

Red Route - Swords (signposted) - 6km

Red Route & Ward River Valley – 6.4km

●●●● Ward River Valley - 2.6 km

Yellow Route - 3.4 km

 Green Route - 3.2km

For health benefits you need to walk at a hearty pace for at least 30 minutes 5 days a week.
You can accumulate the 30 minutes or more over two or three shorter sessions.

You should be able to walk 3kms in 30-40 minutes depending on your pace.

Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

Please visit www.irishheart.ie/sli to print this map.

**Comhairle Contae
Fhine Gall**
Fingal County
Council

