

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.

Patricia Murphy

Irish Heart Foundation



Carrick on Shannon Slí Walking Route - 5.5km

The Carrick on Shannon Slí Walking Route is 5.5km in length and starts near the bridge, opposite the remains of the Castle Carrickdrumruske. To follow the route continue along the Dublin Road for over 1km; turning right at the 2nd roundabout by taking the 3rd exit and passing the MBNA facilities and Pairc Sean Mac Diarmada.

Turn left at the Northwest Business Park and walk along the Castle Carra Road for 1km before turning left, then left again to bring you on to Summerhill. Continue walking back towards town for the next two km, noticing St. Patrick's Community Hospital (formerly the Old Work House Built in 1841) and the Famine Grave Yard (entrance at the rear of Hospital) on the right.

Continue down Summerhill (formerly know as Gallows Hill) onto Main Street, passing St. George's and St. Mary's Churches and the Town Clock (built in 1839). Veer left to enter Bridge St, pass the Old Town Hall (built in 1850), and walk back towards your starting point near the bridge.

Recommended as a daytime walk and can be walked in either direction

SUPPORTED BY CARRICK ON SHANNON JUNIOR CHAMBER,
LEITRIM COUNTY COUNCIL AND MBNA.

Let's Go Walking...