

# 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.



The 4.9Km Slí route begins at the junction between Duffry Gate and Nunnery Road. Cross the road and go over the Duffry Hill, along Parnell Road and past the Garda Barracks and The National 1798 centre. Take a left when you reach the N30 and continue along until you see a directional arrow pointing you down Salthouse Lane towards the River Slaney. When you reach the River it affords a good view of Vinegar Hill, site of the famous battle of 1798.

Follow the Slaney, one of the largest rivers in Ireland, towards the Seamus Rafter Bridge. You will catch a glimpse to your left of Enniscorthy Castle, built by the Normans in 1205 A.D. Continue along the N11 in the direction of Dublin until you come to the roundabout. Turn left back along the R890 over Summerhill and Nunnery Road which brings you back to your original starting point, completing your 4.9Km walk.

Let's Go Walking...

Recommended as a daytime walk

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