chontae na mí
meath county council

