

Slí na Sláinte



Slí na Sláinte is a simple and innovative scheme developed by the Irish Heart Foundation to encourage people of all ages to walk for leisure and good health. Routes are marked at kilometre intervals by signs which are not numbered, so you can start or finish your walk anywhere along the route.

Walking is the simplest, safest and one of the most effective forms of physical activity. Every Irish adult should accumulate at least 30 minutes of physical activity on most, preferably all, days of the week.

If you have not been taking regular exercise you should start slowly and gradually build up to 30 minutes per day.



LAOIS COUNTY COUNCIL

The 7km walk starts in the heart of Ballyroan village. You can find the Information Board on the wall of the old boys' school, now known as the Band room. From here you have a good view of the village, Motte and Bailey, the old water pump and the River Gloreen.

Turning up from the village, you pass the Roman Catholic church and on leaving, the girls national school.

Following this country road you pass Bunny's Bridge on your left. Continue on the Dooary Road and you arrive at the first crossroads where you'll find a resting seat.

If you need it, take a rest and then turn right onto the Tullore Road. You will pass the Dooary Bridge which crosses the Happy Valley River. You will also see Blandsfort Estate on your left and the Tullore Graveyard.

More than half way along your walk you come to Tullore Cross where there's another invitation to sit down and take a rest.

Take a right onto the Ballinlough Road to continue your walk. Down Preston walk you have a view of the Slieve Blooms, the village and the Cullenagh Mountains in the distance.

Crossing over the Gloreen you return to where you started out from, feeling proud for having done all of seven kilometres.

Recommended as a daytime walk.

Let's Go Walking...

