

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.

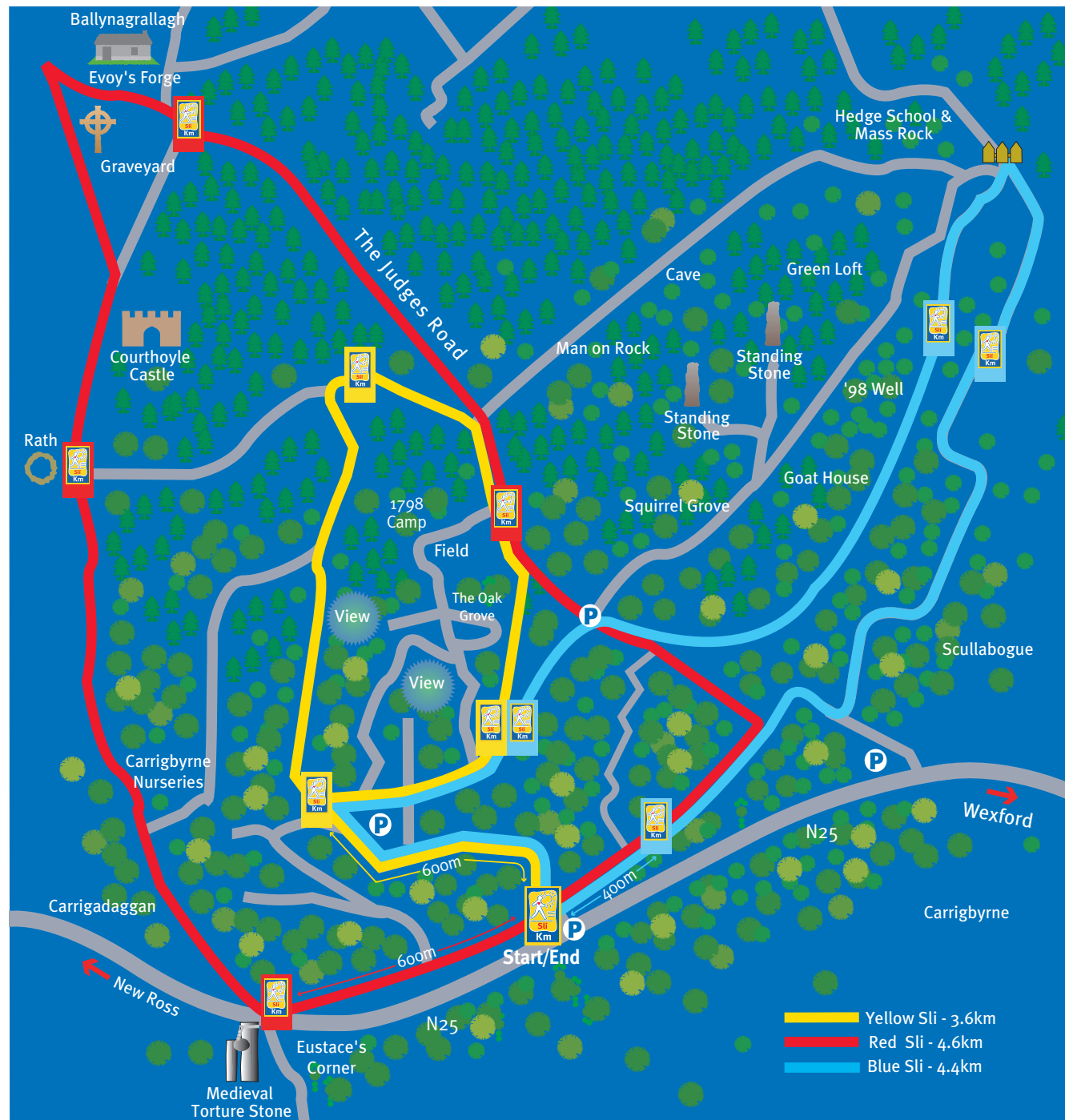
Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.



Carrigbyrne Hill - Slí na Sláinte

The Carrigbyrne Hill Slí routes are part of the Slí na Sláinte network of marked and measured walking routes. There are three, colour coded routes in Carrigbyrne Hill Woods of varying lengths. All routes start near the entrance of the forest and follow various paths; look out for the colour coded directional signs along the way. Carrigbyrne Hill forest is ideal for walking; set in a historic area the beautiful walks around the hill offer peace, tranquillity as well as breathtaking views over the surrounding countryside.

Let's Go Walking...



SUPPORTED BY COILLTE, WEXFORD COUNTY COUNCIL, CARRIGBYRNE HERITAGE GROUP AND WEXFORD CREAMERY

Recommended as a daytime walk and can be walked in either direction

