

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.



From the main entrance to Sustainable Energy Ireland on the Old Finglas Road, the 4.1km circuit of Glasnevin takes you down Glasnevin Hill, across the Tolka River and past the picturesque National Botanical Gardens.

Follow the road until you reach the junction at the Bank of Ireland. Turn left up Mobhi Road, over the bridge and you will pass Griffith Park on your right. Continue up past Colaiste Cáimhín and turn right on to Homefarm Road.

Carry on down Homefarm Road until you reach Valentia Road on your left. Walk up Valentia Road and head toward Griffith Avenue. Turning left on to the tree lined avenue, continue straight on through the junctions at Mobhi Road and Ballymun Road.

Continue up Griffith Avenue past the Tolka Rovers AFC grounds at Frank Cooke Park until you reach the junction at Ballygall Road East. Turn left and walk up to the T- junction which brings you back to the Old Finglas Road.

Turning left on to the Old Finglas Road, you will pass the Holy Faith Convent and St Mary's Secondary School on the right before arriving back to the gates of Sustainable Energy Ireland.

As well as being the healthy option, walking instead of driving, saves energy and helps protect our environment.

Recommended as a daytime walk
Route can be walked in either direction