

Supported by Naas Town Council, Kildare Sports Partnership,  
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## Naas Ring Road Slí na Sláinte



## The Irish Heart Foundation

The 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.

## Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the 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.

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION  
50 RINGSEND ROAD  
DUBLIN 4



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The Naas Ring Road Slí na Sláinte is a 10km circuit starting at the K-Leisure Centre on the Caragh road and following the Ring Road, Sallins Road to Tandy's Bridge where the Canal Walk is followed via the Canal Harbour to Ploopluck bridge and back to K-Leisure. The route incorporates the old and the new of Naas with the use of the modern ring road and the old Canal Walk and 'Historic Trail'.