

Let's Go Walking...

Here are a few useful tips that will help you to enjoy your walk and do your heart good

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about, and gradually build up to the recommended 30 minutes walking a day.
- Drink a glass of water before and after your walk and, don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Remember, loose clothing is more comfortable and, in winter, add light layers rather than thick, chunky clothes. It's much better.
- Why not try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless....
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start.
- Stop if you experience unusual symptoms, such as chest pain, dizziness or breathlessness, and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...

Slí na Sláinte

Slí na Sláinte®

A regular programme of walking...



... keeps your heart strong



... improves muscle strength



... helps to manage your weight



... makes you feel good

BUT, ABOVE ALL - WALKING IS FUN

PHYSICAL ACTIVITY

...reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

Slí na Sláinte®

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Donadea Forest Park, Co.Kildare

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 far 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 or 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 walking 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.

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HEART
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Donadea Forest Park Slí na Sláinte 5.7km

The Donadea Forest Park Slí na Sláinte is 5.7km long and starts near the car park entrance and follows a beautiful forest path around the park.

Donadea Forest Park is almost 250 hectares in size and is steeped in history, with remnants of a magnificent castle, a church, a tower and walled gardens.

Lime Tree Avenue

This long and dramatic avenue with impressive 19th century lime trees was once the main entrance to the castle.

The Ice House and Boat House

Constructed in the 1800's the Ice House was used for storing meat, and fish from the lake.

The Walled Streams

These are rare, and form part of the drainage of the park. They also control, with the aid of the sluice gate, the level of water in the lake. Look out for these along the way!

9/11 Memorial

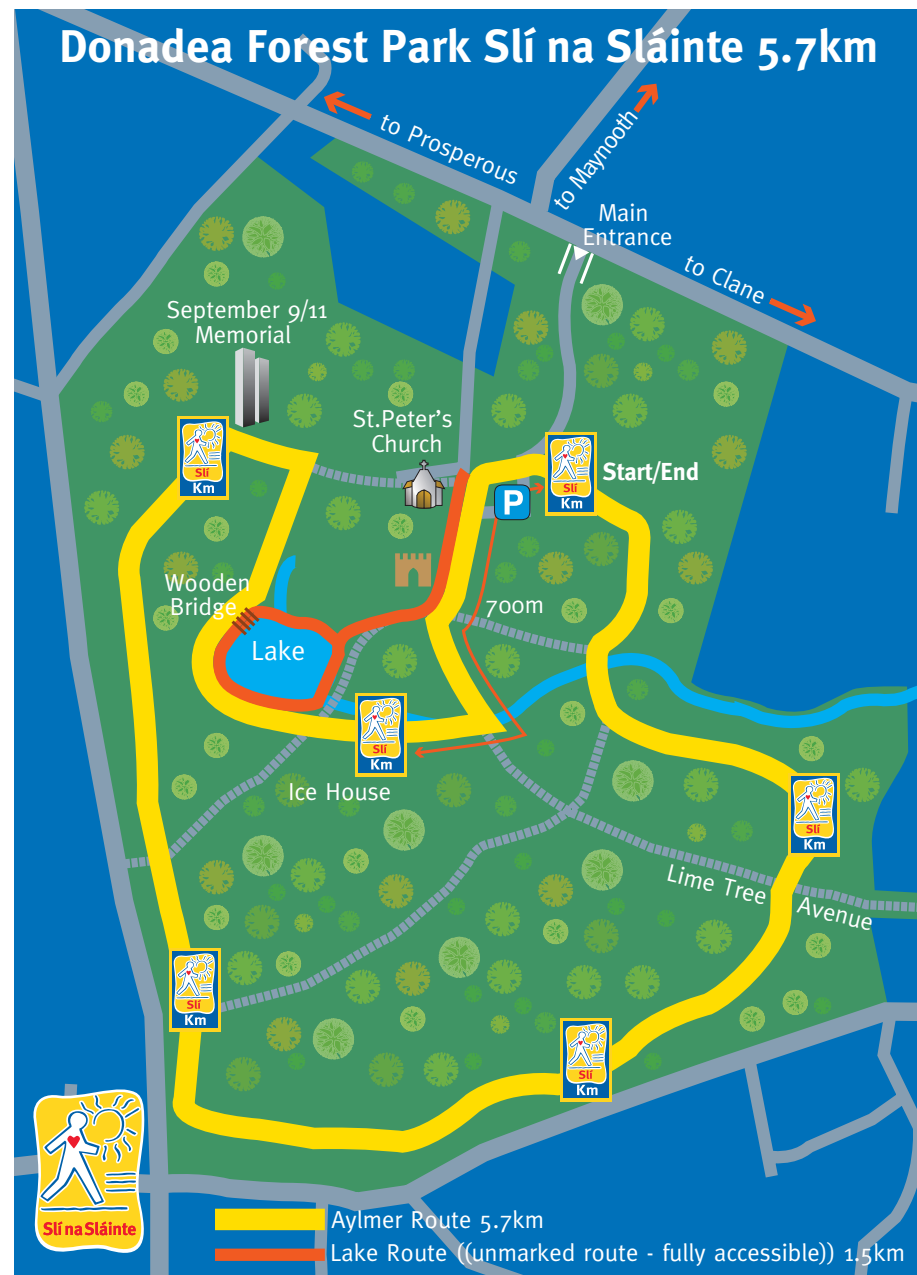
The memorial is a scaled replica of the Twin Towers, carved in limestone. The twin blocks carry the names of all the men and women from the New York Police and Fire Departments and the Port Authority who died in the twin towers.

The Lake

Created during the famine as a relief scheme, the 2.3 hectare lake is brimming with flora and fauna including mallard duck, fish and summer water lilies.

Donadea Castle

Home of the Aylmer Family from 1550 to 1935, the original building was burned down in the 1641 rebellion and rebuilt shortly afterwards. Carolin Aylmer died in 1935 and left the estate to the Church of Ireland, who in turn passed it on to the state.



Suitable as daytime walks only. Route can be walked in either direction.

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