

# 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.

Irish Heart Foundation



Your walk starts opposite the Convent gates on the Main Street of Kilcullen and follows a 4.1 Km circuit. From your starting point you go south along the Old Carlow Road and past the Yellow Bog. You turn left by the Graveyard, left again at The Well and back to the Main Street with the Church on your left.

The route extends for one kilometre along the Main Street, over the bridge and away from the Town towards Bishop Rogans Park.

Circuit recommended as a daytime walk.

Developed by Kilcullen Lions Club and Eastern Health Board

Let's Go Walking...



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