

Slí na Sláinte



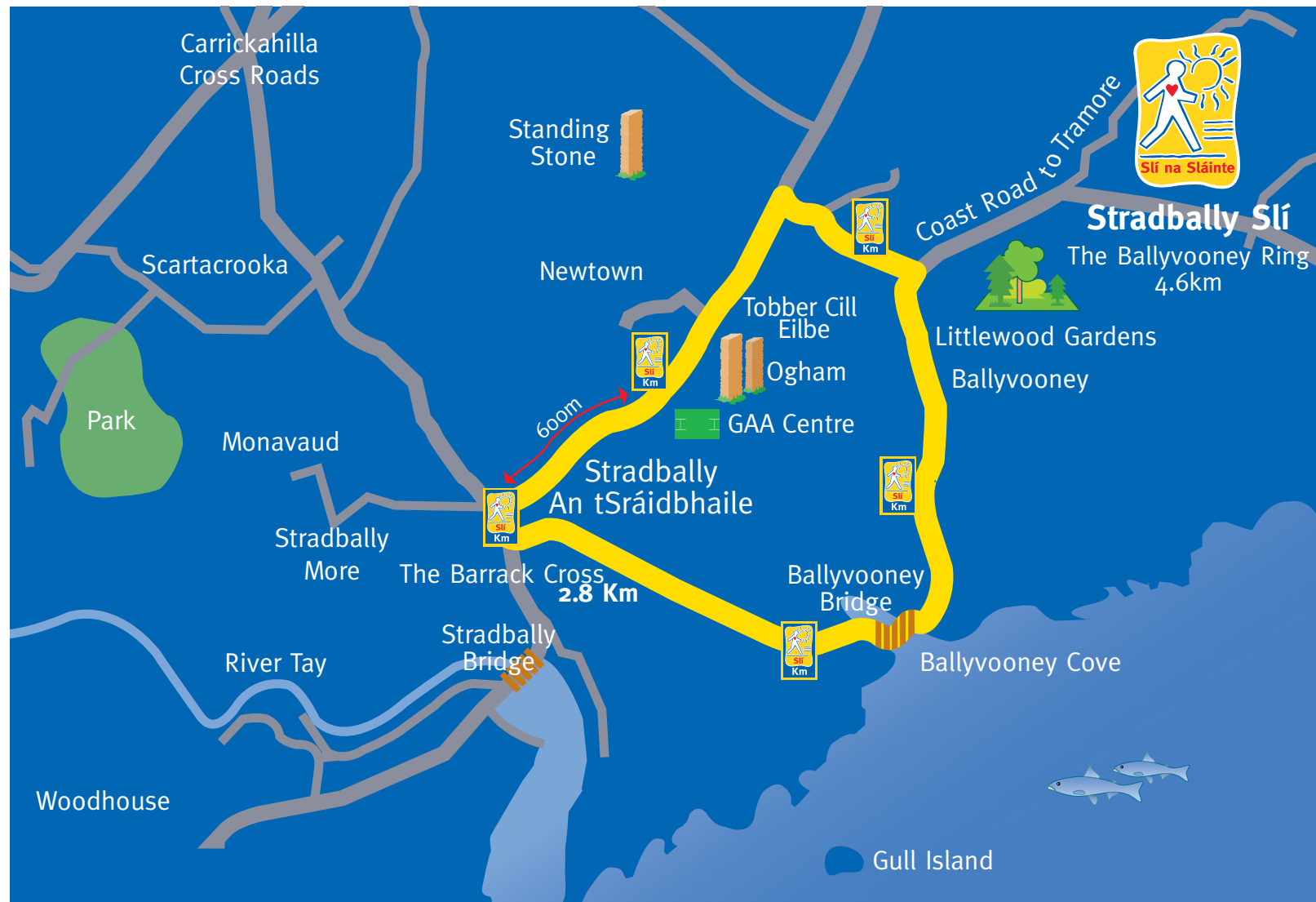
Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for leisure and good health even more enjoyable.

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.



The Slí begins at The Barrack Cross in Stradbally Village. On reading the Mapsign, follow the directional signs up the hill where the Tramore Coastline comes into view. On a clear day it is possible to see the Hook Lighthouse from this point. Descend the hill to Ballyvooney Cove with views of Gull Island to your right. The route continues past the cove uphill, where you are able to see the majestic Comeragh mountains to your left. Keep going along this route to the junction of the coast road to Bonmahon, past the Littlewood Gardens where the route turns left. At the next junction take another left turn and you will pass Tobber Cill Eilbe and two Ogham Stones. Traditionally this Holy Well was thought to have curative properties on the Cunningham Farm. Continuing past the GAA Centre and playing field you are now in view of the village once more. Descend the hill to bring you back to your start point where you can feel proud having completed the 4.6km.

Recommended as a daytime walk

Let's GO Walking...



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