

Let's Go Walking...





Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes walking a day.
- Drink a glass of water before and after your walk and, don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Remember, loose clothing is more comfortable and in winter, choose layers rather than thick, chunky clothes.
- Why not try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless....
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start.
- Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness, and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...

Slí na Sláinte

Slí na Sláinte®

A regular programme of walking...

-  ... keeps your heart strong
-  ... improves muscle strength
-  ... helps to manage your weight
-  ... makes you feel good

BUT, ABOVE ALL - WALKING IS FUN

PHYSICAL ACTIVITY

...reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

For health benefits you need to walk at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

Help to maintain Slí routes
Please report any dangerous obstacles or missing / damaged signs to:
the Area Engineer at
090 9679221

Slí na Sláinte®

The Irish Heart Foundation.
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The Irish Sports Council



Slí na Sláinte

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MOYLROUGH TIDY TOWNS &
GALWAY COUNTY COUNCIL



Moylough, County Galway

Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation - the national heart and stroke charity - it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of 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, or preferably all days of the week.

You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright, colourful signposts which are not numbered and are situated at 1 km intervals.



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.

Let's Go Walking...



The Moylough Slí na Sláinte route is 3.5km in length. It traverses a scenic rural area that includes, several historical sites, recreational play area and the award winning Galway County Heritage wildlife feature of "Cloonoran Turlough".

Beginning at the church adjacent to the P.O. you take the footpath south on Chapel Rd. for 300 metres to Grove View House. Continue on to the Sportsfield/Playground area which is a hive of activity and accommodates all age groups.

At the first Km mark you can view "Cloonoran Turlough". Turloughs are a unique feature found mostly in the west of Ireland. Take time to read the information signs here. Opposite the Turlough, the ruins of the Old Windmill can be seen, just past the Turlough you turn left onto Cloonoran Rd. Before the 2nd km mark, the house on the right is known as the stepping stone. Cloonoran River runs adjacent to this road.

At the 3rd km mark you can view William's Grove house and Ballymageraghty Bog. This area is renowned for wildlife such as deer, duck and pheasant.

When you reach the end you will have walked 3.5km. If you feel like taking a break here, seating is provided to enjoy your surroundings. Then complete another 3.5km back to the church/starting point on the route. Wherever you finish you should be proud of having completed your walk.

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

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