

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.

Pearcey Murphy

Irish Heart Foundation



Cloonfad Slí na Sláinte - 7.8km

The Cloonfad Slí na Sláinte is 7.8km in length and begins at the bridge in Cloonfad. Walk along the main Dunmore road and turn left after about 800m into the townland of Derryhog. Continue along this road, turning right onto a bog road, just before a quaint little stone bridge.

The bog road travels through open cut-away bogs and offers panoramic views of the surrounding countryside. Away to the left, make sure to notice the large rock with a small white statue on top. This is a relic of penal times, known as a mass rock and mass is still occasionally held here.

After a short distance turn left again, to bring you onto higher ground and further improved views. The walk meanders for a short distance through woodland before turning left onto a tarred road at the little hamlet of Cloonerkaun. Continue along this road and turn left upon reaching the main road. Follow the route back into Cloonfad, ending up back at the bridge again where you will have finished your 7.8km walk.

Streamstown Alternative Slí - 4.2km

For those of you who wish to take a shorter route follow the main walk but instead of turning onto the bog road cross the little stone bridge, continue along this road into the townland of Streamstown. Walk onto the main Cloonfad - Williamstown road, turn left and retreat once again to your starting point in Cloonfad.

SUPPORTED BY MID CONNACHT ENVIRONMENTAL CONCERN GROUP,
BLUNDERLAND PRODUCTIONS AND ROSCOMMON COUNTY COUNCIL

Let's Go Walking...

