



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.



You begin your 2.9Km Slí walk at the Church of Ireland as you come into Rosser's Point. Continue along the promenade with great views of Oyster Island to your left. This island lies a short distance across the channel from the promenade and derives its name from the oyster beds which existed along its shores until the turn of the century.

At the end of the promenade you can see the Pier in the distance and the Metal Man out to sea. It was erected in 1821 and stands pointing seafarers on the correct course. Dressed as a seaman of that period with blue coat and white trousers, he stands 12 feet high and weighs 7 tons. The Slí route then follows the road to the right where you take a right at the T-junction on the Beach Road.

Passing the Tennis grounds, take another right past the Hotel and a left on to the road parallel with the promenade.

Follow this road until you arrive at the junction that brings you back to the Church of Ireland completing your 2.9km walk.

Route can be walked in either direction

Recommended as a daytime walk

Let's Go Walking...