

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.

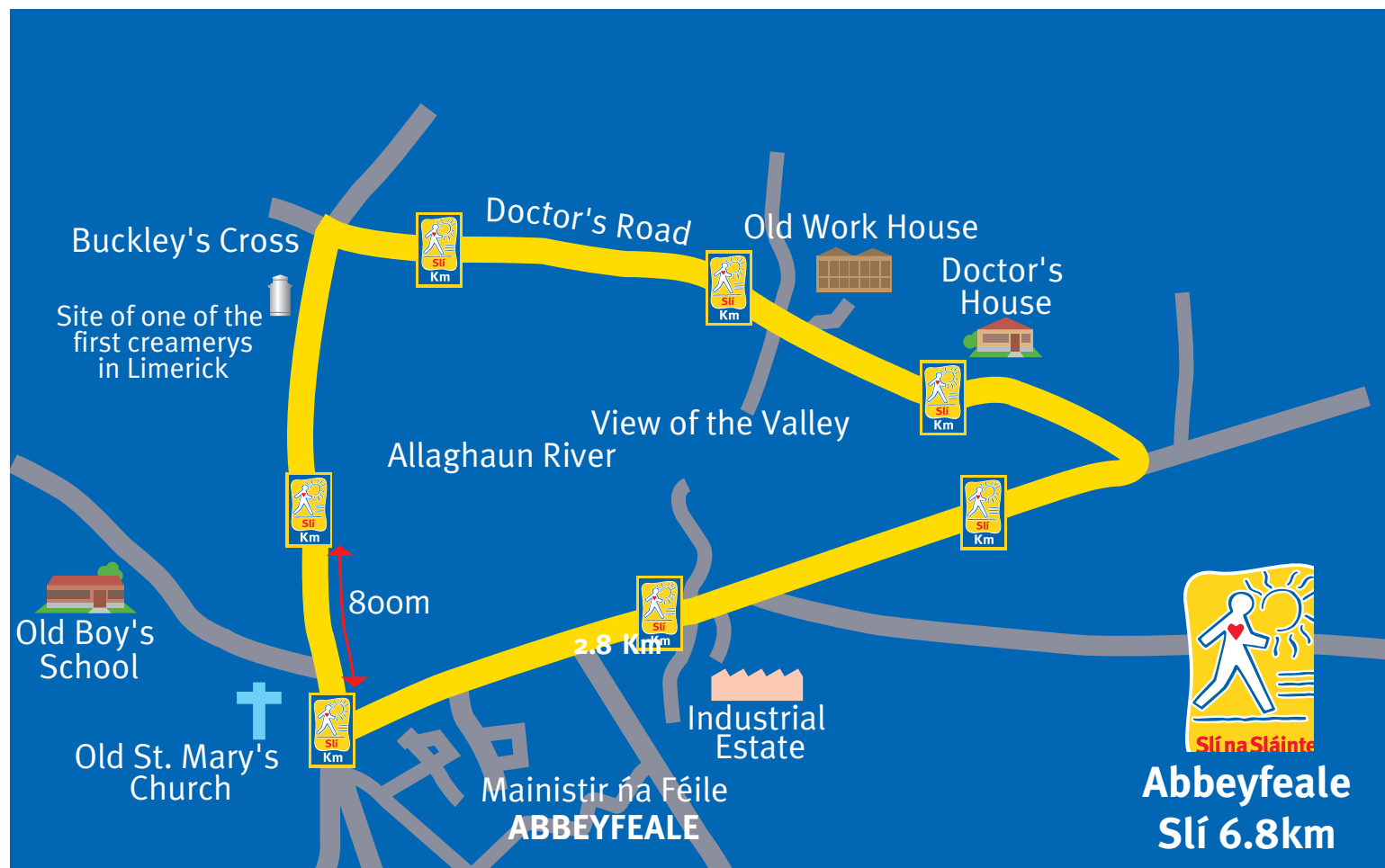
Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too!

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.



Abbeyfeale (Mainistir na Féile) in Irish meaning 'Abbey of the River Feale' is situated on the river Feale, near the Mullaghareik Mountains. Begin your Slí route at the mapsign on the main street and continue along in the direction of Newcastle West. When you reach the outskirts of town, veer to the left where you see the arrow taking you past the site of the Presbytery. Take a left turn onto Doctor's Road past the Doctor's House and the Old Work House. When you reach Buckley's cross take a left which will bring you back to your start point.

Recommended as a daytime route and can be walked in either direction.

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