

# Let's go walking

Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes a day.
- Drink a glass of water before and after your walk and don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- Try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless.
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start. Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.



Supported by The HSE

## Slí na Sláinte

A regular programme of walking...

- Keeps your heart strong
- Improves muscle strength
- Helps to manage your weight
- Makes you feel good... but above all walking is fun!

## Physical Activity

- Reduces risk for several chronic diseases including heart disease, stroke, high blood pressure, osteoporosis, anxiety and depression.
- For health benefits you need to walk for at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions a day for optimum health benefits.

## Help to maintain Slí na Sláinte

Please report any dangerous obstacles or missing/damaged signs to:  
**Sport & Leisure Office, Laois County Council**  
**t: 057 8664000**  
**e: sports@laoiscoco.ie**

Irish Heart Foundation, 17—19 Rathmines Road Lower,  
 Dublin 6, D06 C780 T. 01 668 5001 F. 01 668 5896  
 E. info@irishheart.ie

Heart and Stroke Helpline 1890 432 787  
[www.irishheart.ie](http://www.irishheart.ie) [www.stroke.ie](http://www.stroke.ie)  
 Charity No: CHY5507

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Portlaoise

Port Laoise

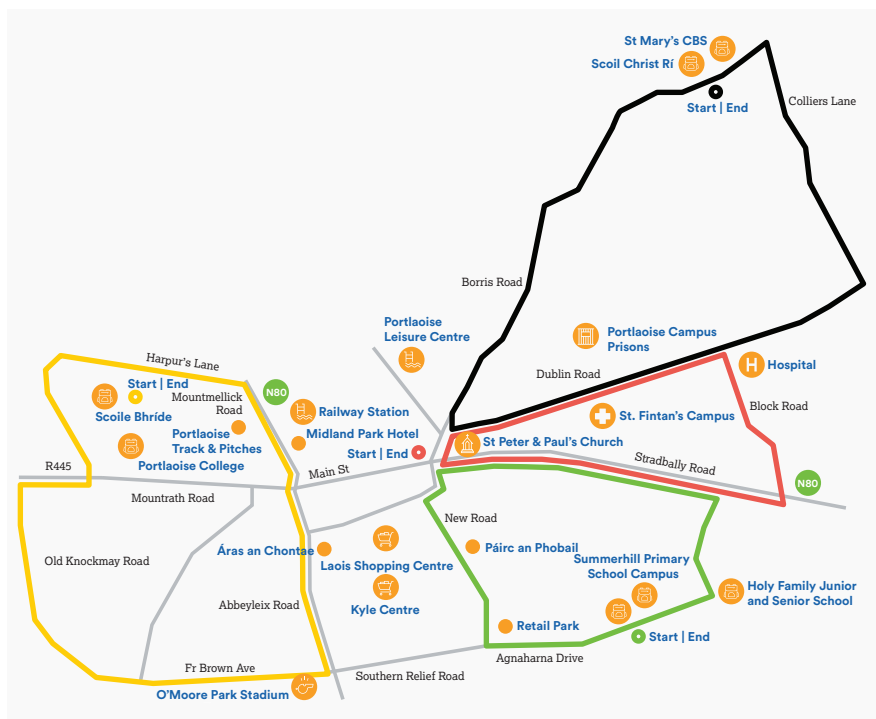
**Slí na Sláinte Walking Route**



**Irish Heart**



## Portlaoise Slí na Sláinte



**Red Route: 3.3km**  
**Black Route: 5.3km**  
**Green Route: 3.3km**  
**Yellow Route: 4.7km**

Sponsored by Laois County Council,  
 Comhairle Chontae Laoise &  
 Department of Rural and Community  
 Development, An Roinn Forbartha  
 Tuaithe agus Pobail



Department of Rural and  
 Community Development

An Roinn Forbartha  
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### Red Route

The red route is a 3.3km loop signposted with kilometre markers and directional arrows. The route begins on Stradbally Road, beside St. Peter and Paul's Church where you will find the map board. The route turns right in front of the church and right again on to Dublin Road. The route continues straight, passing the Fire Station and St. Fintan's Campus on the right with Portlaoise Campus Prisons on the left before turning right at Midlands Regional Hospital onto Block Road. Turn right again at the top of Block Road and the route continues straight back to the start point.

### Black Route

The black route is a 5.3km loop signposted with a map board and directional arrows. The route begins on Borris Road where you will find the map board located near St. Mary's CBS and Scoil Christ Rí. The route turns right onto Colliers Lane, continues straight and turns right onto Dublin Road. Continue straight down Dublin Road passing the Killeshin Hotel and Portlaoise Campus Prisons on the right, St. Fintan's Campus and the Fire Station will be on the left. Turn right again after St Peter and Paul's Church and continue straight up Borris Road until you return to the start point.

### Green Route

The green route is a 3.3km loop signposted with a map board and directional arrows. The route begins near the Summerhill Primary School Campus where you will find the map board. Continue past Portlaoise Retail Park and turn right at the roundabout onto New Road. Continue straight past Páirc an Phobail until you reach the roundabout at the top of Well Road, turn right and then right again at the next roundabout onto Stradbally Road where you will pass by St. Peter and Paul's Church. Continue straight, make a right turn and at the second roundabout, turn right onto Aughnaharna Drive and turn right again passing Holy Family Schools back to the start point.

### Yellow Route

The yellow route is a 4.7km loop signposted with kilometre markers and directional arrows. The route begins on Harpur's Lane where you will find the map board at Portlaoise College Sports Campus. Continue down Harpur's Lane towards Mountmellick Road and turn right passing under the railway bridge and past Midlands Park Hotel and at third roundabout turn right onto Fr. Brown Avenue and continue straight onto Old Knockmay Road. At the roundabout turn right onto the Mountrath Road. Take a left turn at Portlaoise College, continue straight to the roundabout and turn right back to the start point.

|                   |   |
|-------------------|---|
| Distance/Time     | Red route 3.3km (41mins), Black route 5.3km (66mins), Green route 3.3km (41mins), Yellow route 4.7km (59mins)   |
| Difficult/Terrain | Easy/Footpath   |
| Fitness levels    | All levels of fitness   |
| Start Point       | Red route: St. Peter & St. Paul's Church, Stradbally Road   |
| Black route:      | St. Mary's CBS & Scoil Christ Rí  |
| Green route:      | Summerhill Primary School Campus  |
| Yellow route:     | Portlaoise College Sports Grounds, Harpur's Lane  |
| Minimum Gear      | Walking shoes and rain gear   |
| Grid Ref          | Red route S 47509 98437<br>Black route S 48452 99921<br>Green route S 48155 97790<br>Yellow route S 46058 98773 |

## Irish Heart Foundation

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.

## About Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by 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 thirty minutes of physical activity five 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.

