

Slí na Sláinte



Slí na Sláinte stands for 'path to health'. It was introduced by the Irish Heart Foundation to make walking more fun.

A lot of people have already taken it up as it is an easy way to get at least 30 minutes of physical activity per day. And the good news is 3 x 10 minute walks have the same health benefits as 1 x 30 minute walk.

The Slí na Sláinte walking routes are marked by bright, colourful signposts. The signposts are 1 kilometer apart, so you can work out how much you have walked. They are not numbered, so you can start and end wherever you like.

Simply follow the signs, walk at your own pace and you'll quickly start to feel better and fitter.



Regular walking... keeps your heart strong... improves your muscles... helps to keep your weight down... makes you feel good



Darndale
Belcamp
Slí 2.2km

The 2.2km route around Darndale/Belcamp begins at the Darndale/Belcamp Village Centre. Walking along the Darndale/Belcamp link road, take the first turn left into Marigold, and then turn right onto Marigold Road. Follow this road for the entire walk passing by Marigold Avenue, Buttercup Way, Buttercup Crescent and around to Snowdrop Walk. Look out for the Slí signs along the way. Carry on across the pedestrian path, past Darndale Park and Primrose Grove. Follow this road back around, past Tulip Court to the Village Centre, and you will have completed your 2.2km walk.

Let's Go
Walking...