

## Let's Go Walking...

Here are a few useful tips that will help you to enjoy your walk and do your heart good

- 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 walking 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.
- Remember, loose clothing is more comfortable and, in winter, add light layers rather than thick, chunky clothes. It's much better.
- Why not 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...

## Slí na Sláinte

## 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, high blood pressure, osteoporosis, anxiety and depression.

## Slí na Sláinte®

The Irish Heart Foundation.  
4 Clyde Road, Ballsbridge, Dublin 4.  
Tel: 01-668 5001 Fax: 01-668 5896  
e mail: [info@irishheart.ie](mailto:info@irishheart.ie)  
Web: [www.irishheart.ie](http://www.irishheart.ie)

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SUPPORTED BY  
MEATH COUNTY COUNCIL

East Meath

## 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 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.

### East Meath Slí na Sláinte - 5km

The East Meath Slí na Sláinte is a 5km route (10km return) running from Laytown Train Station northwards through Bettystown and onto Mornington; the area is rich in natural beauty and steeped in history.

The route follows a scenic path along the R150 road, running parallel to the beach. Starting from Laytown where the River Nanny flows to the sea, follow the path past the Race Field on the right, where the Laytown Races are held on the strand each year. Pass the Sacred Heart Church and Scoil an Spioraid Naoimh on the right and continue to Bettystown Square (formerly Betaghstown), passing the Brookside housing estate on the left - named after the Brook near which, on the strand, the Tara Brooch was found in 1850.

Continue walking along the R150 past Laytown and Bettystown Golf Club, and onto Mornington where the River Boyne flows into the Sea. Make sure to notice the 80 foot watchtower, called the Maiden Tower and the nearby Lady's Finger, a smaller 40 foot tower.

Recommended as a daytime walk and can be walked in either direction.

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