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	x payer, gifts of €250 in one year (€21 per month) could be worth up to an extra 70% to us he signature strip on the reverse of your card.	at no extra cost to you.
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I am happy to rece	eive communications by: Email Phone Post	
OIN 3 0	a Member of the Direct Debit Scheme, in which Banks and Originators of Drect Debits participate. If you authorise payment by Direct Debit, then: Your Direct Debit Originator will notify you in advance of the amounts to be debited to your account. Your Bank will accept and pay such debits, provided a Member of the Direct Debit Open in which a work of the provided of such Direct Debit the amounts to be debited to your account. Your Bank will accept and pay such debits, provided a Member of the Direct Debit Scheme, in which a will be provided to require the provided of the provided o	Debit, and in any event safter the date of debiting your account. est a refund of any Variable tof which exceeded what bly expected, subject to Bank within a period of of debiting of such Direct
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PLEASE RETURN IN AN ENVELOPE TO:

quaranteed an immediate refund by your Bank

THE IRISH HEART FOUNDATION, 50 RINGSEND ROAD, DUBLIN 4

Let's Go Walking ...

Here are a few useful tips to enjoy your walk and keep your heart healthy.

- 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 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.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- 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.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.



Supported by The Irish Sports Council and the HSE

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, stroke, high blood pressure, osteoporosis, anxiety and depression.
- For health benefits you need to walk for at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions a day for optimum health benefits.

Help to maintain Slí na Sláinte

Please report any dangerous obstacles or missing/damaged signs to: Clonbullogue Development Association T. 046 973 0009

> The Irish Heart Foundation 50 Ringsend Road, Dublin 4 T. 01 668 5001 F. 01 668 5896 E. info@irishheart.ie

Heart and Stroke Helpline 1890 432 787 www.irishheart.ie www.stroke.ie Charity No: CHY5507

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www.irishheart.ie





Clonbullogue Slí na Sláinte

Sponsored by Clonbullogue Development Association,
Offaly County Council and Offaly Local Development Company.



Clonbullogue Slí na Sláinte













The Sli na Slainte walk begins in the picnic area alongside St Patrick's Bridge just south of the centre of Clonbullogue village — as Gaeilge—Cluain Bolg, meaning the meadow of the sacks. Research shows that the placename Cluain Bolg, found in the old Irish document "Caithreim Aodh O'Broin" is the present Clonbullogue, in Co. Offaly. The element Cluain in the name signifies field or meadow and is usually written as Clon in English. The second element, Bolg is a direct reference to the Celtic sun-god Bolg, hence Fir Bolg, followers or devotees of the sun. Therefore it is felt that in the remote past Clonbullogue signified a field

As we start the walk, on our right is the millrace and millwheel, a modern version of what was in situ here in olden days.

where the followers of the sun-god Bolg

assembled.

As we continue along the track,we pass a copse of varied trees, including guelder rose, hawthorn, holly, birch, hazel etc. The walk takes us up along the river track to the meeting of the waters—the confluence of the Philipstown and Figile rivers—legendary stories tell us that in 1014, Brian Boru, believing that the tallest trees in Leinster stood in this area, had his soldiers cut and transport the trees to Dublin, for boat making. The vista from this location is very picturesque.

Continuing up the track alongside the Figile River, a fine wildlife habitat, we meet Cloncrane Bridge, a classic example of a multi-arch stone bridge.



Over the bridge and past the car park area, we continue the leisurely walk that is Cloncrane road and turn right into the village which in turn opens up the beautiful vista that is the main village street, St. Broughan's Hall, — built in 1928 was regarded as one of the finest structures of its kind at that time, the RC Church, dating back to the 1800s, the Garda Station, the quaint and beautiful village green with its village pump,some fine residences, the local hostelry, and the jem in the crown, the forge with its fine stone arch and red doors — an eloquant example of building form of a previous era. As we near the end of the walk, we cross St. Patrick's Bridge, built in 1932 and back to the picnic area alongside the beautiful Figile River.

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.

THE IRISH HEART FOUNDATION 50 RINGSEND ROAD DUBLIN 4

