

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.



Bray Coast Slí - 14km

The Bray Coast Slí follows the Old Dublin Road, Castle Street and Quinsboro Road until it joins the coast. The route then follows the promenade along to the Old Bray Head Hotel and onto the cliff walk for a further 3km. On returning to the Old Dublin Road you will have completed a 14km walk.

Bray Town Slí - 7.9km

Alternatively, the Bray Town Slí forms a circuit, which follows Quinsboro Road, Herbert Road, Kilbride Lane, Boghall Road, Vevay Road and Putland Road. Upon reaching Bray promenade turn left. Continue to the end of the promenade, walking under the railway bridge to return back to Quinsboro Road.

Route can be walked in either direction.

Recommended as a daytime walk as underfoot conditions can be rough on the cliff walk.

Let's GO Walking...

