

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.



In Celbridge, the starting point is at the gates to Castletown House, where you will find a map, which clearly illustrates the route. From this point you proceed along Main Street, Celbridge, until you reach the junction with the Dublin Road.

At this point, turn left over the bridge and continue along the Dublin Road until you reach the traffic lights at Young's Cross. Here you turn left onto the Leixlip Road until you reach the roundabout which leads to Barnhall Rugby Club.

Keep on the roundabout and follow the main road. You will see Barnhall Rugby Club to your left and the Salmon Leap Canoe Club on your right. Proceed along the Leixlip Road and pass the Hewlett Packard Campus on your left and continue over the motorway as you head towards Leixlip. The road veers left on to Old Hill Road at Scoil Chearbhaill Uí Dhallaigh and brings you to a junction and yield sign leading to the village of Leixlip.

Turn right at this junction on to Pound Street and continue down the hill, past the Church on your right, to the bridge at the entrance to Leixlip Village. Cross the bridge to the Salmon Leap Inn and the finishing point of your Slí na Sláinte walk.

Routes can be walked in either direction.

-Enjoy!

Let's Go Walking...

