

Clonbullogue Slí na Sláinte

The Slí na Sláinte walk begins in the picnic area alongside St Patrick's Bridge just south of the centre of Clonbullogue village — as Gaeilge— Cluain Bolg, meaning the meadow of the sacks. Research shows that the placename Cluain Bolg, found in the old Irish document "Caithreim Aodh O'Broin" is the present Clonbullogue, in Co. Offaly. The element Cluain in the name signifies field or meadow and is usually written as Clon in English. The second element, Bolg is a direct reference to the Celtic sun-god Bolg, hence Fir Bolg, followers or devotees of the sun. Therefore it is felt that in the remote past Clonbullogue signified a field where the followers of the sun-god Bolg assembled.

As we start the walk, on our right is the millrace and millwheel, a modern version of what was in situ here in olden days.

As we continue along the track, we pass a copse of varied trees, including guelder rose, hawthorn, holly, birch, hazel etc. The walk takes us up along the river track to the meeting of the waters—the confluence of the Philipstown and Figile rivers—legendary stories tell us that in 1014, Brian Boru, believing that the tallest trees in Leinster stood in this area, had his soldiers cut and transport the trees to Dublin, for boat making. The vista from this location is very picturesque.

Continuing up the track alongside the Figile River, a fine wildlife habitat, we meet Cloncrane Bridge, a classic example of a multi-arch stone bridge.



Over the bridge and past the car park area, we continue the leisurely walk that is Cloncrane road and turn right into the village which in turn opens up the beautiful vista that is the main village street, St. Broughan's Hall, — built in 1928 was regarded as one of the finest structures of its kind at that time, the RC Church, dating back to the 1800s, the Garda Station, the quaint and beautiful village green with its village pump, some fine residences, the local hostelry, and the jem in the crown, the forge with its fine stone arch and red doors — an eloquent example of building form of a previous era. As we near the end of the walk, we cross St. Patrick's Bridge, built in 1932 and back to the picnic area alongside the beautiful Figile River.

The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

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 a sociable 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 minimum of thirty minutes of physical activity five 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 1km 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.

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION
50 RINGSEND ROAD
DUBLIN 4