

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.



The Cloonslanor – Cloonfinlough Slí in Strokestown is 8Km in length and begins at the Heritage Centre. From this point you can walk out in the direction of Cloonfinlough Lake for 4Km and then return by the same route for a total of 8Km.

1. Site of Old Workhouse.
2. Bully's Acre-burial ground of workhouse.
3. Boundary between Cloonslanor towns land and Cloonfinlough townland.
4. Cloonfree Lake.- 500 m.
5. Old Golf course.
6. Crannog.
7. Cloonfinlough Lake.
8. Cloonfinlough Graveyard and remains of Old Parish Church.
9. Ring Fort.
10. Old Cloonfinlough Lodge.

The distance from the Start/End point at the Heritage Centre to the village is 500m.

On this route please note the following historical points of interest:

- The Courthouse
- Weighbridge (near Banks)
- Old Well (near the Town Square)

Finally one could not, but admire the imposing Georgian Gothic Arch (end of Bawn Street).

Recommended as a day time walk.

Let's Go Walking...



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