

St Patrick's Boys **National School** c.anal Road

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





Portarlington - Cúil an tSúdaire Slí na Sláinte

Station Road

Presentation Primary School

crowe

Library

Link

Road

Car Park **Portarlington Leisure Centre** Start End

Bracklone St

People's Park & Car Park

YOU ARE HERE



Red Route - 2.5km Green Route - 3.5km

Foxcroft St

Sandy Lane National School Sandy Lane

Old Fire Station

River Barrow Walk

Sponsored by Laois County Council, Comhairle Chontae Laoise & Department of Rural and Community Development, An Roinn Forbartha Tuaithe agus Pobail





Department of Rural and **Community Development**

An Roinn Forbartha Tuaithe agus Pobail