

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 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:
Sport & Leisure Office, Laois County Council
t: 057 866 4000
e: sports@laoiscoco.ie

Irish Heart Foundation
 17—19 Rathmines Road Lower, Dublin 6, D06 C780
 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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Let's go walking

Borris in Ossory
Buiríos Mór Osraí
Slí na Sláinte Walking Route



Irish Heart
Foundation

Borris in Ossory Slí na Sláinte

Red Route: 2.85km (1.77 miles)

Sponsored by Laois County Council, Comhairle Chontae Laoise & Department of Rural and Community Development, An Roinn Forbartha Tuaithe agus Pobail



Department of Rural and
Community Development



An Roinn Forbartha
Tuaithe agus Pobail



Borris in Ossory Slí na Sláinte is 2.85km and begins at the local Amenity Area. The entrance to the Amenity Area is opposite Saint Marks Anglican Church where there is access to a County Council car park. From the entrance to the Amenity Area turn right in the direction of Shanboe, keep to the right side of the road facing the oncoming traffic.

On the right you will pass St. Canice's Terrace and Royal Court, two small housing developments, to the left Mountain View. Proceeding over the Railway Bridge the walk continues through Shanboe. On the left there is an old preserved water pump. As one continues the walk through Shanboe one can enjoy the abundance of flowers maintained by local residents. In addition there is plenty of wild life to be seen and enjoyed.

Continue the walk to the next roundabout and turn right onto the R435. This road links the N7 to the Roscrea Road. To the right there is a clearly defined seating area surrounded by wild flowers. This portion of the walk referred to as Wild Flower Way. The seating area is designed for walkers who wish to take a rest for health or other reasons.

The Walk continues along the R435 to the next roundabout. On the right there is a second rest area, referred to as Slieve Bloom View. At the roundabout turn right in the direction of Borris in Ossory. At the next intersection turn right, to the right is the entrance to the Amenity Area.

Distance-Time	2.85km/1.77 miles: 35mins
Difficulty	Easy
Terrain	Road and footpath
Fitness levels	All levels of fitness
Start Point	Amenity Area
Minimum Gear	Walking shoes
GPS Coordinates	52.938360, -7.637108

Irish Heart Foundation

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.

About Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by 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.