

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.



Dungarvan's Slí starts in Grattan Square, location for the best markets in years gone by and en route for the Tour de France, 1998. Exit the square by the Bank of Ireland into Bridge Street and proceed over the Devonshire Bridge across the River Colligan. Walk along the Causeway towards the traffic lights with the Harbour on your right and enjoy the panoramic view of Helvic Head across the Bay. On your left, in the distance, is Cruachan, the hill which overlooks the Town. Go through the traffic lights and pass straight through the mini roundabout at Crotty's Corner. Admire the Urban Council's topiary work, welcoming visitors to Dungarvan. On arriving at the By-Pass Road turn left. As you approach the first roundabout, you will cross the Shandon Bridge. Pause a while and appreciate the beauty of the pink Portland stone of the Devonshire Bridge on your left, and the sweep of the Colligan Estuary to your right. Go straight through the roundabout.

Continue through the next roundabout and follow the gentle tree lined slope downward. Enjoy the scent and colour of the flowering cherries in season, and the whisper of the poplars later in the year. The slope bottoms out at an other roundabout. Go straight through heading for the sea front, until you reach the final roundabout at the Cork Road. Once again, you will see Helvic Head in the distance. Take the left exit and proceed back towards the Town. On your left is the Garda Station. At the next junction, bear right by the school wall and at the Parish Church turn left down the hill of Mary Street to bring you back again to Grattan Square.

Route can be walked in either direction.

Let's Go Walking...



Sponsored by **SB** SmithKline Beecham and Dungarvan UDC

