

## 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.

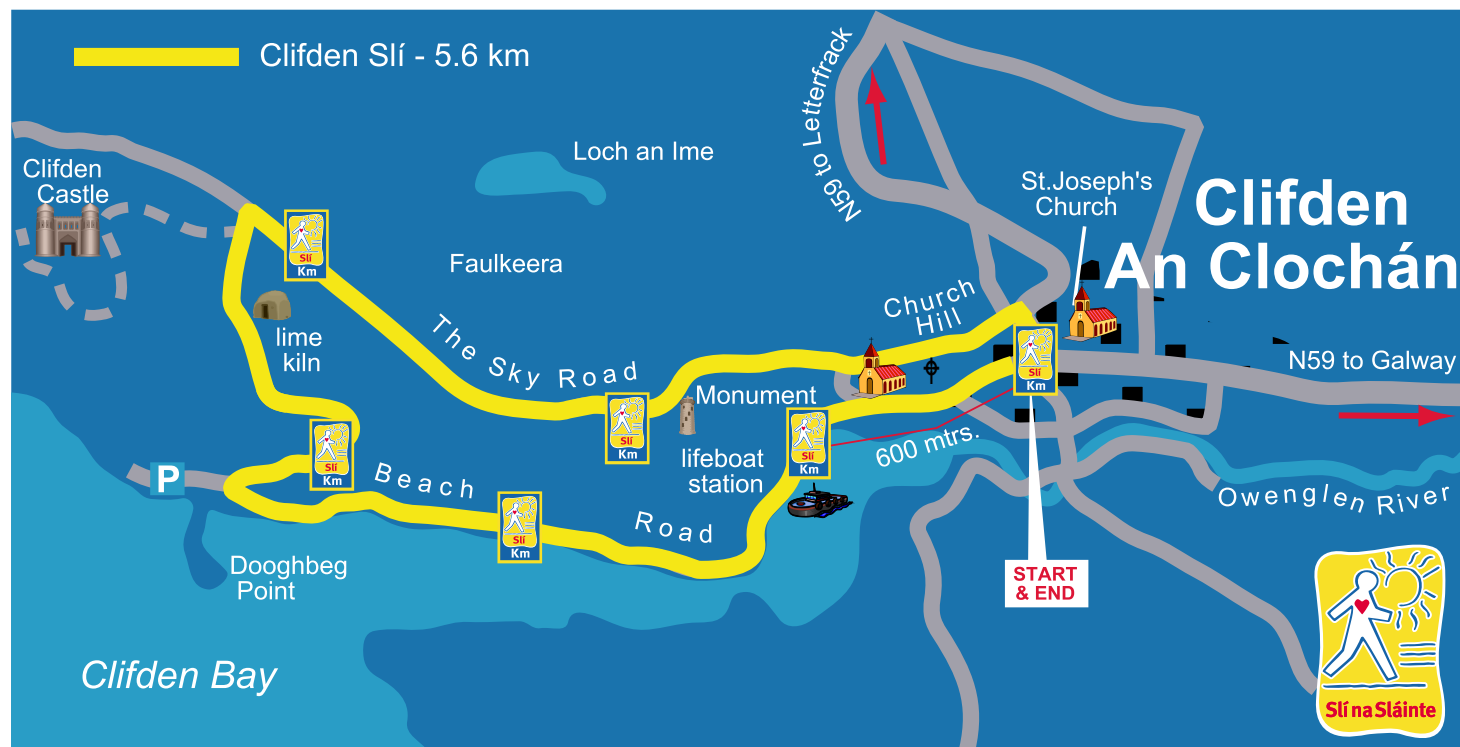


Marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walk routes all over Ireland.

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



### Clifden Slí na Sláinte - 5.6km

The Clifden Slí na Sláinte is a 5.6km route, which starts at the Esso Petrol Station in the town centre. To follow the route, walk past St. Joseph's Church, taking the first left along Church Hill Road, passing the ruin of St. Mary's Chapel and Graveyard (1824) on your left and further on, Christ Church (1853).

At the T-junction, turn right onto the Sky Road, passing the entrance to the Abbey Glen Hotel and the monument to John D'Arcy, founder of Clifden, capital of Connemara. Follow the Sky Road for 2km, experiencing the stunning views across to the Twelve Bens mountains, giving an Alpine effect in the background.

Turn left onto the Mine Road, at the entrance to John D'Arcy's Clifden Castle (1815) and follow the lane downhill to the Clifden Beach Road. Turn left onto the Beach Road with beautiful views of Clifden Bay and the Faul peninsula to the right. Follow the route for over 2km, passing Clifden Quay and through the town centre, back to the starting point at the Esso Garage.

*Suitable as a daytime walk only and can be walked in both directions.*

**Supported by Galway County Council & FORUM**



*Let's Go  
Walking...*

