

Slí na Sláinte



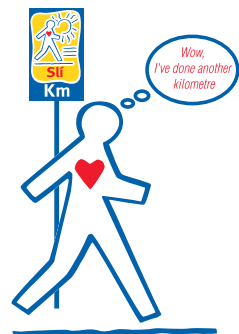
Walking is one of the simplest, safest and most effective forms of physical activity. Every Irish adult should accumulate at least 30 minutes of physical activity on most, preferably all, days of the week.

Slí na Sláinte is a simple and innovative scheme developed by the Irish Heart Foundation to encourage people of all ages to walk for leisure and good health. It uses attractive pole signs at Kilometre intervals on an established route.

The East Coast Slí na Sláinte route follows a coastal path from Malahide, to Howth to Bray. The Slí covers scenic areas such as Howth, Bull Island, North Bull, Raheny, Clontarf Road, East Link Bridge, Sandymount, Blackrock, Dun Laoghaire, East & West Piers, Dalkey, Killiney, Shankill and Bray.

This route is marked with our attractive blue and yellow signs at Kilometre intervals. The signs are not numbered, so any Km mark can be the start or end of your walk. Along the way you will also see smaller additional signs at junctions to guide you on your way.

For your added enjoyment, the route runs parallel with the DART line. So why not use this excellent facility to start your walk at a new location.



-  SLÍ ROUTE
-  ALTERNATIVE WALK
-  DART LINE
-  DART STATION



DUBLIN BAY

Let's Go Walking...
to better health.
Just follow the Slí Km Signs!

Sponsored by:
 Fingal County Council
 Dublin Corporation
 Dunlaoghaire Rathdown County Council
 Bray Urban District Council



EAST COAST SLÍ

