

# 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 a hearty pace for at least 30 minutes most 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 / damaged signs to:  
County Carlow Sports Partnership  
Community & Enterprise  
Carlow County Council, County Buildings  
Athy Road, Carlow  
Phone: 059 9170300.

# Slí na Sláinte®

The Irish Heart Foundation.  
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Tel: 01-668 5001 Fax: 01-668 5896  
e mail: [info@irishheart.ie](mailto:info@irishheart.ie) • [www.irishheart.ie](http://www.irishheart.ie) • Helpline: 1890 432 787

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The Irish Sports Council



## Slí na Sláinte

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SUPPORTED BY  
CARLOW LOCAL AUTHORITIES,  
LAOIS COUNTY COUNCIL &  
COUNTY CARLOW SPORTS PARTNERSHIP

Carlow, Co.Carlow

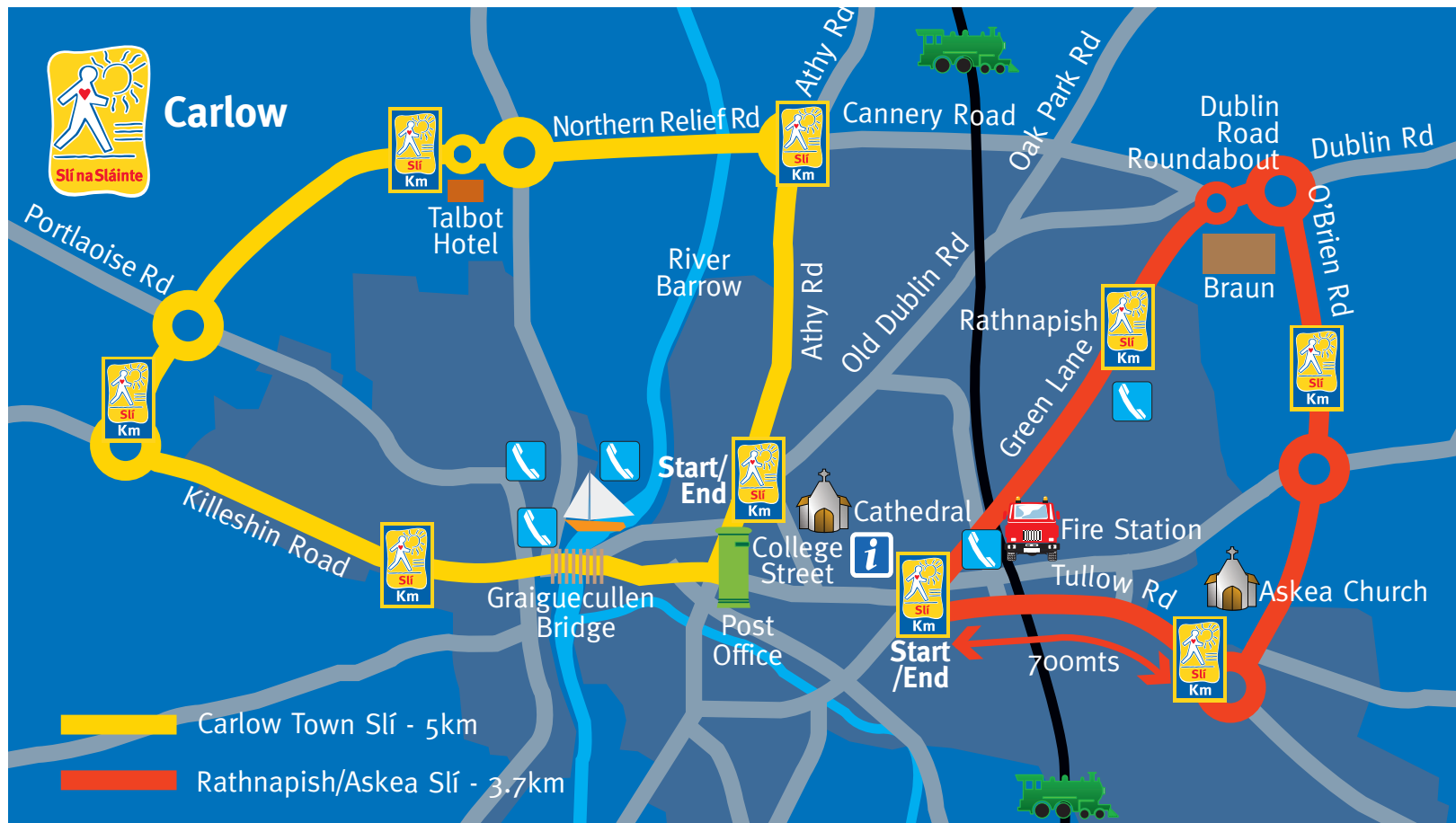
# Slí na Sláinte

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.



## There are two Slí na Sláinte routes in Carlow:

### Carlow Town Slí – 5km

The Carlow Town Slí is a 5km walking route which starts in the centre of town, at the car park opposite the County Council Offices and the Garda Station, near the junction of the Athy Road and Dublin Street. The route continues along the Athy Road and turns left at the Athy Road roundabout. Following the Northern Relief Road for almost 2km, the route passes through the Portlaoise Road roundabout, then turns left at the next roundabout onto the Killeshin Road. Continuing again for over 2km, the route crosses over Graiguecullen Bridge onto Kennedy St before turning left at the Post Office onto Dublin St and back to the starting point on the Athy Road.

### Rathnapish/Askea Slí 3.7km

The Rathnapish/Askea Slí is a 3.7km route, which starts at Shamrock Square. The route continues along Green Lane and through the first roundabout before turning right at the Dublin Road roundabout onto the O'Brien Road. Passing Askea Church, continue towards the Tullow Road roundabout and turn right down the Tullow Road, walking back towards the starting point on Shamrock Square.

Routes can be walked in both directions. Routes can be started and ended at any point

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