

# 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.

*Patricia Murphy*  
Irish Heart Foundation



Ballymurphy has two Slí na Sláinte routes. Both afford wonderful hillside views and bracing mountain air.

## Walshestown Slí - 7.5km

The Walshestown Slí is 7.5km in length and starts at the Community Centre. It follows the road past the old corn mill and then left through The Sweep and the Conifer Wood. Turn left along the Bog Road; continue over the Holocouse River and past the limekiln on your right. Follow the road as it rises steeply turning left to begin the descent. Walk the winding road back to Ballymurphy Village and turn left at the school to bring you back to your starting point.

## Knockmullgurry Slí - 7.7km

The Knockmullgurry Slí is 7.7km in length also starts at the Community Centre. Follow the route as above, past the Conifer Wood. On reaching the Bog Road (on your left), continue along the Knockmullgurry Road past Sturra peak and Cahier's Den (lair of the famous highwaymen). Notice the walls of the old Tower House and the 'Scionsa' or Spring Watercourse on the mountain. Continue along this high scenic road for over 1km, turning right at the T-junction, walking back past The Sweep to starting point at the Community Centre.

**Let's Go Walking...**



SUPPORTED BY CARLOW COUNTY COUNCIL AND BALLYMURPHY COMMUNITY GROUP