

THE IRISH HEART FOUNDATION
4 CLYDE ROAD
BALLSBRIDGE
DUBLIN 4

PLEASE DETACH HERE PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation — the national heart and stroke charity — it's a sociable way to make walking far more enjoyable. Already, it's capturing the attention of 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 minimum of 30 minutes of physical activity 5 days of the week. You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. 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.

Slí Bhríde

St. Brigid's Square – Cross Keys – Nurney Road – Newtown Cross – Tully Cross – St. Brigid's Square.

Kildare, or in Irish, 'Cill Dara', meaning 'Church of the Oak' was named after the church founded here under an oak tree by St. Brigid in the later end of the 5th century. The Slí Bhríde commemorates Brigid's association with the town and begins at the parish Church incorporating elements of the town, as well as Kildare Village, St. Brigid's Well and National Stud and Japanese Gardens.

Kildare Town Slí na Sláinte



The Hundred Acres

St. Brigid's Square – Grey Abbey Rd – Nurney Road – Newtown Cross – Tully Cross – St. Brigid's Square.

The shorter route now enjoyed by walkers was always known locally as 'The Hundred Acres.' It is a local name for most of Tully West townland, i.e. mostly the land between

Nurney Road/Grey Abbey Road and Tully Road which forms a natural triangle between St. Brigid's Square, Newtown Cross Roads and Tully junction. It is possible that the term, 'the hundred acres,' has survived in popular memory from the thirteenth century as most of these lands were granted to the Knights Hospitallers Preceptory, prior to 1212 A.D.