

# 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 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, choose layers rather than thick, chunky clothes.
- 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.

For health benefits you need to walk at a hearty pace for at least 30 minutes most days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

**Help to maintain Slí routes**  
Please report any dangerous obstacles or missing / damaged signs to:  
Engineer  
Kerry County Council,  
066-9151353

# Slí na Sláinte®

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The Irish Sports Council



IRISH  
HEART  
FOUNDATION



## Slí na Sláinte

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UDARÁS NA GAELTACHTA AND  
KERRY LOCAL SPORTS PARTNERSHIP

An Daingean, Co.Kerry

## Slí na Sláinte



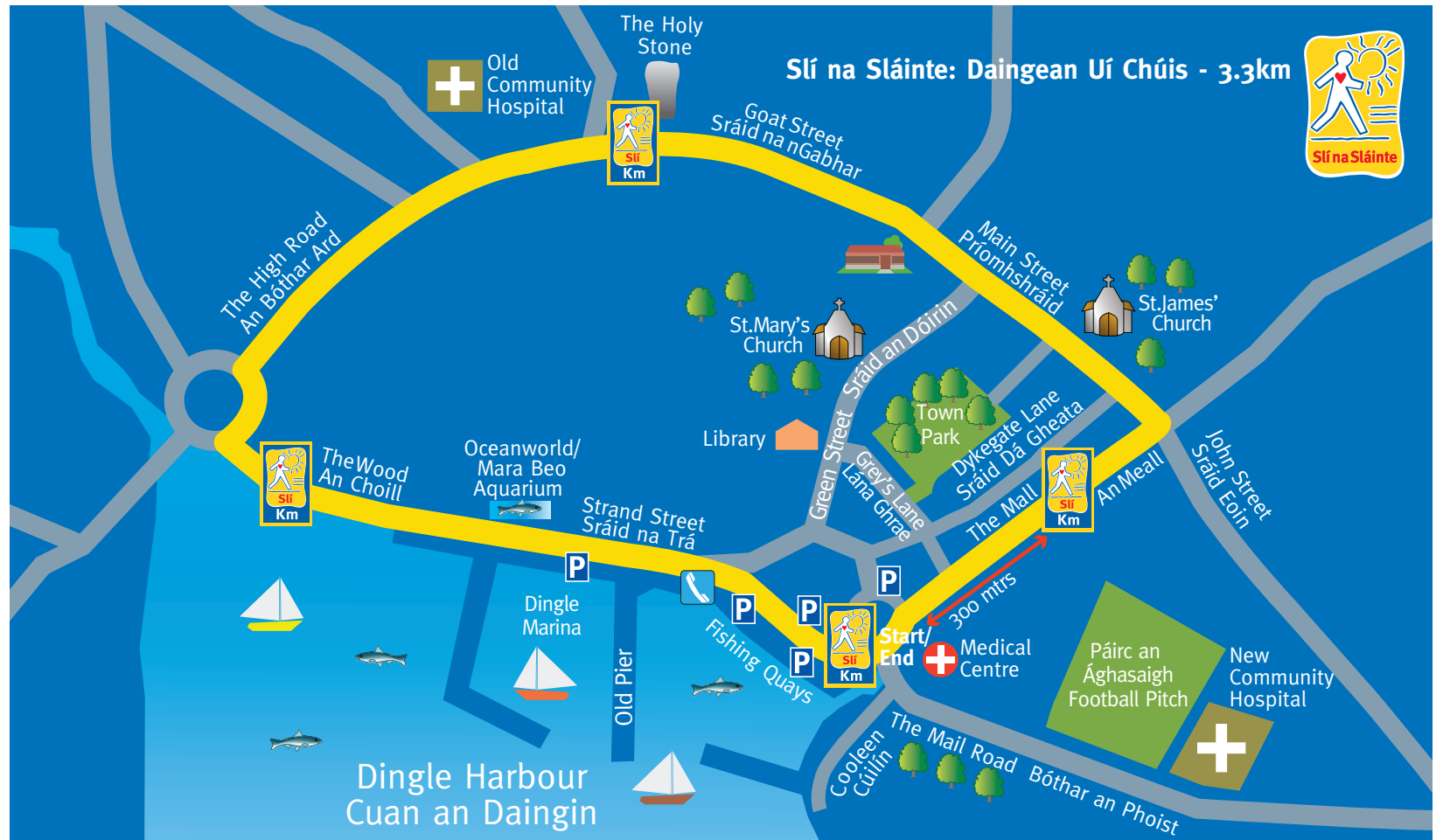
Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation - the national heart and stroke charity - it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended 30 minutes of physical activity on most, or preferably all 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 1 km 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.



**Slí na Sláinte, Daingean Uí Chúis** is 3.3km long, starting at the roundabout on entering the town from Tralee. The route continues along the quays for over 1km, passing the marina and pier with beautiful views over the harbour. At the roundabout, veer right and walk uphill, passing Dingle Community Hospital, built in 1852 as a Workhouse. Continue along Goat Street, site of the Holy Stone (named after the holes used for grinding corn), which follows onto Main Street. Of interest in the Main St. are the medieval church of St. James, the former site of the Sovereign's House and the 18th century Rice House, which was to have received Queen Marie Antoinette had she escaped from her Paris jail. At the bottom of Main Street, turn right at the Small Bridge to return along the Mall to the starting point.

**Tá Slí na Sláinte, Daingean Uí Chúis**, 3.3 km ar fhad, ag a thús ag an dtimpeallán mar a dtagann bóthar Thrá Lí isteach sa Daingean. Leanann sí uirthi ar feadh ciliméadar thar an ché agus an muiríne mar a bhfuil radharc iontach ar an gcuan. Ag an dtimpeallán cas ar dheis agus siúl suas an cnoc thar Oispidéal Pobail an Daingin, a tógadh i 1852 mar Thigh na mBocht. Ar Shráid na nGabhar tá an Holy Stone, a ainmníodh ó na poill ann inar deineadh arbhar a mheilt. Ar na nithe ar fiú aird a dhiríú orthu ar an bPríomhshráid tá Tigh na Ríseach ón 18ú céad, mar a raibh cóir le cur ar an mBanríon Marie Antoinette dá n-éireadh leí éalú as a príosún i bPáras, láthair thí an tsabhrainn lá dá raibh agus eaglais mhéanaoiseach San Séamus. Cas ar dheis ag an nDroichead Beag ag bun na Príomhshráide chun filleadh ar an bpointe tosnaithe tríd an Meall.

Routes can be walked in either direction

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