

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.

Ciallaíonn Slí na Sláinte slí bheatha níos folláine. Sé Foras Chroí na hÉireann atá ina bhun agus bealach nualach é an tsíúlóid le haghaidh suaímheas intinne agus dea-shláinte a dhéanamh níos taitneamhaí. Cheana féin, tá sé ag mealladh aird an óige agus an aosach, ní hé amháin in Éirinn ach san Eoraip agus i bpáirteanna eile den domhain chomh maith. Agus gan íonadh, mar is bealach spraoiúil agus sláintiúil é don gnáth dhuine fásta an 30 nóiméad d'aclaíocht fisiciúil a mholtar a dhéanamh, seacht lá na seachtaine más féidir.

Treormharcáilte le comharthaí geala, dathúla, gan uimhreacha atá suite 1km. óna chéile, tá bealaí Slí na Sláinte le fáil ar fud na hÉireann. Lean na comharthaí km. siúl ar do shuaímheas agus gan mhoill aireoidh tú níos fearr agus níos aclaí. Aireoidh tú go bhfuil gaisce bainte amach agat chomh maith.

Let's Go Walking...
Ar aghaidh Linn ag síúlóid...



Broadhaven Slí na Sláinte - 3.1km

The Broadhaven Slí na Sláinte begins at the Tur sculpture in Carter Square. The route continues along Barrack Street and the Ballina Road for over 1km, affording clear views of Broadhaven bay to the left.

Turning right onto Ballinavode road, continue for just under .5km, where you can see majestic views of Blacksod Bay and beautiful Claggan Island, and then right at the next junction, onto Toorglass Road. Follow the route for over 1km, noticing panoramic views of Achill Island and Ballycroy, continuing downhill, back to the starting point at Carter Square.

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



Slí na Sláinte Cuan an Inbhir 3.1 km.

Tosnaíonn Slí na Sláinte Cuan an Inbhir ag an dealbh Túr i gCearnóg Charter. Leanann an slí Sráid na Beairice agus Bóthar Bhéal an Átha ar feadh os cionn 1 km. ag tabhairt léargas glan duit ar Chuan an Inbhir ar chlé.

Ag iompú ar dheis isteach Bóthar Bhaile na bhFód lean ort ar feadh tuairim is 0.5 km áit a bhfuil radharcanna maorga agat ar Chuan an Fhóid Duibh agus ar oileán álainn Chloigeann. Iompaigh ar dheis ag an gcéad acomhal eile isteach ar Bhóthar an Túir Ghlais. Lean an slí a feadh os cionn 1 km ag tabhairt faoi deara radharcanna áille d'Oileán Acla agus Baile Chruaich. Lean ort síos an cnoc ar ais chuig do phointe tosaigh ag Cearnóg Charter.

Molta mar shíúlóid lae agus is féidir é a shiúl an treo eile chomh maith.

