

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 Milltown Slí route is 4.5km in length. It traverses a scenic rural area that includes the River Clare, several historical sites and the tidy towns award winning village of Milltown. Beginning at the car park opposite the church, you take the footpath south on the Tuam Road to the Dawros Road junction for 200 meters and turn left across the River Dawros Bridge, where immediately you find yourself in a completely rural setting.

After passing the first km post, you turn left passed Dawros Bog and the second km post to the T-junction, where again you turn left on through Russelstown Village. It is a village interspersed with modern farmhouses and the ruins of old thatched houses long deserted, bringing you on to the Russelstown Bridge and the third km post. Here you get sight of the ruins of Millbrook House. On your left are the well preserved ruins of Birmingham's Corn and Tuck Mill. As you pass over the River Clare, a small-walled children's burial ground (lisheen) comes into view and some meters further on, Russelstown Ring Fort.

Walk on through Millbrook Wood and another left turn takes you on to the Dunmore Road past the fourth km post and the village is once more in sight. At the N17 junction, turn left through the village over Milltown Bridge and you are back in the Park, children's playground, rest and picnic area once more. Here you will feel refreshed and can be proud of having completed the 4.5 km Slí

An alternative walk continues over the stank bridge by the banks of the River Clare. Explore the 500 meters of the "wheelchair friendly" stank walk and savour some of the history of the parish written in stone for your added pleasure.

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

Let's Go Walking...



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