

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 Mervue Slí is 2.6Km and is a perfect length and location for a healthy lunchtime walk.

Begin at the entrance to Mervue Business Park, here you will see the mapboard illustrating the route. Go left and walk a short distance along Wellpark Road until you reach the junction with Connolly Avenue and Monivea Road. Take a left turn and continue until you meet the junction with Tuam Road, here take another left turn and walk along the Tuam Road in the direction of the City Centre.

On reaching the roundabout, take the first exit left onto the Moneenageisha Road. At the next roundabout, take the left turn into Wellpark Road. Continue your walk until you return to the entrance of Mervue Business Park.

Routes can be walked in either direction. Look out for other Slí Routes in Salthill, Oranmore and Ballinasloe.

Let's Go Walking...



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