

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 least 30 minutes 5 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:

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 • www.irishheart.ie • Helpline: 1890 432 787

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The Irish Sports Council



IRISH
HEART
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Slí na Sláinte

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SPONSORED BY
CORK COUNTY COUNCIL AND
ROSSCARBERY TIDY TOWNS

Rosscarbery, West Cork.

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 Rosscarbery Slí Route is 3.7km and begins at the playground at Parkeen Cross. Turn right onto the Convent Road at Parkeen Cross and walk past the Church, with the lagoon to your right. Just past the convent school, after Temple Bridge take the right turn at the junction which will keep your walk along the Mill Road at the edge of the lagoon. There are reed beds and lots of wild birds to be seen along with Duck Island which is a nesting Island for the swans in the lagoon.

When you reach the junction with the N71 turn to your right and continue across the causeway, taking care when crossing the road. At the end of the causeway, turn to your left in the direction of Ross Pier and take the first right turn. Follow the track until you reach a directional sign pointing to the main road. Follow the Coach Road and turn to the right up Closheen Lane also known as Creamery Hill.

The route goes through Market Square and veers to the right down Church Street and Carbery's Lane to bring you back to Church Road. Turning to the left you return to your starting point feeling proud having completed 3.7km.

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



ROSSCARBERY

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