

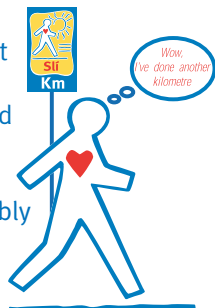
Slí na Sláinte



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.



Your 2.6Km Slí starts at the courthouse by the River Barrow. This historic Jacobean style building was opened as the town's Corn Exchange building in 1857 and was converted to the courthouse in 1891.

You continue along the Barrow Path, under the Horse Bridge and Railway Bridge, and along the Canal path to the slipway which leads to the Carlow Road.

Turn left along the Carlow Road to St Michael's Church of Ireland which was built in 1840 on a site owned by the Duke of Leinster.

Turn right at this point and proceed by the People's Park to the Railway Station. Continue left along Leinster Street and back to the Courthouse.

Route can be walked in either direction and is recommended as a daytime walk.



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Let's Go Walking...

