

Slí na Sláinte



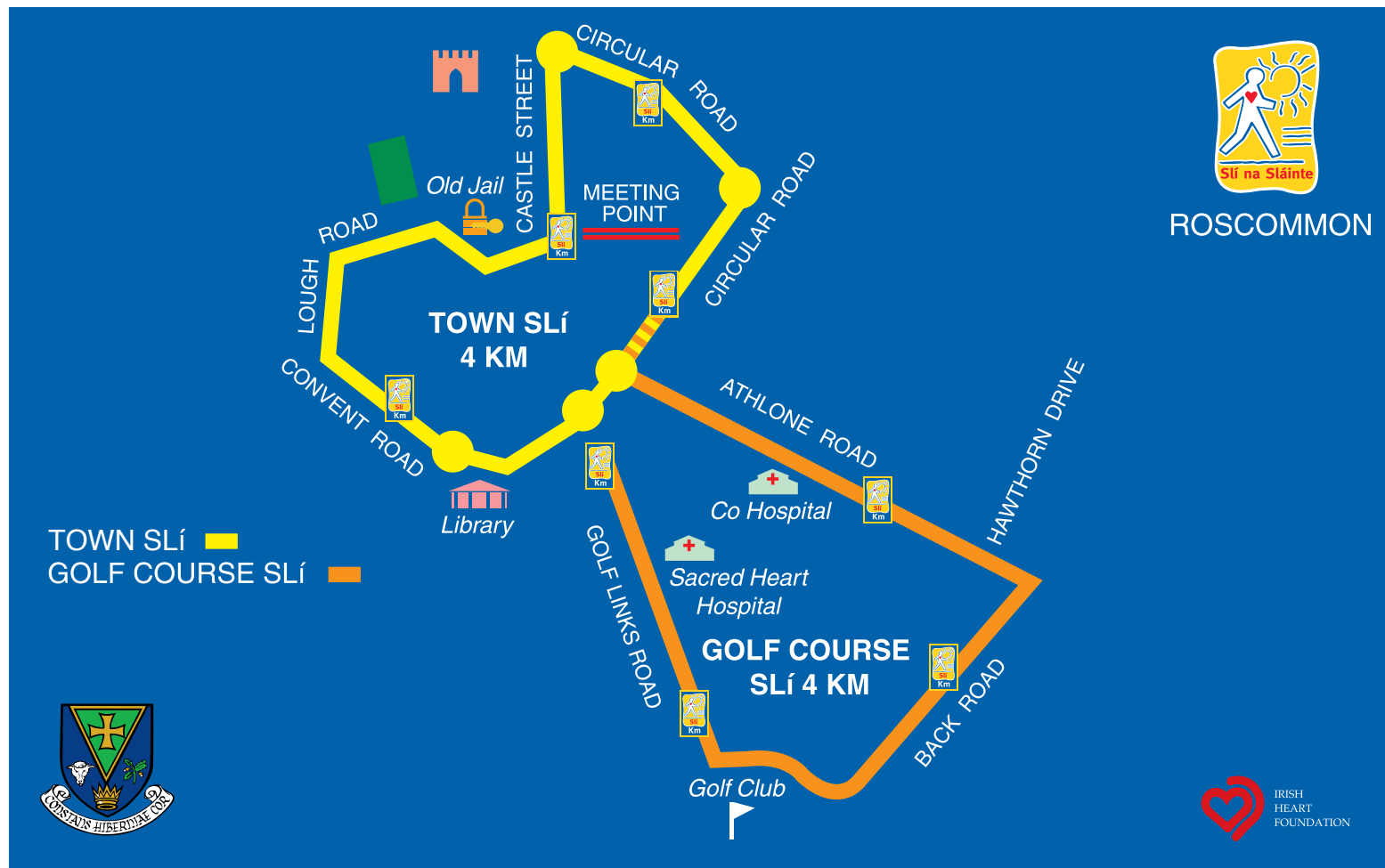
Slí na Sláinte is a simple and innovative scheme developed by the Irish Heart Foundation to encourage people of all ages to walk for leisure and good health. Routes are marked at kilometre intervals by signs which are not numbered, so you can start or finish your walk anywhere along the route.

Walking is the simplest, safest and one of the most effective forms of physical activity. Every Irish adult should accumulate at least 30 minutes of physical activity on most, preferably all, days of the week.

If you have not been taking regular exercise you should start slowly and gradually build up to 30 minutes per day.



Wow,
I've done another
kilometre



Slí na Sláinte Roscommon The town Slí starts at the Old Jail, follows a route North along Castle Street, passing the entrance to Roscommon Castle on to roundabout, turning right along the Circular Road, through three roundabouts at Lanesboro Street, Athlone Road and Goff Street, passing County Library Building, through Abbey Street Roundabout along Convent Road, turning right along Lough Road passing Football Pitch and Post Office back to the Old Jail.

The Golf Course Slí follows part of the town Slí starting near Garage at Athlone Road roundabout, along Circular Road to roundabout, turning left and out along Athlone Road, passing Football Pitch, St. Coman's Cemetery, County Hospital and Hawthorn Drive, turning right along the Back Road to Golf Club House, then turning right along Golf Links Road passing Sacred Heart Hospital and ending at KM mark near Goff Street roundabout.

Routes can be walked in either direction.

ROSCOMMON COUNTY COUNCIL



ROSCOMMON



Let's Go
Walking...

